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Glenn Youngkin sworn in as 74th governor, promises changes

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

On a clear and cold day in front of the Capitol Building in Richmond, Republican Glenn Youngkin was sworn in as the state's 74th governor Jan. 15. Jason Miyares and Winsome Earle Sears assumed the offices of the attorney general and lieutenant governor, respectively.

"In this last election, we heard from more voters than ever before, 25 percent more, nearly 3.3 million Virginians who sent us here on a mission to restore trust in government and to restore power to the people," said Youngkin.

After taking the oath, Youngkin addressed nearly 6,000 supporters, citing issues he would tackle, including increased teacher pay.

"We will raise standards; we will raise teacher pay; we will invest in facilities, we will invest in children with disabilities," said Youngkin.

Following the festivities and the parade, Youngkin signed an executive order empowering parents in their children's education and up-bringing by allowing them to decide whether their child will wear a mask in school. The order addressed several points including the fact that the



Newly sworn-in Governor Glenn Youngkin concludes the ceremony with a prayer. He is joined by his wife, Suzanne, Lt. Governor Winsome Sears and Attorney General Jason Miyares and their spouses.

CDC's research has found no "statistically significant link between mandatory masking for students and reduced transmission of COVID-19." The Virginia Department of Health currently has a mask mandate in K-12 schools. That mandate will expire Jan. 24 when the executive order takes effect.

"When our kids don't go to school, it harms their development, so we must keep our

children in school five days a week," said Youngkin.

In all, Youngkin signed nine executive orders and two executive directives. Among the orders signed by Youngkin included the aim at combating and preventing human trafficking and supporting survivors, and investigating wrongdoing in Loudoun County, specifically the Loudoun County school board after the incident that

took place at Stone Bridge High School in Ashburn.

Youngkin stated in his campaign that along with raising teacher pay, he would work to remove political agendas from the classroom by banning Critical Race Theory. Additionally, Youngkin plans to rebuild crumbling schools, invest in special education programs, and create at least 20 innovation charter schools across the K-12 spectrum.

Right away, the new governor implemented his "Day One Game Plan," focused on cutting exploding costs for families and relieving the burdens of inflation and taxes. Youngkin also will look to cut regulations to create jobs and make it easier for innovators and entrepreneurs to get small businesses moving again. He also promised to restore integrity and confidence in the Parole Board of the Commonwealth of Virginia.

Before the election, Youngkin highlighted the push for removing the state's grocery tax, as Virginia is one of several states that currently have the tax enacted. "To me, it's just common sense," said Youngkin. "Saving a little extra on milk and bread, it all adds up. 'It's time to make it a little easier to live, work, and raise a family in Virginia.'"

Near the end of his speech, Youngkin addressed the distrust between law enforcement and the citizens, saying he would invest in community policing programs to build trust between law enforcement and the communities they serve and protect. Youngkin also plans to fund law enforcement and fully protect qualified immunity.

Convicted murderer charged in 1987 cold case

By Heather Zwicker
FAIRFAX COUNTY TIMES

At a press conference Jan. 19, Fairfax County Police Chief Kevin Davis announced charges related to a cold case homicide.

Prosecutors obtained an indictment Jan. 18 for Charles Helem, currently incarcerated at the Red Onion State Prison, a supermax state prison in Wise County. FCPD detectives spoke with Helem in October 2021 and he confessed to the "brutal and cold-hearted" murder and he shared details only the killer would have known.

Eige Sober-Adler, 37, of Kensington, Md., was found deceased Sept. 9, 1987 in a field behind a Days Inn on Centreville Road, according to the chief. Her vehicle was found on the Dulles Toll Road, according to a county cold case website.

"Our commitment to homicide victims and their surviving families drives the work of our homicide detectives and prosecutors," said Davis, who spoke of the cross-jurisdictional and prosecutorial collaboration that occurs daily in the National Capital Region.

"Sadly, Eige's parents died never knowing what happened to their daughter," said Davis. "We hope this indictment brings some closure to her surviving family members and friends."

Helem is currently serving a life sentence for the 2002 murder of Patricia Bentley. Bentley, was a 37-year-old single mother when she was killed her inside her Chantilly townhome. He was convicted of first degree murder.

"The bottom line is that we in Fairfax



COURTESY PHOTO

County do not give up on the pursuit of justice," said Fairfax County Commonwealth's Attorney Steve Descano. "We will now pursue a vigorous prosecution of Mr. Helem."

Davis said they're exploring the possibility that Helem may have committed other murders. "He killed in 1987 and he killed twice in 2002 and so we [Fairfax County and Prince George's County] are working backwards now to see if there are any other murders or any other crimes he has committed," he said.

Helem had been a person of interest in the Adler murder, according to Maj. Ed O'Carroll, FCPD chief of Major Crimes and Cyber Crimes Bureau. "This was an active cold case and we were always anxious to put closure on not only this one but all of our cold case homicides," he said. "Thirty-five years later we stand before the community to say we have an indictment."

POSITIVE Vibes
BY JAYA PATIL • Fairfax County Times

The Keystones of Herndon

Female entrepreneurs join in a shared workspace to collaborate on common issues

A group of Herndon's female business owners are Archetypes of collaboration over competition in the local small business space. When business partners and long-time friends, Kate Viggiano Janich and Amy Dagliano, joined the Fairfax small business community, they came with SCORE mentors—an organization connecting retired entrepreneurs with new business owners. Janich was introduced to fellow entrepreneur Rachel Eisenfeld by her SCORE mentor.

Janich and Dagliano formed a partnership with Melissa Romano when her brewhouse hosted their co-working clients early into starting the business. From there it was "like a positive domino effect," said Eisenfeld. "We kept introducing each other to other women business owners in the area," Vinich said.

Mcg Donnelly and Romano had more seniority as entrepreneurs than the rest of the ladies and offered their expertise. The group came together over their shared experiences as women in the small business community with brick-and-mortar establishments. "It can be lonely and draining being a business owner," Janich said, but the women would collaborate with their businesses or simply

See HERNDON, Page A5

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PUBLIC SAFETY



COURTESY PHOTO
CBP officers found a cache of illicit narcotics in rapper Vic Mensah's luggage.

Rapper arrested at Dulles

Rapper Vic Mensah was arrested at Washington Dulles International Airport Jan. 15 after U.S. Customs and Border Protection (CBP) officers discovered a cache of illicit narcotics in his baggage. Victor Kwesi Mensah, 28 years-old, arrived on board a flight from Ghana at about 7 a.m. Jan. 15. During a secondary baggage examination, CBP officers discovered about 41 grams of liquid Lysergic Acid Diethylamide (LSD), about 124 grams of Psilocybin capsules, 178 grams of Psilocybin gummies, and six grams of Psilocybin mushrooms concealed inside Mensah's luggage.

Metropolitan Washington Airport Authority (MWAA) Police officers responded and charged Mensah with felony narcotics possession charges. MWAA Police officers took custody of Mensah and the illicit narcotics.

Criminal charges are merely allegations. Defendants are presumed innocent unless proven guilty in a court of law.

Despite some states decriminalizing certain personal quantities of illicit narcotics, travelers should be aware that narcotics possession remains illegal under federal law. Additionally, travelers should know that they are subject to CBP federal inspection upon departing and arriving to the United States.

"Travelers can save themselves time and potential criminal charges during their international arrivals inspection if they took a few minutes to ensure that their luggage is drug free," said Daniel Escobedo, area port director for CBP's Area Port of Washington, D.C. "Narcotics interdiction remains a Customs and Border Protection enforcement priority and we remain committed to working closely with our federal, state, and local law enforcement partners to ensure that those who transport illegal narcotics into the United States are investigated and prosecuted."

Alexandria Police identify suspect in convenience store assault

The Alexandria Police Department has identified a suspect who assaulted a man inside of a convenience store in the City's West End section.

The initial call for the incident came in at approximately 10:48 p.m. on January 11, in response to a man assaulting a customer inside a store in the 1400 block of North Beauregard Street. The male suspect entered the store and assaulted a 56-year-old male customer with a handheld blunt object. The suspect then fled the store and was later discovered in an apartment complex nearby with self-inflicted wounds to his head.

The male victim suffered serious but non-life-threatening injuries. A second victim, a 19-year-old, female suffered a non-life-threatening injury related to this incident, but the injury was not physically caused by the suspect.

The suspect is currently in the hospital having a mental health evaluation and being treated for his injuries.

This incident is still under investigation. APD is asking anyone who may have information related to this case to contact APD Detective Matthew Kramarik via phone 703-746-6650, email at Matthew.Kramarik@alexandriava.gov, or call the non-emergency line at 703-746-4444. Tips can be anonymous.



COURTESY PHOTO
Roughly 500 people were tested each day over the weekend, according to Health Department officials.

Virginia Dept. of Health opens COVID-19 testing center

The Fairfax County Health Department announced that a Virginia Department of Health Community Testing Center (CTC) opened Jan. 15, to provide free Polymerase Chain Reaction (PCR) testing by appointment for COVID-19.

The site, set up in a large tent, will be in parking lot B of the Fairfax County Government Center. Parking lot B is located on the southwest corner of the Government Center complex.

The CTC will operate Saturdays through Wednesdays from 9 a.m.-5:30 p.m. by appointment only. To find an appointment, visit vasc.vdh.virginia.gov/testing-appointment. Appointments typically become available 24 hours in advance. If you do not see openings, check back frequently as appointments are added regularly. Anyone who makes an appointment but cannot keep it or finds testing elsewhere is asked to cancel their CTC appointment so that the slot will be free for someone else.

CTC test results will be

automatically sent via text or email message to individuals being tested, based on the information provided in the appointment system. PCR test results are usually available within a few days and are very effective in detecting an active COVID-19 infection, even if a person is asymptomatic (not showing signs of illness).

Testing is recommended for individuals who have COVID-19 symptoms or have been instructed to test following a COVID-19 exposure. A PCR test should not be done by those seeking to return to work or school after completing isolation for a COVID-19 infection as PCR tests may remain positive even after an individual is no longer infectious.

While appointments are required, all visitors are asked to be patient as there might be wait times. Please dress warmly as part of the line may extend outside. This is not a drive-in event so attendees will need to park and enter the tent.

Fairfax County will continue to explore opportunities to provide additional testing resources to the community. This Community Testing Center augments other testing being provided in the community by pharmacies, health care providers, and other community partners. Anyone needing assistance with scheduling a test may contact the COVID-19 Call Center at 703-324-7404.



COURTESY PHOTO
Two people were displaced

McLean house fire caused by unattended candle

Units from Fairfax County Fire and Rescue Department and the Arlington County Fire Department were dispatched for a reported house fire in the 1500 block of Dominion Hill Court in the McLean area of Fairfax County at approximately 10:42 p.m. Jan. 8.

Crews arrived on the scene of a two-story, single-family home with fire showing from all sides of the house. A second alarm was requested. Firefighters worked to control the large volume of fire and prevent spread to neighboring homes. Fire was knocked down in 30 minutes. Personnel remained on scene throughout the night cooling hot spots. Working smoke alarms were present and activated after the occupants discovered the fire.

Two occupants were home at the time of the fire. Both occupants discovered the fire, self-evacuated and called 9-1-1. There were no reported civilian or firefighter injuries.

Fire investigators determined that the fire was accidental in nature and started in the family room. The cause of the fire was an unattended candle that ignited nearby combustibles.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$919,500.



COURTESY PHOTO
David Cunningham

Alexandria Police make arrest in December murder

An arrest has been made in the Dec. 7 murder of Melia Jones, 23, of Alexandria.

Alexandria Police arrested David Cunningham, 40, City of Alexandria resident, and charged him with second degree murder Jan. 11. He is currently being held without bond.

This incident is still being investigated and police ask anyone with any information relating to this case to please contact Detective Michael Whelan by phone at 703.746.6228, email at Michael.Whelan@alexandriava.gov, or use APD's non-emergency number at 703.746.4444. Tips and information can be made anonymously.

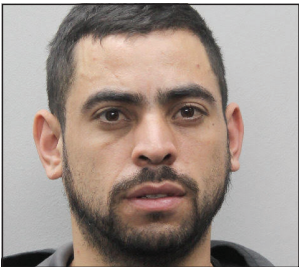


COURTESY PHOTO
David Frazier

Man in possession of stolen goods arrested

Fairfax City police officers responded to the Safeway at 10350 Willard Way Jan. 13 at 11:51 a.m. for a larceny. The employee stated that they observed a male subject place merchandise in their backpack and leave the store without payment of the items.

Officers located the subject and found the subject to be in possession of the stolen merchandise. The subject was also found to have an active capias from another jurisdiction. David Frazier, 47, of Washington D.C., was arrested for petit larceny and the active capias. Frazier was transported to the Fairfax County Adult Detention Center where he was held on no bond.



COURTESY PHOTO
Oscar Hernandez Rivera

Maryland man arrested in Fairfax

Fairfax City police officers responded to the Home Depot at 3201 Old Lee Highway Jan. 12 at approximately 3:03 p.m., for a larceny. An employee reported that a subject attempted to return merchandise that they did not purchase.

When the transaction was declined by the cashier, the subject fled the store with the unpaid merchandise. Officers located the subject nearby and found the subject to be in possession of the stolen merchandise. Oscar Hernandez Rivera, 28, of Maryland, was charged with petit larceny and released on a summons.



COURTESY PHOTO
Habtim Tesfamariam

Man arrested after trying to take cash from paint store

A 43-year-old man entered the Sherwin Williams at 7644 Richmond Highway at 5:22 p.m. Jan. 12, implied he had a weapon, attempted to take cash and fled on foot.

Officers quickly located Habtim Tesfamariam, 43, of no fixed address, a short distance away. The man was arrested and charged with attempted robbery.



COURTESY PHOTO
Daniel King

Man arrested after robbing victim

Two men assaulted the victim in the 3000 block of Annandale Road at 11:10 p.m. Jan. 10, took his property and fled on foot.

Officers identified one of the men responsible for the robbery as Daniel King, 48, of no fixed address. He was arrested and charged with robbery. The victim was taken to the hospital with injuries considered not life threatening.

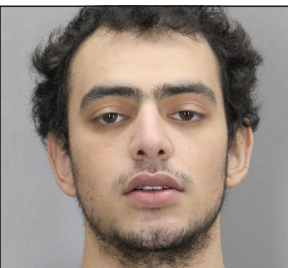
Alexandria Police make arrest in hit-and-run

The Alexandria Police Department made an arrest in a hit and run that occurred last month involving Alexandria City firefighters.

The incident occurred at approximately 4:20 a.m. on December 24, in the 300 block of South Reynolds Street. Firefighters were in the area in response to an unrelated call for service. While they were loading equipment onto their fire truck, a dark colored vehicle struck two firefighters and part of the truck. The driver of the dark colored vehicle did not stop and sped away from the scene. Both firefighters were treated at a local hospital for non-life-threatening injuries and were released the same day.

With the assistance of Fairfax County Police Department, the suspect was located and arrested.

The suspect is a 17-year-old juvenile male, a resident of Falls Church, Virginia and he is charged with two counts of felony hit and run. Juvenile identities are not publicly disclosed as per Commonwealth State Law.



COURTESY PHOTO
Yanal Chadli

Man arrested after threatening employee with a knife

A 19-year-old man entered the Starbucks in the 12200 block of Fairfax Towne Center Jan. 7 at 2:06 p.m. and threatened an employee with a knife.

When officers arrived, Yanal Chadli, of Fairfax, threatened officers with a knife and an electronic control weapon was used to take the man into custody. Chadli was charged with four counts of attempted malicious wounding of a law enforcement officer and one count of attempted malicious wounding. No injuries were reported.

Man arrested after approaching members at Lifetime Fitness

Fairfax City Police officers responded to Lifetime Fitness at 9602 Main Street Jan. 17 at approximately 10:19 p.m. for the report of an intoxicated subject approaching patrons. An investigation was conducted and Jair Moreno, 34, of Maryland, was arrested for Drunk in Public and transported to the Fairfax County Adult Detention Center.

While at the Fairfax County Adult Detention Center, Moreno kicked two law enforcement officers. Moreno was ultimately charged with Drunk in Public and two felony counts of Assault on Law Enforcement and is held on no bond.

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FAIRFAX COUNTY TIMES

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PEOPLE AND PLACES



COURTESY PHOTO
Christopher Henzel

Henzel appointed to County Electoral Board

Christopher P. Henzel was recently appointed and sworn in by the Fairfax Circuit Court as a member of the Fairfax County Electoral Board for a three-year term. He replaces Steve Hunt, whose term ended after serving eight years on the board.

In each county and city in Virginia, a three-member Electoral Board is responsible for the proper and orderly conduct of all elections held in their locality. The two other members of the Fairfax County Electoral Board are **Katherine K. Hanley** and **Bettina M. Lawton**.

Henzel served for 36 years in the U.S. foreign service, most recently as ambassador to Yemen. Since his retirement from the federal government, he consults for U.S. businesses working overseas, and he has served as an election officer and party poll watcher. Henzel is a graduate of the College of the Holy Cross and the National War College.



COURTESY PHOTO
Laura Grape

Park Authority names director of resource management division

The Fairfax County Park Authority announced the selection of **Laura Grape** as the new Director of the Resource Management Division (RMD). The appointment will be effective Feb. 12.

The Park Authority's Resource Management Division director provides leadership, strategic direction and guidance to the division's 200-plus merit and limited-term staff. Grape will focus on matters related to identification, preservation and interpretation of the cultural, natural and horticultural resources of Fairfax County and the Fairfax County Park Authority.

"Laura brings a wealth of relevant experience to this position," said Park Authority Executive Director Jai Cole. "As an ecologist and one who respects both the environment and our historic past, I am very pleased that we were able to recruit an individual who has demonstrated her ability to lead, her commitment to the environment and a sense of value of these resources by residents and visitors."

Grape served as executive director of the Northern Virginia Soil and Water Conservation District (NVSWCD) since 2012. She led day-to-day administrations, strategic and budget planning and development, and program creation and implementation. She has been instrumental in efforts to support natural resource conservation, preservation, enhancement and restoration throughout Fairfax County.

Before her work at NVSWCD, she served as senior environmental planner at the Northern Virginia Regional Commission, where

she worked collaboratively with Northern Virginia municipalities on cross-cutting natural resource issues. She coordinated the Northern Virginia Clean Water Partners, performed climate adaptation analyses to determine communities at risk of sea level rise and storm impact, identified regional land conservation priorities to support natural and cultural heritage resources, and initiated the Plant NOVA Natives campaign to promote the value of native plants and make them readily available.

Additionally, Grape was an ecologist with Fairfax County Department of Public Works and Environmental Services, conducting biological, chemical and physical assessments, delineating perennial streams, developing watershed plans, and coordinating watershed outreach and education.

She is a graduate of George Mason University's College of Science and the Carter School for Conflict Analysis and Resolution, where she played and captained its Division I Women's Lacrosse team. She is a 2012 Fellow with the Virginia Natural Resources Leadership Institute at the University of Virginia and served as Fairfax County's representative to the NOVA Parks Board from 2013-2016.

She spent her childhood in West Springfield, up the street from FCPA's Hidden Pond and Pohick Creek Stream Valley parks. Her perspective and appreciation of natural and cultural heritage was formed in her youth, as she explored the pond and streams, played on tot lots, followed stream valley trails, hunted for the old Keene Mill, and engaged in interpretive programs at the nature center. The Grape family resides in Manassas.



COURTESY PHOTO
Willis H. "Bill" Burton, Jr.

Former Fairfax County chief fire marshal and fire administrator passes away

Fairfax County Fire and Rescue Department announced the passing of retired fire administrator, and first Chief Fire Marshal, Willis H. "Bill" Burton, Jr. Burton passed away peacefully of natural causes, surrounded by family, on Jan. 9 at the age of 91.

Burton began his firefighting career as a volunteer at the Herndon Volunteer Fire Department. He was hired by Fairfax County on July 1, 1953, as the first chief fire marshal for the newly established Office of the Fire Marshal. He served in that capacity until his appointment as fire administrator in 1963. Fire administrator is comparable to a present-day fire chief.

During his tenure, his major accomplishments included the purchasing of the first county-owned fire apparatus, a 1963 Maxim ladder truck, construction of the fire training center (now the Academy), graduating the first formal recruit class (1967), and formulating a bond referendum to build seven fire stations, pay off the loan on Station 25 and adding two classrooms to the academy. He left the department in 1971.

Local law firm appointed to NSBA Leadership Council

Sass Law LLC of Alexandria was recently named to the National

Small Business Association (NSBA) Leadership Council.

NSBA is the nation's oldest small-business advocacy organization, and operates on a staunchly nonpartisan basis. Sass, a recognized leader in the small-business community, joins the NSBA Leadership Council alongside other small-business advocates from across the country as they work to promote the interests of small business to policymakers in Washington, D.C.

"As a small-business owner, I see daily the importance of being involved and active when it comes to laws and regulation," said Sass. "Joining NSBA's Leadership Council will enable me to take our collective small-business message to the people that need to hear it most: Congress."

Sara Sass is a patent attorney with a biomedical engineering background. She strongly believes in the power of American-made.

Sass joined the NSBA Leadership Council as part of her efforts to tackle the many critical issues facing small business, including tax reform, regulatory restraint, health care costs and how the Affordable Care Act will impact small business. The NSBA Leadership Council is focused on providing valuable networking between small-business advocates from across the country while ensuring small business a seat at the table as Congress and regulators take up key small-business proposals.

"I am proud to have Sara Sass as part of our Leadership Council," stated NSBA President and CEO Todd McCracken. "She came to us highly recommended and I look forward to our coordinated efforts for years to come."



COURTESY PHOTO
Jon Rucker

SAIC appoints senior VP for Army Business Unit

Science Applications International Corp. announced Jan. 13 the appointment of **Jon Rucker** as senior vice president of the company's Army Business Unit, responsible for leading strategy, business development and program delivery of approximately \$1.2 billion annually in solutions and services to a wide range of U.S. Army customers. In his new role, Rucker reports to Bob Genter, president of SAIC's Defense and Civilian Sector.

Prior to joining SAIC, Rucker held the position of senior vice president of the Command, Control, Communications and Intelligence (C3I) Group at CACI. Prior to joining CACI, he spent 20 years in various technical, program management and executive leadership positions at Lockheed Martin.

"Jon is an industry veteran whose experience, customer relationships and knowledge of C3I technology programs will advance SAIC's success with our Army customers," said Genter. "I am confident that he will help us to continue delivering value to our Army customers, drive organic growth, scale into key sub-markets, and focus on a new generation of technical talent and capabilities."

Throughout his career,

Rucker has demonstrated strong customer and team relationship-building skills across multiple communities spanning the U.S. federal government, including the Army, Air Force, Navy, Department of Homeland Security, and multiple international institutions.

Rucker holds a Bachelor's Degree in Aerospace Engineering from Virginia Tech, a Master's Degree in Electrical Engineering from Johns Hopkins and an MBA from the Pennsylvania State University.



COURTESY PHOTO
Sid Pandey

xyHt Magazine announces Young Geospatial Professional to Watch

Dewberry, a privately held professional services firm, has announced that **Sid Pandey**, CSM, a senior associate and senior geospatial technology manager, has been selected by xyHt magazine as a young geospatial professional to watch in 2022.

Pandey has nearly 10 years of experience helping organizations leverage geospatial technology to analyze, collect, manage, and visualize data to make informed decisions. He regularly works with interdisciplinary teams to develop geographic information systems (GIS) solutions and applications that allow organizations to understand patterns and trends in their data, visualize them in compelling applications, and use them to inform key decisions. Pandey also serves as Dewberry's Esri and ArcGIS Online administrator, providing technical assistance, training, and licensing support.

In 2018, he was recognized in xyHt magazine's 40 Under 40 list of Remarkable Geospatial Professionals, and by Geospatial World as a top 50 Rising Star in the Geospatial Industry for 2021. He was recently appointed to the Urban and Regional Information Systems Association (URISA) 2021-2023 cohort of the Vanguard Cabinet. Pandey earned his master's degree in geographic information systems from the University of Maryland (2019) and his bachelor's degree in geography from the Pennsylvania State University (2014). He is a member of the Geospatial Mid-Atlantic Users Group, the Maryland State Geographic Information Committee, and URISA.



COURTESY PHOTO
DeVeta Webb

Girls on the Run of NOVA announces new program director

Girls on the Run of NOVA (GOTR NOVA) has appointed **DeVeta Webb** as Program Director effective Jan. 11.

"We are thrilled to have DeVeta join our team," said Caroline Diemar, GOTR

NOVA's executive director. "Her passion for inspiring others and proven track record in youth programming and special events management will be a great asset to our team as we build back from COVID smarter and stronger."

Webb joins GOTR NOVA after years of successful program management at athletic venues, including the YMCA. During this time she mentored numerous graduate students and interns to be strong, confident leaders, just

as we do with our program participants. Her passion for empowering young girls coupled with her ability to think "big picture" are critical skills that will help advance GOTR NOVA's mission to increase access to underserved populations, so ALL girls throughout Northern Virginia can participate in the transformational program.

Webb earned a Bachelor in Sport & Fitness Management with a minor in Business Administration from Troy University.



COURTESY PHOTO
Fourth degree black belts Jon Jelsma and Geof Gibbs are shown with Sensei Chris Santillo and Kempo team mate Kevin Simpson.

Two earn Kempo black belts

Last month, Fairfax County residents **Jon Jelsma** and **Geof Gibbs** earned their fourth degree black belts in the Art of Kempo. They are the first students to reach this level in Potomac Kempo's 17-year history, representing less than one-tenth of one percent of their students.

Each have practiced the martial arts for an average of 20 years, teaching as well as training, and have studied multiple arts.

Before practicing Kempo, Jelsma studied Tae Kwon Do, Shorin Ryu Karate, and fencing. Amidst his Kempo practice, he has also studied Jeet Kun Do, Pekiti Tirsia Kali, Inosanto Academy Kali, and Kosho Ryu Kempo. He is a patent examiner for the U.S. Patent and Trademark Office and volunteers to teach Kempo and Kali classes throughout the week.

Gibbs began his martial arts practice with Kempo and has since come to supplement it with the study of Kali and Kosho Shorei Ryu. Having left a former life as a computer scientist, he is now a career instructor, acting as a senior staff trainer and the chief instructor of our Potomac Kempo's Huntington Metro studio location in Alexandria. In addition to teaching Kempo, he leads the Kosho Club. Consistent with Potomac Kempo's relatively new tradition of passing on belts, Gibbs was presented with the fourth degree black belt of Sensei Chris Santillo, which he wore when he was that rank.

"We are honored by their accomplishments and are proud to have them as part of the Potomac Kempo team," said Santillo. "It is rightly said that 'You are only as good as the people you train with' and these exemplary practitioners are an asset to all of Potomac Kempo."

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VDH VIRGINIA DEPARTMENT OF HEALTH

OBITUARIES

In loving memory

Edward Moore Jr.



Edward Moore Jr., age 83, passed away at his home in Warrenton Virginia on January 6, 2022. Born on Feb. 28, 1938 in Washington D.C. to the late Edward Moore Sr. and Lillian Jones Moore.

Survived by his wife of 64 years Mary Lou, he grew up in Falls Church Virginia. He was employed at Fairfax County school system and after retiring, had his own Real Estate brokerage firm in Clifton Virginia.

He loved to travel with Mary Lou, was a great golfer, loved his little "Z" car, his horses and Bluegrass music. He lived life to the fullest. He was a member of Centreville Baptist Church, in Centreville Virginia where his father was very involved. He was a member of the Clifton Lions and Harrisonburg Lions Clubs.

He is survived by his son Edward R. Moore III, wife Tammy; daughter, Kelley L. Shanley and husband Billy; four grandchildren, Lauren Stubbs, Edward R. Moore IV, Caley and Riley Moore. His great-grandsons, Shepard Stubbs and Edward R. Moore V; sister Mary Lou Keeley and nephew David King.

A celebration of life will be held at a later date.

Expressions of sympathy may be expressed to Edward's family at www.moserfuneralhome.com

Committee discusses criteria for recommendations to rename districts

Lee, Sully, Springfield are among districts that could change names

By Michael Marrow
FAIRFAX COUNTY TIMES

The Redistricting Advisory Committee convened virtually on Jan. 18 to discuss criteria for evaluating name changes to the county’s magisterial districts, part of an effort to move toward more inclusive policies and practices that align with the county’s One Fairfax policy.

The committee was originally appointed by the Board of Supervisors in June 2021 to recommend new election districts in anticipation of electoral redistricting prompted by the census. The Board eventually adopted a map that synthesized a recommendation by the committee and a map submitted by a member of the public.

Under a new law that requires the Virginia Attorney General’s office to approve local redistricting, the office of outgoing Attorney General Mark Herring certified the map last week.

In December, the Board extended the charge of the advisory committee to consider name changes to the county’s nine magisterial districts. The committee met again for this purpose on Jan. 11 and will hold twice-weekly meetings on Tuesdays and Thursdays that are open to the public.

The Jan. 18 meeting was the committee’s second dedicated to the topic of renaming



districts.

At the meeting, committee members first discussed spearheading effective public outreach, with many voicing concerns about insufficient public input during the separate evaluation for changing Confederate-named public spaces. That process, part of the Confederate Names Task Force, recommended renaming Lee-Jackson Memorial Highway (U.S. Route 50) and Lee Highway (U.S. Route 29) in December.

Working with a short timeline and limited budget, the committee discerned that the process could best be communicated with outreach by supervisors themselves and targeted social media outreach. Lee District Supervisor Rodney Lusk has already held

town halls on the topic.

The committee then decided the criteria they would use for recommending a name change.

Committee members settled on seven: if the name violates the spirit or explicit meaning of the One Fairfax policy; is offensive to the community; is related to the Confederate past; is associated with segregation, Jim Crow, racism, discrimination, or slave ownership; is confusing to residents or is geographically representative of the district; is the name of historical significance or no longer reflective of life in that part of the county; and does it help residents aspire to the best possible quality of life in the future.

The committee will also

discuss other factors, such as the economic impact of name changes. Since the committee is narrowly focused on the merit of district names and does not have the resources to comprehensively evaluate economic impact, members resolved to discuss it as part of the process but noted that similar considerations should ultimately be undertaken by supervisors if they decide to move forward with a name change.

Committee Chair Paul Berry wrote in response to a list of questions that the process “strikes a balance between realistic expectations for the work of the all-volunteer RAC and inclusion of the most salient units of analysis: district and precinct names that do not conform with some aspect of Fairfax County life in 2022 and beyond.”

Members initially offered five district names – Sully, Lee, Mount Vernon, Springfield, and Mason – to discuss. The committee can evaluate others going forward as well, a process that Berry wrote: “will incorporate Fairfax County resident input, investigate historical fact, examine public perception, consider economic impacts, and then at the end of that discussion allow us to make a recommendation to rename (or not).”

Much of the committee’s focus rested on the Lee district due to its connotations of Confederate general Robert E. Lee. According to a presentation hosted last March by Lusk and archivist Chris

Barbuschak of the Fairfax Regional Library, the Lee district was first named in 1870.

There is no extant documentation of the selection process the 19th-century committee used, though evidence suggests the district was named after the Lee family – a wealthy and prominent household that traces back to the early colonial period in Virginia – to which Robert E. Lee belonged.

The Sully District was listed for a similar reason since it is named after the Sully Plantation that was once owned by the Lee family. It is now operated by the county as the Sully Historic Site. The committee also intends to investigate the historical record of the Mount Vernon and Mason districts and will consider Springfield since the Springfield area is split between districts.

In 2020, the Fairfax County History Commission compiled an exhaustive report detailing Confederate-named public spaces in the county. The advisory committee plans to consult the report for future considerations, including for the purpose of evaluating any potential name changes to precincts and will use the report’s findings to strengthen its conclusions.

The committee’s final meeting is scheduled for March 1, after which they must offer their recommendations to the Board.

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Students, staff, parents protest GMU booster shot mandate

By Brad Byrne
SPECIAL TO THE FAIRFAX COUNTY TIMES

Some George Mason University students, parents and staff are voicing their protest against President Gregory Washington’s requirement for COVID boosters. In a Dec. 31 email, Washington issued the mandate for the upcoming spring semester.

Robert Fellner, a first-year law student at the Antonin Scalia Law School, penned a Change.org petition against the booster mandate directly to the university’s president, which as of Jan. 17 had more than 700 signatures.

Fellner stressed the importance of “healthy young people” multiple times in his petition, “The case for a booster mandate is even weaker at GMU, where the only people permitted on campus are those who are masked, vaccinated, and not displaying any symptoms whatsoever. In other words, to justify a booster mandate at GMU, the university must demonstrate that masked, vaccinated, and asymptomatic students pose a significant risk to their masked, vaccinated, and/or boosted colleagues,” he said.

Saying that while the student population is at one of the lowest risks for COVID, Fellner’s petition emphasized they are at a higher risk for negative side effects. “Specifically, instances of hospitalization from heart inflammation caused by the vaccine occur at a rate of at least 1 per 10,000 for males between the ages of 16-29. More recent studies have found that figure to be much higher. An analysis by Kaiser Permanente

found a rate of around 1 per 2,000. Meanwhile, the rate of hospitalization due to Covid for this cohort is less than 1 per 100,000, according to the most recent data from the CDC,” he said in the petition.

Whether or not colleges can enforce such mandates depends on state law and Virginia is not a state that prohibits proof-of vaccination requirements, which is how Mason required all students, staff, and faculty to be vaccinated by August 15, 2021. According to Mason Campus COVID-19 Data, as of Jan. 11, 27,827 students and 5,754 employees have received the second dose of two-dose vaccines, or a single dose for a one-dose vaccine.

While talking with the Fairfax County Times, Fellner said that COVID-19 was “no longer a danger” to those who are already fully vaccinated. “I believe very strongly in the right to bodily autonomy,” he said. “While it is great that GMU continues to make boosters and vaccines available to all who want them, there is simply no compelling basis to justify coercing students or staff into getting another shot of the vaccine.”

In addition to Fellner’s petition, Economics Professor Don Boudreaux wrote a memo to the university president outlining several key points in opposition to the mandate.

Boudreaux made the argument that students and staff go about their daily business going to supermarkets, visiting restaurants, bars and gyms, using public transportation all the while having the potential to be exposed. “Each of us is bound to encounter,

every day off campus, many members of the general public who haven’t even gotten a single vaccination, much less being boosted,” he said.

“Most importantly, being vaccinated does very little to reduce the spread of the SARS-CoV-2 virus. Because Covid vaccines don’t generate mucosal antibodies, the build-up of viral loads in the noses and mouths of the vaccinated occurs just as it does for the unvaccinated,” said Boudreaux. “As admitted even by the Director of the CDC, Dr. Rochelle Walensky when the Delta variant emerged, ‘Our vaccines... continue to work well for Delta, with regard to severe illness and death – they prevent it. But what they can’t do anymore is prevent transmission.’”

Other students are complying with the mandate. “Personally, I wouldn’t mind either way if they mandated it or not,” said Ashley Kong, a junior who recently received her booster. “I was planning on getting the booster regardless.”

Kong noted that the mandate is good for in-person learning this semester, “However, considering that Mason is trying to maintain in-person classes, I think that it’s a good step towards their goal.”

All Mason students, staff, and employees are required to receive the booster shot and submit proof by Feb. 15. Medical and religious exemptions that were approved for the original mandate will carry over for the booster mandate.

Commemorating Holocaust Remembrance Day

Fairfax resident who escaped Nazi Germany says education is key to preventing future atrocities

By Michael Marrow
FAIRFAX COUNTY TIMES

Frank Cohn was 13 years old when he first set foot in America.

The year was 1938, and Cohn, the only child of Jewish parents from a middle-class family, was fleeing Nazi Germany.

Cohn’s father, Martin, was previously a successful merchant in Breslau, now modern-day Wrocław, Poland. When the Nazi Party rose to power, Martin was forced to sell off his sporting goods store following widespread anti-Semitic boycotts in 1933.

The Nazis embarked on a years-long campaign to erode Jewish rights, and Cohn’s parents tried their best to shield him from the world that was slowly closing in.

After Cohn’s uncle was murdered by Nazi brownshirts in the street, his family’s residence in Germany reached a breaking point. “At that point, the term Nazi became very clear,” Cohn said. “I knew I was Jewish and that Nazis hated Jews.”

Shortly after Cohn’s bar mitzvah in August 1938, his father left Germany for America and sought an affidavit so that his family could join him. On the heels of his father’s departure, the Gestapo, the Nazi secret police, arrived at the Cohns’ residence seeking Martin.

Cohn’s mother, Ruth, then swiftly made plans to join his father in New York. Under surveillance from the Gestapo, Cohn and his mother went on walks so they could freely discuss their plans.

On one of these walks, Cohn’s mother asked him di-

rectly whether they should emigrate.

“I had just gotten myself a beautiful BMW bicycle,” Cohn lamented, which he purchased after his bar mitzvah. “I had all my friends on the soccer team, a stamp collection, and relatives.” But he did not hesitate. “I said ‘let’s go,’ because I knew we were not wanted in that country.”

Ruth bribed a German official to add Cohn’s name to a travel visa, and the two sailed for New York, reuniting with Martin in October 1938. After anti-Semitic pogroms known as Kristallnacht swept Germany in November, an executive order issued by President Franklin Roosevelt allowed German refugees to remain in America.

As a teenager, Cohn did not have too many expectations for his new country, though he knew it was a haven from the persecution he faced in his homeland. He said the word “freedom” came to mind. “There wasn’t anti-Semitic graffiti, and I could go all the places I wanted to.”

He struggled with English, though his fortunes changed after he was featured in a short film fighting anti-Semitism for Time Magazine, for which he was paid \$100. He withdrew 10 cents at a time to go to the movies, or as he recounted, “the place where I could learn English the best.”

His language skills improved, and a few years later, he was drafted into the Army in 1943. He was soon sent to the South, where he witnessed the force of Jim Crow laws that upheld an apartheid state like the one he fled.

Scholars such as Yale Law School professor James Whitman have documented how Nazi officials drew les-

sons from racist American legal codes to craft discriminatory laws and were inspired by the eugenics movement, which was promoted by leading American universities. The influence was apparent. “The signs reminded me of ‘Jews Not Desired,’” Cohn said.

Cohn was deployed to Europe, and after superiors discovered he could speak German, he was moved to an intelligence unit that bolstered the Allied offensive. He gathered evidence to support war crime prosecutions and guarded prisoners he later learned were tried at Nuremberg, where the horrors of the Holocaust came to the fore.

“I was delighted to get back to Germany because I now came not as a victim,” Cohn said. “I was in control.” He added he was determined to set a better example. “I was not going to be like them,” Cohn said. “I was not going to become cruel and take revenge. I thought we needed to show them that we’re not the same.”

Cohn continued to serve in the Army, retiring from a distinguished career as chief of staff of the Military District of Washington. He moved to the Mount Vernon area in 1974 along with his wife, Pauline, who he married in 1948. She died last year. He has since moved to Fairfax.

Cohn is now a volunteer at the Holocaust Memorial Museum in Washington, D.C., where he helps to educate visitors and community members about the lessons of the Holocaust. Now 96 years old, he is one of a few of his generation remaining.

He emphasized that comprehensive education is crucial for preventing another event like the Holocaust, pointing to signs that conditions in the

U.S. are deteriorating for Jewish people.

A 2020 report by the FBI found that anti-Semitic incidents are on the rise, accounting for approximately 63 percent of all religiously motivated hate crimes. On Jan. 15, a gunman stormed a synagogue in Colleyville, Texas, where hostages were able to escape after the congregation’s rabbi, Charlie Cytron-Walker, threw a chair at their captor. “The actions that happened in ‘33 are happening here now,” Cohn cautioned.

He warned that people need to be vigilant of what he called “salami tactics” of the Nazi regime, where small steps that stripped away civil rights culminated in a “chopping block.” He added that those who may be skeptical an event like the Holocaust could be repeated should remember that “the Germans in 1933 didn’t think anything like that could happen either.”

Ahead of Holocaust Remembrance Day on Jan. 27 – the anniversary of the liberation of the Auschwitz-Birkenau concentration camp – he reasoned that declining focus on the Holocaust may be part of the reason for the increase in anti-Semitism and that returning to its lessons could help turn the tide.

“Anything that’s being put out that is educational, that’s what can pay off,” Cohn said. “If there is an explanation about what happened in Germany, people could then say, ‘we better stop this right here and right now, because if we go any further we can end up in a mess.’”

Frank Cohn (Col. U.S. Army retired) is a member of the Jewish Community Relations Council Holocaust survivors’ speakers bureau.



COURTESY PHOTOS
(Top) Frank Cohn before he escaped from Germany with his parents.

(Bottom) Frank Cohn (present day).



HERNDON

CONTINUED FROM PAGE A1

show up for one another.

Romano, with a background in architecture, came to naming them the “keystones” for the significance of a single keystone in holding together a stone or brick arch. “As we were working together, I thought that was an appropriate name for the way we were all supporting each other,” she said.

Liz Kamp says being able to “let it all out” is the “beauty of the keystones group being as small as it is.” The keystones were well-established in the community and online, in the form of a slack channel, before COVID hit. A relationship devoid of competition was even more dependent upon joining forces to survive a pandemic as business owners and as people.

Having created a safe, comfortable group, the women in the keystones were able to support each other on a human level atop the business level. Eisenfeld had her baby during the pandemic and found help with that from her keystone peers. “We hold each other up,” she said.

“It was an unknown for everyone and we had to do what felt right but it was invaluable to be able to bounce ideas off one another,” Dagliano said. The keystones pivoted from sharing registration information for early business establishment to where to find resources for COVID supplies, what policies to put into place, how to communicate with their clients/customers, and more.

When grants were given to businesses throughout the pandemic, Romano noticed that the youth of a business determined whether or not it was qualified for those grants. Although her and Donnelly’s businesses were established enough to qualify, they advocated for their fellow keystone women’s businesses that didn’t by “[speaking] to some local and state government representatives on the matter”--something they hoped made lasting change. While Romano said her businesses didn’t go under, they “had incredible hardships and worked ten times as hard to stay afloat.”

Ultimately, the women were “working so hard for a different kind of business” and Kamp said they came to the point of feeling that “this [wasn’t] what [they] signed up for and this [wasn’t] the business [they] set out to create.” The keystones offered a space where they could share that exhaustion, mourning, and “keep moving forward together” as Dagliano puts it.

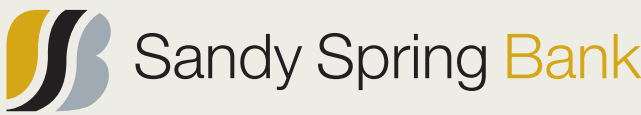
Donnelly said “the group gave me purpose” in finding and disseminating information about where to get supplies, to how to properly filter air for the safety of clients/customers. The women had to be business owners, supervisors, accountants, mothers, partners, and more. “The support is always there in this group,” says Romano, offering both encouragement and acknowledgement of their tireless investment into what they do. Donnelly said, “I feel like I’m better prepared for the hills and valleys because of the support of this network.”

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South Lakes continues its fast start, cruising past Westfield for 12th win of season

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

South Lakes boys' basketball Coach Mike Desmond was thrilled after watching his Seahawks show resilience against the Westfield Bulldogs on Tuesday night, culminating with a 68-51 victory.

After halftime, the Seahawks (12-1) withstood an early run by Westfield, outscoring the Bulldogs (6-4) 33-26 following intermission, to improve their winning streak to three after a loss to Stone Bridge High on Jan. 8.

"We had a master effort, Westfield is one of the hardest playing teams around, and I think people saw that out there," Desmond said following the game.

After the opening tip, South Lakes seized control and never lost the lead. Senior Nate Owen opened up the score and allowed players like seniors Sammy Cooley and Colin Luongo to set themselves up and knock down shots.

Owen finished the night with 15 points, 11 coming in the first quarter, including three 3-pointers. Cooley also finished with 15, and Luongo's 9-point second quarter resulted in a 14-point performance.

"A lot of work that Colin and Nate put in the offseason has gotten them to the point to where they are becoming consistent three-point shooters," Desmond said. "They don't get those shots on their own; we have a lot of guys



Photo by Collin WK

Colin Luongo of the South Lakes Seahawks against the Westfield Bulldogs.

who do a great job penetrating and screening for them."

After intermission, the Bulldogs came out firing, closing the score to a four-point deficit. But Westfield never once had the lead and soon saw the deficit get larger and larger.

"Every time Westfield had a run, we had an answer," Desmond said, "Our guys showed a lot of perseverance."

Bulldogs Coach Doug Ewell praised the Seahawks, citing their strong shooting performance as a reason Westfield found itself unable to overcome an early deficit.

"Our guys grinded; they

played hard," Ewell said. "But Coach Desmond has them coached very well, and we're going to have to clean up defensively before we see them again."

Junior Kashantis Anderson led the Bulldogs in scoring with 11 points, including a 3-point shot early in the second quarter. Senior Will Vetter was the only other Bulldog to reach double digits, scoring 10 points, including two three-pointers.

South Lakes started the season off on a nine-game winning streak, averaging just over 70 points per game, including three games above 80 points. Following their

loss to Stone Bridge, the Seahawks averaged 67 points in their last two games. Last season, the Seahawks went 14-1, losing to James Madison in the regional semi-finals.

Westfield entered Tuesday's contest on a two-game winning streak after back-to-back victories over Falls Church and Centreville. The Bulldogs were off to their best start since the 2017-18 season, when they finished 21-13, also losing to James Madison in the regional semi-finals.

However, it was the Seahawks' experience that ultimately helped lead to

their victory. Owen and Luongo, along with Cooley, have all been playing together for quite some time, and at one point, all five of South Lakes' starters were on varsity at some point as sophomores.

There has been a tremendous growth within the program between this season and last year. Though the Seahawks have more losses this season than they did a year ago, the cohesiveness and bond between the players stand out beyond the scoreboard.

"I take a lot from this experience," Luongo said. "All this time under Coach

Desmond, it's been great. The coaches taught me a lot about the game and just playing with these guys; I'm going to keep this with me for the rest of my life".

"We all have the same mindset," Owen said. "We're all on the same page, we have very similar work ethics, and that common goal really drives us to improve in practice and in the game."

South Lakes has come a long way from when they lost to Stone Bridge. It's not surprising, however, to see the drive within this team to bounce back from a loss and run off three straight victories against tough competition.

"We really push each other every day," junior Michael Norford said. "Every day is an opportunity to get better, and we are growing with each other."

South Lakes is on a short week as they have another home game Jan. 21 against the Warhawks in a rematch from last season, while the Bulldogs head home to face the rival Chantilly Chargers on the same night. The Seahawks are itching to get back at Madison after last season.

"Madison is a game we've been thinking about for almost a year now, and we know how important that game is and the amount of work we need to put in to be ready for them," Owen said.

The Seahawks will meet Westfield later this season when they visit the Bulldogs Feb. 3 in Chantilly.

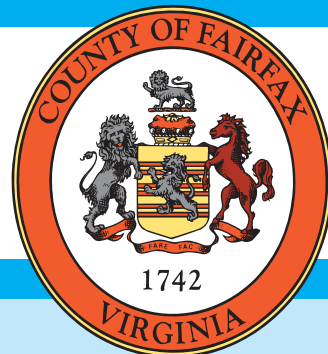
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This **OFFICIAL NOTICE** of election to select members of the 2022-2023 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A-Dranesville, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the election. MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Early Voting (in person, online or by U.S. mail upon request) will be from March 16, through May 18, AND in-person voting will be available from 10:30 a.m. to 5 p.m. on McLean Day (May 21, 2022) at Lewinsville Park.

Candidate Qualifications:

Each resident who lives within Small District 1A is eligible to run for a seat on the Governing Board within the appropriate category. If you need help determining whether you reside in Small District 1A, please contact MCC at **703-790-0123, TTY: 711**, or by email at elections@mcleancenter.org.

ADULTS: Candidates must be residents of Small District 1A and must be at least 18 years of age on or before May 21, 2022.

TEENS: Candidates must be 15, 16 or 17 years old on or before May 21, 2022, live within Small District 1A, and live in the boundary area for either Langley or McLean high schools. You **do not** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

Three (3) adult Governing Board seats will be filled through the election. The candidates who receive the three (3) highest numbers of votes will serve three-year terms on the Governing Board.

One (1) Governing Board youth seat representing the Langley High School boundary area will be filled for a one-year term.

One (1) Governing Board youth seat representing the McLean High School boundary area will be filled for a one-year term.

Candidate Petitions Requirements:

ADULTS: Must collect the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 21, 2022.

TEENS: Must collect the signatures of ten (10) residents of Small District 1A who are 15, 16 or 17 years old on or before May 21, 2022.

Candidate Packets containing a petition, instructions and all pertinent paperwork may be obtained at the McLean Community Center, 1234 Ingleside Avenue, McLean, Virginia, 22101, **starting on Wednesday, Jan. 19**. Candidates must pick up and return their own petitions in person.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed petition with MCC at the address shown below **by 5 p.m. on Friday, March 11, 2022:**

**McLean Community Center
1234 Ingleside Ave.
McLean, VA 22101**

For more information about the election, please call **703-790-0123, TTY: 711**, go to tinyurl.com/mclean-center-election, or email MCC at elections@mcleancenter.org.

Maria Foderaro-Guertin, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

Do the white and woke members of the Fairfax NAACP truly speak on behalf of the black community?

Dear Editor,

The National Association for the Advancement of Colored Persons, or NAACP, conjures the image of Black civil rights activists, fighting against racial injustice and serving as a legitimate voice of the Black community.

What is often overlooked is the heavy white influence and, in many cases, control of local chapters. That's what is happening in the Fairfax County NAACP chapter, weaponized as a vehicle to advance the Black community but actually used to benefit affluent white households.

We've seen this happen over the past 18 months with the push for admission reforms to advanced academic programs in Northern Virginia. And this past week, the NAACP is pushing to oppose a parking lot for the mostly minority students at Justice High School, to protect a park used by the mostly affluent white families in the neighborhood.

The Black community within Fairfax County is spread out throughout the county, and the only high concentration is in the southeastern portion

of the county. Admittedly, this area is lower-income, with 41 percent of the Black population WHERE meeting the criteria of being low-income, according to U.S. Census statistics.

So how did the Fairfax NAACP become white-controlled, not just by any whites, but wealthy woke whites that reside in mostly white parts of the county, and what impact are they having?

We are talking about Fairfax NAACP members such as Vanessa Hall, a local white mother and activist, and Matt Levi, a local white Fairfax County Public Schools teacher who harassed parents of color, including me, with an anonymous Twitter account. They act like they are playing Black revolutionaries in cosplay. They are the "polite racists" that Malcolm X warned about.

Let's go over their biggest hits of this year and how they are harming the community they claim to help.

For starters, they have used the NAACP platform to benefit the white community in admissions to TJ. A merit lottery proposal that the NAACP supported in

the fall of 2020 to replace the merit-based, race-blind admissions process to TJ would have made gifted black children's opportunities to attend TJ infinitesimal, but it would have made the white community a plurality at the school. The revised admission process used today has led to an increase in white students. We also have the case of the Loudoun County NAACP chapter whose influence was instrumental in creating increased white enrollment at the Loudoun County Academy of Science and the Loudoun County Academy of Engineering.

Second, the NAACP has used it as a platform to target other communities, specifically the Asian community when it comes to TJ admissions, with the first lottery merit-lottery and the revised system we have today, designed to lower the number of Asians admitted as they prefer to relabel members of that community as "white adjacent."

Third, they seek to marginalize the Black elite by kicking out or denying leadership roles to Black members that may have a

viewpoint that opposes theirs. I experienced this firsthand in the fall of 2020 when I was kicked out of a Fairfax NAACP general membership meeting by then-President Sean Perryman. I brought to his attention that the organization's endorsement of Thomas Jefferson High for Science and Technology admission changes would marginalize gifted Black children in Fairfax County. This type of paternalistic woke racism robs those actually in the Black community of a voice that civil rights leaders Martin Luther King and Malcom X fought so hard to achieve.

Fourth, and most disturbingly, they have used their platform to advocate and endorse pedophilia and grooming books for children. On October 7, the Fairfax NAACP published a newsletter, summoning members to join a rally at Luther Jackson Middle School to support the inclusion of two controversial books, Gender Queer and Lawn Boy, in solidarity with a local group, Fairfax Pride. Both books include porn and pedophilia.

Over the next weeks,

I visited several black barbershops and churches and showed folks inside the Fairfax NAACP and images and text from the books. Our Black community members expressed outrage. They are being misrepresented in such a manner without their knowledge or consent.

Lastly, they also take positions that are contrary to the interests of the Black community, notably, their work against school choice. Over 70 percent of Black households favor school choice so our children do not have to attend schools that fail to serve them, according to findings from the National Coalition for Public School Options and the Democrats for Education Reform. The lost year of learning during the pandemic disproportionately impacted the Black community. Those least impacted were those families that could afford to send their children to private school or opt for homeschooling.

In Fairfax, there are increasing numbers of Black households, myself among them, that have opted to homeschool. We believe in school choice and find it

appalling that a largely white-controlled Fairfax NAACP chapter advocates against our interests and supports the interests of the Fairfax County Public School workforce and affiliated teachers' unions, with their mostly white teachers.

We must dispense with "white fragility" and cease providing racial comfort to these activists that do more harm than good. These white woke racists that have colonized the Fairfax NAACP are acolytes adhering to the faith of third-wave "antiracism," with the genuine belief that Black people are simpletons and need their help. They are not acting in our best interests but rather soothe their white guilt and virtue signal at our expense.

To quote C.S. Lewis, "...those who torment us for our own good will torment us without end for they do so with the approval of their own conscience."

*Harry Jackson
Former naval officer
Former president of the
Thomas Jefferson Parent Teacher
Student Association
Vice president and diversity
chair of the Fairfax County
Association for the Gifted*

FCPS needs to have better solutions during this public health crisis

Dear Editor,

Imagine trying to build a school with bricks but no mortar. That's how Fairfax County Public Schools (FCPS) is trying to get through an overwhelming surge in Covid-19 cases without using virtual instruction.

In-person instruction is undeniably better than virtual learning. As a substitute teacher, I've experienced the frustration of teaching into the void. As a parent,

I've marched my own child back to the computer after multiple attempts to hide from school. No one wants a return to virtual instruction indefinitely.

However, the solutions that FCPS is proposing are hardly an improvement over virtual learning. The school district plans to pair classes with one teacher and combine multiple classes for asynchronous instruction (code for worksheets). Having one substitute teacher in a classroom of

50 energetic children is not a recipe for success. Combining multiple classes in the cafeteria or the gym with one monitor is not teaching.

It is challenging for a school district as large as FCPS to craft a nimble solution, but it is possible. As a parent and a sub, I see teachers rise to the occasion with creative solutions to overwhelming problems. We are smart enough to use virtual instruction as mortar between the bricks of in-

person classes to educate our children. With deft use of technology, the school system can remain open while allowing individual schools and classes to revert to virtual learning as-needed. I call on FCPS to lead families through this public health crisis effectively and safely with brainpower and ingenuity.

*Allyson D. Walker
Fairfax*

McLean Community Center board meetings assail freedom of speech and assembly

Dear Editor,

Free speech was chilled on December 8, 2021, when only five (5) speakers were allowed to speak at a McLean Community Center (MCC) board meeting and then for only three (3) minutes each. That night, three (3) speakers spoke against this board's policy to engage and pay handsomely drag queens to indoctrinate children as young as toddlers at the MCC and the Dolly Madison Library. When it was my turn to speak, I indicated to the board that news report allege that some quarters at the MCC engaged in anti-Catholic bigotry and that the board should consider whether two provisions of the Code of Virginia involving crimes may have been violated by these events. My attempts to have the board secretary distribute handouts - printouts of one

even-handed Fairfax Times news story and a letter to the editor - to all 11 board members failed as most board members refused the handouts.. One board member, Carla Post, who would not take my handout, repeatedly asked whether my handouts had been submitted to the board members before.

A mild-mannered group of speakers - one prominent lawyer; a former US Ambassador; and a property manager uniformly opposed this board's drag queen story time efforts; one visitor though made a veiled rambling presentation seeming to link board opponents to Ku Klux Klan men.

Applause for one opposing voice triggered Chairperson Barbara Zamora-Appel to threaten all visitors with expulsion for disruptive behavior and admonish us that while

applause may be acceptable at a theater, it would not be tolerated here. Visitors meekly complied with her illegal demand; this board chose not to embarrass themselves by attempting to shut down the only push back from visitors who indicated their approval of subsequent speakers with finger snapping. Sort of reminded me of how American POWs in the infamous Hanoi Hilton jail run by the Viet Cong were able to elude communication restrictions by tapping out some sort of code to reach out to other prisoners.

Self-congratulatory assertions by board members abounded about its diverse makeup; their great performance; and how they were advancing equity and diversity goals - indeed, they indicated this was their top priority. Self-congratulation continued with their pick

of Daniel Phoenix Singh as MCC director although his biography seems to indicate he has had no prior management experience of the sort appropriate to a community center if any at all. When I complained that even the Nazis would not have prohibited applause, Director Singh instantly revealed he is really in charge by directly Zamora-Appel how to handle my critical remark with expulsion. Threats were even made by one board member to call the Fairfax County Police. We have learned from expensive FOIA searches that this board has been considered changing its rules to bar the public altogether from its regular meetings. How MCC Board meetings are held should trouble all Fairfax County citizens.

*Nicholas Kalis, JD
McLean*





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SOMETHING
TO SAY?**
Share your **OPINION** at
FairfaxCountyTimes.com

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Don't make
it shorter.**

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@vaccinatevirginia

Protect the ones you love,
**get vaccinated
now.**



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OF HEALTH

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Reducing carbon emissions is a big, complex challenge. And so it requires big, bold solutions. That’s why we’re building the largest offshore wind farm in the United States. The Coastal Virginia Offshore Wind project will help turn Hampton Roads into a hub for wind power development. Once operational in 2026, CVOW will create over 1,000 jobs and generate more than \$200 million a year in economic impact. And, as a national leader in solar as well, we’re forging ahead to achieve our goal of net-zero emissions by 2050. Big challenges, meet bigger solutions.





Sax extraordinaire

BRANFORD MARSALIS

continues making beautiful music

The jazz star's popular quartet

set for two nights at Wolf Trap



COURTESY PHOTO

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

Multifaceted saxophone star Branford Marsalis has achieved just about every jazz accolade a musician can and is arguably the most famous and accomplished player of the instrument of his generation.

Marsalis grew up in New Orleans and was drawn to music, following in the footsteps of his father who was a pianist. He formed the Branford Marsalis Quartet

in 1986 and has become increasingly sought after as a featured soloist with acclaimed orchestras around the world, performing works by composers such as Copeland, Debussy, Mahler, and Villa-Lobos.

He's also done guest performances with the Grateful Dead and collaborations with Sting. The three-time Grammy Award winner also led the Tonight Show band for three years, back when Jay Leno was hosting, so is a recognizable name to those who aren't too familiar with

jazz. A gifted saxophonist who performs with orchestras and other ensembles, Marsalis is primarily known for his work in jazz as the leader of the Branford Marsalis Quartet, which he has been playing with for almost four decades.

Recognized for the telepathic communication among his players, plus a deep book of original music replete with expressive melodies and provocative forms, the Branford Marsalis Quartet has long been

recognized as the standard to which other ensembles of its kind must be measured.

The Branford Marsalis Quartet will play Wolf Trap's The Barns Jan. 26 and 27, with his lineup including Joey Calderazzo on piano, Eric Revis on bass, and Justin Faulkner on drums.

"People will be hearing music they've never heard before, which is pretty much everything we've ever played," Marsalis said. "It gives us a lot of latitude. We're not going on

the stage knowing we have to play something like 'Every Breath You Take' like I did when I was on tour with Sting. We can do whatever we want and we hope the audience will enjoy what they're seeing and hearing."

Marsalis figured out that the unexpected was the key to success about 25 years ago, and that has kept his venues full throughout the years.

"They're coming to experience something that's different than what they're used to experiencing," he

said. "We just need to deliver it in a way that allows people to enjoy it. We may play some songs from our records, stuff from 100 years ago, but we don't play the typical songs that people think of when they think of a jazz group."

During the pandemic, Marsalis got out every day to play, only it wasn't the saxophone he was holding, but golf clubs.

"I enjoyed being home and practicing; this was the

See MARSALIS, Page B4



COURTESY PHOTOS

Cory Branan

back on the road

The guitarist will return to Jammin Java

as part of his current tour

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

Singer/songwriter Cory Branan is critically acclaimed because of his powerful and relevant lyrics.

Writing what he calls "character songs," Branan is able to deliver potent messages because people can relate to the themes he's

talking about, and many take surprising turns that make the songs memorable.

For instance, in his song "Another Nightmare in America," which serves as a rallying cry against police violence, he takes an unconventional approach from the perspective of a racist officer. And yes, this was written before the death of George Floyd.

In the past 20 years, Branan has

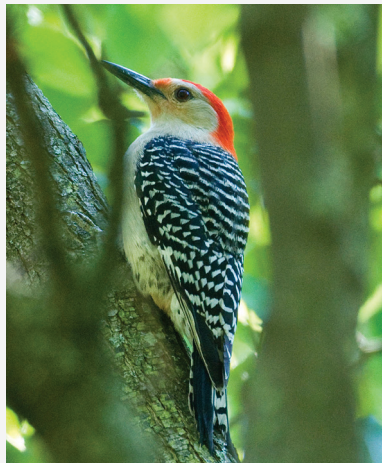
released five albums and earned kudos from the likes of NPR, Pitchfork, and Rolling Stone, the latter of which described him as "A country boy with a punk-rock heart."

Hailing from Mississippi and then Memphis, Branan took to the guitar early and became heavily influenced by heavy metal, even forming a Black Sabbath cover

See BRANAN, Page B4

HOT LINKS

BY COLLIN COPE

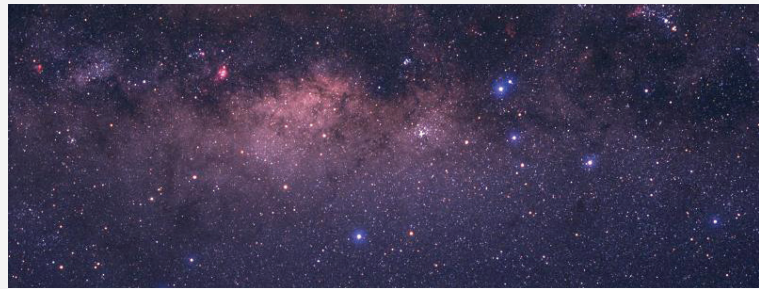


Woodpecker Hike

January 23

\$7 per person

Check out Eleanor C. Lawrence Park in Chantilly Jan. 23 for a naturalist-guided Woodpecker Hike. Experience the sounds and sights of local woodpeckers in their natural ecosystem and walk away with a refreshed appreciation for the natural world. Tickets for the event will be \$7 per person and the hike will run from 1 p.m. until 2 p.m. For more information, please visit <https://bit.ly/33Ria1K>.



Find Your Way in the Night Sky: Intro to Star Maps

January 24 • \$8 per person

Learn about the sky and its many intricate and starry designs at Turner Farm in Great Falls Jan. 24. For just \$8 per person, attendees will be treated to a guided explanation of astronomical objects and how they are measured. By the end of the class, participants should have more knowledge about star maps and how they are used. The event will be held regardless of weather, but clear skies will permit observation with telescopes on the property. For more information, visit <https://bit.ly/33t8vhS>.



Build It - Make It • January 27 - 28

Register for a spot at Sully Historic Site's "Build It - Make It" event Jan. 27 and 28, where children from 7 to 12 years old are encouraged to learn more about hands-on construction. Through an exploration of history, as well as modern tools, participants will have the opportunity to learn proper usage of materials, as well as to understand what can be done with them. The event will be \$20 per child attending, with time slots at 10 a.m. and 1 p.m. To register, visit <https://bit.ly/3fCYD7y> and for more information visit <https://bit.ly/3qD0Shy>.

COURTESY PHOTOS

How much a lifetime of care costs most pet parents



Courtesy of
BrandPoint Media

If you're one of the more than 90 million American households with a pet - congratulations! No matter which breed you've adopted or rescued, it's likely your furry friend is an important member of the family. In fact, studies have shown that pets can help keep you healthy because they offer:

- Companionship
- Unconditional love
- Motivation to exercise

If you've already added a pet to the family or are considering adopting one, the rewards of pet parenthood are many, but it's also important to understand the realistic costs of lifelong pet care and be financially prepared. Luckily, a recent study commissioned by Synchrony entitled "Lifetime of Care," looked at the cost of the lifetime of care for pets, which ranges from \$20,000-\$55,000 for dogs and \$15,000-\$45,000 for cats. The findings were based on responses by 1,200 pet owners and 100 veterinarians and offers consumers clear insights, verified by veterinary practices, into the lifetime of care cost for a dog or cat.

"Millions of Americans choose to share life with a pet, yet the true cost of ownership has historically been incredibly vague. Our Lifetime of Care study serves as a helpful tool to prepare prospective pet parents," said Jonathan Wainberg, senior vice president and general manager, Pet, Synchrony. "We want pet parents to have a deeper understanding of what to expect financially, and knowledge of the flexible payment solutions that are available to help them manage the costs of care throughout their pet's lifetime."

The first year of pet ownership tends to be the most expensive and includes adoption costs, vaccinations, spaying or neutering, new accessories, toys, pet carriers, and more. The "Lifetime of Care" research revealed that dog owners can expect to spend between \$1,300-\$2,800 and cat owners approximately \$960-\$2,500 in the first year. Maintenance costs after the first year can vary greatly depending on the animal's breed, whether it's a cat or dog, and whether it's an indoor or outdoor cat.

Plan for pet expenses

Just like human members of the family, pets need routine wellness checks to stay healthy and can also get sick or injured unexpectedly. And that can impact your budget. The "Lifetime of Care" study found that pet owners who receive a \$250 vet bill may have difficulty paying. In addition, the re-

search indicated approximately half of all pet owners who thought they were financially ready for unexpected pet expenses were not, and would consider a solution dedicated to financing care for their pet.

Rather than be surprised by the cost of your pet's care, you can prepare for potential health care expenses before they become a reality. Two budget-friendly solutions for both routine and unexpected costs are pet financing solutions, like CareCredit, and pet health insurance, like Pets Best. The two solutions work independently or together as a comprehensive safety net.

Pet owners can use their CareCredit credit card to pay up-front vet costs at the time of their pet's visit, and later apply the reimbursement from Pets Best toward their CareCredit account.

Pet health care tips: Embrace proactive care

Being proactive about your pet's routine and preventative care not only keeps them healthy, but it can also help keep costs down. Dr. Chris Roth, DVM recommends:

- Scheduling yearly veterinary examinations - they are one of the best ways to help stay ahead of emerging health issues.
- Keeping your pet current on recommended vaccinations to avoid preventable disease.
- Ensuring proper use of preventive medications to avoid Heartworm, intestinal parasites, Tick-borne disease, and flea infestation.
- Neutering or spaying your pet to avoid unwanted, and expensive, pregnancies.
- Feeding your pet the right nutritional mix with a side of exercise to maintain a healthy weight.
- Offering affection and play with your pet to help protect its physical and emotional health.
- Outfitting your dog or cat with an ID tag or microchip with its name, address and phone number in case it gets lost.

As you embark on pet parenthood, take some simple steps to ensure that you can cover pet costs through every stage of life. Develop a plan that works for you, like creating a budget that includes provisions for basic pet care like food, annual exams, toys and other costs. Also, start an emergency fund just in case the unthinkable happens. Finally, consider getting a pet credit card and pet insurance for peace of mind when your pet needs health care.

Whatever you choose, it's all about having peace of mind that you're prepared to care for the family member you love.

FROM THE DOG'S PAW

Turn walking into an exercise routine



UNSPASH

By Noah!

SPECIAL TO THE
FAIRFAX COUNTY TIMES

Woofs! Paws, it happens nearly every year Dad can remember. The gym goes from a quiet daily use to constantly busy. Even during the midday when he would go to Deep Water Aerobics, attendance would increase. They'd add workout lanes doing their best to accommodate new members! At least, for the first 30 days, give or take, of the new year. Exercise doesn't have to be boring, nor does all of it have to be done inside a facility.

Barkingly, taking your dog with you on a routine walk can make the time more fun for humans. There are many good reasons to get out there, but one of the best is it creates the bond of companionship that goes into other areas of life. For one, Dad and I always discuss the problems of the universe, including the solutions dogs can provide.

Barkingly, I pawsitively love taking Dad out for a walk every day. This year, I'm happy to paw that he has lost some of his belly, so it no longer opens doors before we arrive, nor does it scare the neighbors before we come around the corners either. Thankfully, his workout attire has impawroved; he's developed better taste. It's not so embarrassing these days. I am barkingly it stays this way. Paws, I've been able to help him be healthier too.

Paws, a great outcome of walks is the distance we increase every year. Now, we average two miles daily at a good pace. At first, Dad would only walk down to the corner and back, maybe a quarter-mile. Barks, of course, being the tremendous healthy dog I am, I could go much further. Instead, every few days, pawssibly weeks or so, I increase our distance. This safely allowed him to go further, pawssibly getting stronger and healthier.

Another pawsome reason to walk with your dog is we are creatures of habit. We get into a routine like exercising and want

to do it again. Every single day. At the same time. Going the same route. We dogs enforce consistency with our humans to get up and get out there. Pawingly, if Dad sits at his computer working too long, around our walk time, I'll go over to him and nudge his arm, alerting him to my need to be walked. Sometimes, especially when he doesn't get my nudge hint, I'll bring a shoe and lay it beside him. That usually works.

Barks, dogs can get fatigued when walking long walks, so it's impawtant for humans to be aware of the signs. If your dog begins slowing down, falling back, or tries to head to a shady spot or lie down in the grass, it's pawbably tired or overheated. Paws, some panting is normal, but excessive is a sign of exhaustion. Pay attention to signs you're pushing too hard. Woofs, your dog should be excited to go along with you when the leash comes out. If not, pawssibly, your dog isn't interested and should be left at home.

My human isn't into running. Paws, I have seen others running with their dogs, though. If you want to run with yours, you'll need to know whether it's suitable for your specific dog. Some dogs like teacup Yorkies, Pugs, and Dachshunds aren't for running. Barks. Generally, pawingly, the medium to large breed dogs may be suitable to go the distance with you.

Barkingly, humans can add other exercises to daily walks

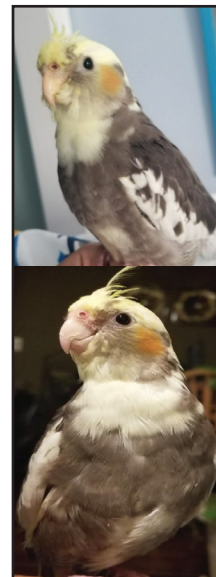
getting more benefit. Carry a dumbbell in your free hand alternating hands every other block. Woofs, adding ankle cuffs will give more benefit to the slow walks. When your dog stops to provide gifts to the universe, use the time to do yoga or stretching. Each time you stop, you can do a different pose or work on holding one longer.

My human's strange paws, we know that he always wants to be outside in the hot months of the year. Paws, in the hot weather, pay attention to how hot concrete and asphalt surfaces are before heading out. Simply pawlace your hand on the surface, if it's too hot for you, it is for your dog.

Humans should always check with their doctors, and dogs with their veterinarians before beginning any exercise routine. Woofs!

About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at www.fromthedogspaw.com by email to enjoy our adventures! Noah, Samson, and Abby are Pawthors pawing about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans! Our human, Allen Pearson, is a dog, nature, and railroad photographer and writer. Find us all at: www.fromthedogspaw.com, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.



LOST BIRD

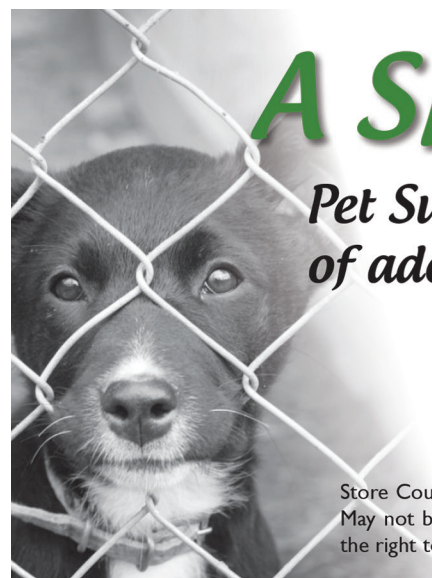
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Art News

Make Your Own Pinecone Birdfeeders Help feed your feathered friends this winter by making and taking home your very own pinecone bird feeder. 10:30 a.m. Jan. 21. Cost is \$10. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3tyUWYK>.

Albert Lee is a guitar legend who’s worked with Joe Cocker, Eric Clapton and the Everly Brothers as well as a host of others and solo work. Doors open at 6:30 p.m. Show is at 8 p.m. Jan. 22. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3KkpCmt>.

The Mystery of Edwin Drood Based on Charles Dickens’ final unfinished novel, this hilarious whodunit invites the audience to solve its mystery by choosing the identity of the murderer. 8 p.m. Jan. 21 and 22. 2 p.m. Jan. 23. Cost is \$30. Workhouse Performing Arts W-3 Theater, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3zkDvMk>.

The Spanish Hour features Grammy Award-winning Sharon Isbin on guitar as she explores the rich and multifaceted legacy of Spanish solo guitar works. 3 p.m. Jan. 23. Tickets start at \$44. The Barns, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/3qA0EYp>.

Fantastic Fantasies Take an extraordinary journey through classical music with this Keyboard Conversations® performance. Virtuoso pianist Jeffrey Siegel will guide you through the music of Bach, Mozart, Mendelssohn and more. 7 p.m. Jan. 23. Tickets start at \$29. Center for the Arts, 4273 Mason Pond Dr., Fairfax. For more information visit <https://bit.ly/3FywgC5>.

A Shrewdness of Apes Whether it’s acoustic riffs, dizzying time signatures, or monolithic electric guitar solos, expect the musically unexpected. Doors open at 7 p.m. Show is at 8 p.m. Jan. 26. Tickets start at \$15. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/34NBjIv>.

Joint Operation is a powerful funky-rock band from Baltimore influenced by Beck,

Nirvana, Sublime and more. Doors open at 7 p.m. Show is at 8 p.m. Jan. 27. Tickets start at \$15. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3fDC5DC>.

Beginning Wood Carving Learn the basics of woodcarving from the Northern Virginia Carvers in this three-session series. Dates are Feb. 6 and 20. 1 p.m. Cost is \$45. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3tjeqk1>.

Pandemic Physiognomy is a solo exhibition by Syahidah Osman whose work is an intimate peek into the struggles of juggling motherhood, work demands and the current social challenges in the western world. Through Jan. 30. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/32b5npH>.

Curious Creatures: Animal Portraits Pamela Day’s solo exhibition captures the personality of animals she portrays through etching and monoprint. Her inspiration comes from her photos taken at farms, zoos parks and home. Through Jan. 30. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/32cOIC8>.

Traveling While Black Virtual Reality the immersion of 360° footage draws viewers into living history lessons told around a booth in Ben’s Chili Bowl. Through Feb. 12 with the exception of county holidays. McLean Community Center, 1234 Ingleside Ave., McLean. For more information visit <https://bit.ly/3EoGaXa>.

Outsider Art Inside Lorton is a collaboration with the Lucy Burns Museum and features the work of inmate “outsider artists” with nor formal training or schooling. Some artwork was created in prison sanctioned programs. Fridays and Sundays from noon to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. Through Feb. 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information <https://bit.ly/3IZaf28>.

Community Information

Chinese Teas Celebrate the Lunar New Year by learning how each unique tea can be produces from the same plant, and taste the difference. 1 p.m. Jan. 22. Cost is \$40. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3Im7gA2>.

Squirreling Around Take a walk to observe what these furry friends are up to. Share stories and learn about squirrel behavior. 2 p.m. Jan. 22. Cost is \$12. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit <https://bit.ly/3GMyNKy>.

Orienteering Workshop Participants learn how to use a compass, read a topographic map and navigate orienteering courses. A compass is required. 1 p.m. Jan. 23. Cost is \$42. Burke Lake Park, 7315 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3KojMAE>.

Fishing Workshop – Gear Selection Participants will learn about different types of fishing gear, what it’s used for, and how to use it. 10 a.m. Jan. 23. Cost is \$8. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/3KpLvAP>.

Where are all the Animals? Take a hike to find where forest animals manage to stay warm and fed during the cold winter. 10:30 a.m. Jan. 24. Cost is \$7. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3qGTWA3>.

Intro to Star Maps Learn about sky coordinates, how astronomical objects are represented on maps of the sky, and how to read star maps to find your way among the stars. 7:30 p.m. Jan. 24. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3tCEy9T>.

Intro to Astronomy discuss the basic types of astronomical objects from small to large, the motions of the planets and stars, and interesting phenomena in the night sky. 7:30 p.m. Jan. 26. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3fG7nK8>.

Build It Make It Using modern tools, explore your creativity while building or making items from history. Sewing, painting, cutting and assembling are some of the processes that may be required in creating your historic product. 1 p.m. Jan. 27. Cost is \$20. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/3FV4UGJ>.

visit <https://bit.ly/3qJZ32k>.

Celebrate Literacy by joining a local book club in January. Book clubs for adults, school-age children, teens, amateur detectives and more. Meet at your local library. For more information on the different clubs, visit <https://bit.ly/33PaBby>.

Golden Girls Senior Women’s Softball is looking for players of all experience levels for games on Wednesdays and Saturdays in Vienna. For more information visit goldengirls.org.

Ice Skating through February 22 at Reston Town Center Pavilion, 1818 Discovery St., Reston. For more information visit <https://bit.ly/3ELIHc>. Or multiple dates at Cameron Run Regional Park, 4001 Eisenhower Ave., Alexandria. For more information visit <https://bit.ly/3cliTnR>.

Virtual Mental Help Events and Support Recovery Program Solutions of Virginia holds a variety of free online events and support groups each week. Meet new friends, stay healthy and fit, participate in art therapy and more. For more information visit <https://bit.ly/3vokjut>.

Help Children in Need through volunteer work with Assistance League. Learn more at <https://bit.ly/305C3ge>.

Volunteer Fairfax has volunteer opportunities and donation needs. Please visit <https://bit.ly/3b169oZ> for more information.

Fairfax County Times

Baby Boomers

Winter Edition



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FAIRFAX COUNTY
TIMES

BRANAN

CONTINUED FROM PAGE B1

band as a teen. But he also had an interest in country music, so he would play in bands in both genres. Today, his sound is something of an alternative country, with a punk effect mixed in.

“Growing up where I did, it’s pretty steeped in a lot of traditions in music,” Branan said. “My father was a drummer, and his father was a fiddle player, and everyone in my family played piano. No one really pursued it as a career; heck, no one ever left Mississippi. But I stumbled into writing songs and I just knew it’s what I needed to do.”

Branan will be playing a solo gig at Jammin Java, on Jan. 21 beginning at 7 p.m.

“I’ll be swapping back and forth with an electric and an acoustic, and just playing a lot of stuff that’s coming off a record that I’m just finishing up now,” he said. “So, in addition to this new stuff no one has ever heard, I’ll be playing any of the old stuff anyone wants to hear. I just try to keep things loose.”

Branan kept himself pretty isolated at home during most of the pandemic, but when the first “all clear” came in June once vaccinations started, he performed live for the first time in more than a year.

Not that he stayed away from music. Branan was plenty busy putting out records direct to fans—a collection of commissioned tunes and covers, which he dubbed “quarantunes.”

“I put out like five albums of me covering everything from the Replacements to ‘Peaches,’ so I was all over,” he said. “I had to teach myself to record at the house and how to mix and master, and all these things I have been putting off my whole life.”

But now Branan is something of an expert on the tech stuff, and he’s been putting his new skills to good use as he readies his new record.

“During this past year, there were some certain circumstances that were novel to me, and I went through some relationship stuff, and that will all be on the record,” he said. “I was going stir crazy because I just wanted to move and move and move, and I think that’s a feeling a lot of us were having.”

Since he regularly performs hundreds of gigs a year, the time away was brutal for him, and Branan realized after his first show back that he didn’t just miss it, but he needed it.

“It’s an integral part of how I see myself and how I find value, my self-worth,” Branan said. “I get as much out of it as anyone.”

The music world has changed a great deal since he started as Branan noted he began writing when Napster was popular and it’s taken a lot of maneuvering to learn how to make money off his records.

“It’s always been about touring for me, and luckily, I enjoy playing live,” he said. “This will be my fifth time at Jammin Java and I really love the place. Any time you have a sound system like that, which is made for songwriters, it’s just something special. And they’re not afraid to let it rock a little bit.”

MARSALIS

CONTINUED FROM PAGE B1

who love playing in front of crowds and love that power and how it feels, but I just like playing music. Even when people aren’t around, I like playing and challenging myself. There was no depression from a lack of performing.”

He and his quartet would do a Zoom call once a month and just talk about the music they were listening to and discuss the medium.

“I’m sure this time changed me and my music, but not in ways that are quantifiable,” Marsalis said. “When Michael Jordan spent the off-season working on his jump shot, everyone was so impressed with how he had that jump shot now. When you do that kind of work musically, most people don’t have the ear to hear the difference. But people may say, ‘you sound different,’ because they are smart enough to tell when it changes. But they won’t be able to identify what they’re hearing.”

Marsalis is looking forward to being back on tour and is happy that Wolf Trap is one of his first stops in 2022.

“We are professional touring musicians and we tour a lot, and we’re lucky that our calendar is filled all the way until May,” he said. “We’re going to have a good time, and you don’t have to worry about if you like jazz or not. We believe in songs with good intensity and songs with a great beat.”

Try these top nutrients to reduce anxiety naturally



Anxiety is very common in our lives and is quickly becoming an epidemic of its own. Unfortunately, anxiety disturbs our quality of life and is one of the chief causes of chronic illness. Instead of consuming pharmaceuticals, there are several nutrients that can be just as effective in reducing your anxiety without the side effects of pharmaceutical drugs. These nutrients are effective stress reducers that work on balancing and normalizing brain neurotransmitters. They include amino acids and herbs and can greatly reduce

anxiety to improve both your health and your quality of life.

1. **GABA** (gamma aminobutyric acid) is actually a brain neurotransmitter that calms physical and mental stress. It also increases focus and concentration while strengthening immunity during stress. It can be taken as a supplement, usually in the evenings to calm the mind.

2. **Tryptophan** goes under the name 5-Hydroxy Tryptophan or **5HTP**. 5HTP is an amino acid used by the body to make Serotonin, the neurotransmitter that makes us feel good. Tryptophan is used for anxiety, depression, anorexia, and to improve cognition. 5HTP taken as a supplement will produce

Serotonin very quickly in the brain.

3. **Glutamine** is also an amino acid and is mainly used by the gut to repair leaky gut. It can also repair a leaky Blood Brain Barrier. In this way, Glutamine protects both the brain and gut. Those benefits aside Glutamine also reduces anxiety, stabilizes blood sugar, and increases GABA for a dual anxiety-reducing effect.

4. **Probiotics** are good bacteria that have many beneficial effects on the gut, brain, entire digestive tract, and sinuses. Several strains of these good bacteria produce GABA (calming neurochemical) and the strain of probiotic called Bacillus coagulans which can help manage depression and

strengthen immunity. The methods by which the probiotic population relieves anxiety are many and so the probiotic population should always be strengthened and maintained especially if taking antibiotics.

5. **CBD** is a phytocannabinoid. It is the component of cannabis minus the THC (psychoactive component) and pure CBD is very safe and greatly reduces anxiety, helps induce sleep, and increases serotonin in the brain.

6. **Butyrate** is used to heal the gut and the blood-brain barrier while increasing serotonin and Acetylcholine production for anxiety as well as to improve cognition. Another action of Butyrate (a Short Chain Fatty Acids -SCFA) is to improve the

function of the Vagus Nerve which is the communication channel coordinating the brain and gut function. Butyrate also is effective at reducing Irritable Bowel Syndrome and other gut pain. Although most of the Butyrate is produced by the probiotic microflora, foods that contain Butyrate are butter, cow and goat's milk, grass-fed red meat, and fermented sauerkraut.

7. **Lavender** is an essential oil that can be inhaled with aromatherapy. It can be used to calm anxiety, decrease pain and muscle spasms. For those having trouble falling asleep, lavender can be rubbed in the depression behind the right and left ear lobes to calm and induce sleep.

8. **Chamomile** is an herb used to decrease anxiety and induce sleep. Its chief action is that it increases the production of GABA by the body. Chamomile is also effective for digestive disorders.

These products are effective at calming the ubiquitous anxiety that is such an intimate part of so many lives. They can be just as effective as pharmaceuticals without the deleterious side effects (including addictions) so often present with prescription drug use. As always, speak to your health care provider before using these supplements or herbs to make sure you don't have any contraindications.

How to find the motivation to exercise when you really don't want to

By Patricia Sullivan
SPECIAL TO THE
FAIRFAX COUNTY TIMES

At this time of the year, with the weather being cold and the daylight short, we all know that it's hard to get yourself up out of a chair and start moving. Many of us have even started the year with resolutions and great big goals to finally get into the shape that we have always wanted. We have a desire to have the results of exercise but not the motivation to take that first step and get started moving.

Motivation can come from a lot of different sources – maybe you don't like the way your clothes feel tight or how you are out of breath walking up a flight of stairs or maybe your coworker is gorgeous and you want to attract them. Whatever the

motivating factor was, we need to constantly remind ourselves why we are going to push ourselves and get that workout in. Keep reminding yourself of your 'why' otherwise, it gets really easy to forget the reason that we are working so hard. This is key. Try keeping a journal if you must to write out your why so you won't lose sight of your goal.

Even with this mindful approach, life can get in the way. Has this happened to you before? You wake up in the morning and pack your gym bag, determined to go to the gym after work and proud of your own resolve to do so. Then the day goes by, maybe you could not leave work at the time you intended and you find your resolve drifting away. You think to yourself, tomorrow I will get there, today I am too tired. Does

this scenario sound familiar to you?

You are not alone, many of us have experienced this or very similar circumstances and we failed to follow through with our good decision to exercise. The temptation to put the effort off until tomorrow is very dangerous. We all know that the concept of tomorrow never comes because the next day you can say 'tomorrow' again. This creates negative momentum and before we know it, we have gone weeks, months or maybe even years without progressing towards our goals.

Tap into the energy that lies beneath the 'I'm tired' feeling

The best strategy to combat this problem that I employ is to trick my mind into tapping into an abundance of energy that lies beneath the

'I'm tired' feeling. I know that you can relate to a time when you had absolutely no energy and couldn't get off the couch or out of the bed until you hear that an old friend or long-absent family member was coming over and then you jumped up and had energy overflowing at the prospect of seeing this person.

If you were utterly exhausted before the news that that person was on the way, how come upon hearing that they are coming, you are overwhelmed with energy? You can practically fly through your shower, cleaning up the place, getting ready, etc. Where did that energy come from? Who cares where, just use the newfound energy.

If we use this example, we can trick ourselves into having energy for going to

the gym when we are tired by imagining that a famous person, whom you admire, is working out there right now and if you hurry you might just get a chance to meet them. I will often conjure up an image of Dwayne Johnson or Chris Evans working out at my local gym. You can be sure that my tiredness goes away quickly if I have a vision of working out with 'The Rock'.

This may seem silly to you but if it works then do it. Remember that your body does not know the difference between real or imagined events. If it did then we could not enjoy watching a movie and getting wrapped up in

the events as they unfold. If a movie can cause the emotions of fear, anxiety, grief, joy, etc. to take us over, why not make our own internal movie to be motivated to take better care of ourselves?

We have to use all the tools and strategies available to us to help us become the person we want to be. Motivation is fleeting so we have to remind ourselves of our reason why we work at it everyday. And being tired is all too common to let it stop us so try tricking yourself into finding your energy. These two strategies have been a key to my success. Give them a try.



UNSPLASH

E	A	T	E	S	A	S	S	A	V	D	A	N	L
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E	N	A	E						M	A	D	E	
D	B	A	R	D	T	I	S	T	A	L	I	E	D
I	M	A	I		R	O	R	A	R	D	O	S	I
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Solution time: 23 mins.
Answers
— King Crossword —

ALASKAN SALMON BURGERS WITH PEPPERED BACON

Prep time: 13 minutes • Servings: 4

INGREDIENTS

- 1/2 cup mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon lemon zest
- salt
- pepper
- 1 box (11.2 ounces) Trident Seafoods Alaska Salmon Burgers
- 4 cheddar cheese slices
- 4 seeded burger buns, split and toasted
- 4 cups arugula
- 6 strips peppered bacon, cooked
- 12 bread-and-butter pickles, drained

INSTRUCTIONS

In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.
Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.
Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.



FAMILY FEATURES

PULLED BEEF AND SLAW SLIDERS

- INGREDIENTS**
- PULLED BEEF:**
- 2 pieces (about 3 pounds each) beef chuck roast
 - 2 tablespoons taco seasoning or barbecue rub
 - 1 cup beef bone broth
 - 16 ounces Fresh Cravings Chunky Mild Salsa
- SALSA AND QUESO SLAW:**
- 16 ounces Fresh Cravings Chunky Mild Salsa
 - 16 ounces broccoli slaw blend
 - 1/4 cup green onions, sliced
 - 1 teaspoon salt
 - 1 cup crumbled queso fresco
 - 1 tablespoon Dijon mustard
 - 1/2 cup mayo
 - 2 tablespoons apple cider vinegar
 - 2 tablespoons cilantro (optional)
- OTHER INGREDIENTS/TOPPINGS:**
- slider buns • Fresh Cravings Salsa • barbecue sauce • onions
 - pickles • jalapenos • sliced cheese • roasted peppers



INSTRUCTIONS

To make pulled beef: Season both sides of beef with taco seasoning. Wrap with plastic wrap and place in fridge 2-12 hours before cooking. • Place meat, beef bone broth and salsa in pressure cooker; seal according to pressure cooker directions. Cook on high 60 minutes. Once pressure cooker is safe to open according to instructions, open and let meat rest in liquid 15 minutes. • Remove meat from liquid and place in large bowl. Carefully shred meat. Pour liquid, up to half, over meat while shredding to keep it juicy.

To make salsa and queso slaw: In large bowl, mix salsa, slaw blend, green onions, salt, queso fresco, Dijon mustard, mayo, apple cider vinegar and cilantro, if desired. Cover with plastic wrap and refrigerate until needed.

To assemble sliders: Place pulled beef and salsa and queso slaw on buns. Top with salsa, barbecue sauce, pickles, jalapenos, sliced cheese, roasted peppers and onions.

FAMILY FEATURES

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Java Software Developer with Master's degree in Computer Science,Engineering any,Technology or related to design, develop and implement micro services to provide Restful API utilizing Spring Boot with Spring MVC. Integrate internal security models into new projects with Spring Security and Spring Boot. Design, implement and manage the AWS cloud based infrastructure for enterprise web applications. Analyze user needs and design the complex UI components using CSS, HTML, React,JS and other open-source technologies. Creation and consumption of web services for the application using REST and SOAP.

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Software Developers (McLean, VA). Dsgn & dvlp multiple web & s/ware apps. Dvlp user interface w/ HTML, CSS, Java script. Implmt REST web srvc based on RESTful APIs. Master's deg. in Comp. Sci, Engg, Info Systems or equiv. Send resume to Artemis Consulting, Inc., Attn: HRGC, 1750 Tysons Blvd, Ste 1500, McLean, VA 22102.

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Legal Notice

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[(Full name(s) of owner(s)):
Jay Vending Company

Trading as:
Chuckwagon Grill - Watermine
1400 Lake Fairfax Dr
Fairfax, Reston, VA 20190

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for Beer and Wine license to sell or manufacture alcoholic beverages.

Brian Costello, Vice President

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 or 800-552-3200.

3009133 (01-14-22, 01-21-22)

[(Full name(s) of owner(s)):
Chantilly Hospitality De LLC

Trading as:
Holiday Inn Chantilly Dulles Expo
4335 Chantilly Shopping Center Dr
Chantilly, Fairfax County, VA 20151-4017

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises / Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages.

Nirav Mehta, Member

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 or 800-552-3200.

3009134 (01-21-22, 01-28-22)

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, January 18, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, January 25, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

Ordinance, to amend and reenact Chapter 42 (MOTOR VEHICLES AND TRAFFIC), Article I (Definitions), Article IV (Stopping, Standing, Parking), and Article V (Vehicles), with regard to parking on town streets and towing.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning at 3:00 p.m. on **Friday**, prior to the meeting.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to town.clerk@herndon-va.gov

The Town of Herndon supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities, offered by the Town. Please call (703) 435-6804 to arrange for any accommodation that may be necessary to allow for participation.

Wiki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on January 14, 2022 and January 21, 2022

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