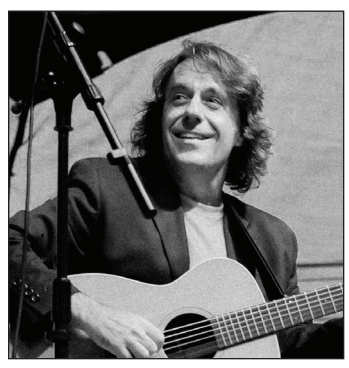
FAIRFAX COUNTY TIMES

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MUSIC:
MICHAEL CLEM RELEASING NEW EP AT JAMMIN JAVA
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WWW.FAIRFAXTIMES.COM | VOL. 134, ISSUE NO. 02 | JANUARY 8 - 10, 2021

Friday - Cloudy *High: 39° Low: 26°* | *Saturday* - Mostly Sunny *High: 42° Low: 26°* | *Sunday* - Sunny *High: 43° Low: 25°*

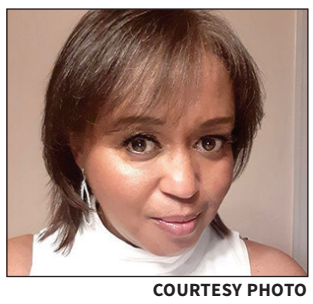
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25¢ NEWSSTAND PRICE

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Extreme chaos at U.S. Capitol

Angry supporters rallied outside for President Trump, storming the Capitol in Washington



ANDY FELICIOTTI / UNSPLASH

By Simmy Murdock
FAIRFAX COUNTY TIMES

On a day designated for Electoral College results to be certified and the presidential election of Joe Biden to be confirmed, angry loyalists of President Trump charged the U.S. Capitol on Wednesday in support of Trump and his claims that the November election was being stolen. Thousands of Trump supporters stormed their way into the U.S. Capitol, assaulting police, smashing windows, ransacking offices and forcing Congress to evacuate as they halted lawmakers temporarily from certifying the Electoral College victory of President-elect Joseph R. Biden.

A female demonstrator, identified as Air Force veteran Ashli Babbit of California, was shot in the neck inside the Capitol, apparently by a police officer. She died later at a hospital. Several police officers were reported injured in clashes with protesters as officers used flash-bang devices, tear gas and pepper spray to gain control in the hours-long confrontation. Police arrested at least 52 people.

Once the building was secured, members of Congress resumed the ceremonial counting of electoral votes and brought a historically turbulent post-election period to an end.

POSITIVE VIBES with Brooke Lewitas



How to keep your New Year's resolution



POLINA KOLEVIA / PEXELS

1. Keep it SMART. Remember that the best goals are SMART — or, Specific, Measurable, Achievable, Relevant, and Time-bound. By setting a goal that follows these criteria, it will be easier to work towards and achieve that goal. For example, the New Year's Resolution 'I want to lose weight in 2021' could become 'I want to lose twenty pounds over the next four months by following a plant-based diet so that I can lower my cholesterol." According to VeryWellMind, the SMART Goals approach developed by Peter Drucker, the more clearly defined your pathway is, the easier it is to follow.

2. Be accountable to someone. You don't have to have the same resolution as someone to hold each other accountable. Get a friend or group of friends equally motivated to succeed as you and plan regular check-ins with each other. You will be more motivated to follow through with your plans if someone else is checking in on you on a set date. The best part? When

See RESOLUTION, Page A4

Vaccine hesitancy surprisingly high among healthcare workers

By Brooke Lewitas
FAIRFAX COUNTY TIMES

The government is attempting to roll out the COVID vaccination as quickly as possible, especially for healthcare workers who are in the first tier and currently being offered the vaccine. However, reports show that vaccine hesitancy and refusal is high.

Forbes reported on Sunday several instances of large percentages of vaccination refusal. In New York, Roughly 55 percent of surveyed New York Fire Department firefighters said they would not get the vaccination. Ohio Governor Mike Dewitt reported that 60% of nursing home staff were either hesitant or refusing to take the vaccine.

These reports came as a surprise to scientists, who had assumed that healthcare workers would be among the most enthusiastic to receive the vaccine, having faced such an enormous toll from the pandemic and having insight into the safety of vaccines. So what might be accounting for vaccine hesitancy among healthcare workers? Numerous experts and surveys have pointed to racism.

"Vaccine reluctance is a direct consequence of the medical system's mistreatment of Black people," emergency physicians Brian Thomas and Monique Smith stated in an Opinion piece for the New York Times. "The culture of medical exploitation, abuse, and

See VACCINE, Page A4



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PUBLIC SAFETY NOTES



COURTESY PHOTO

Andrew Grauer.

Fairfax man arrested after shooting weapon on school grounds

A man was observed on surveillance video driving a SUV into a parking space behind Sandburg Middle School at 8428 Fort Hunt Rd., Dec. 14 at 10:35 a.m. and firing one round from a firearm toward a nearby neighborhood before driving away.

No injuries or property damage were reported. On Dec. 15 officers identified the man, Andrew Grauer, 48, of Fairfax, and obtained warrants for possession of a weapon on school grounds and shooting a weapon on school grounds. He was taken into custody Dec. 25.

Man dies after apparent industrial worksite accident

A man was fatally injured Dec. 29 following an accident at an industrial workplace located in the 9900 block of Richmond Highway in Lorton.

Officers responded at 9:35 a.m. for a report of an employee who was hit by a front loader truck. When officers and rescue personnel arrived on scene, they found Chris Baransky 54, of Woodbridge and paramedics pronounced him deceased.

Preliminarily, detectives determined Baransky was performing his duties in the yard on foot. Another employee operating a front loader failed to see Baransky and collided with him. Upon the driver noticing the deceased, the driver immediately notified fellow employees, who summoned police.

The Office of the Chief Medical Examiner will conduct an autopsy to determine the cause of death. At this time, there is no indication of criminal activity, but detectives are continuing their investigation in partnership with officials from the Virginia Occupational Safety and Health Administration.

CBP officer, Simplified Arrival nabs impostor to U.S. passport at Dulles

U.S. Customs and Border Protection (CBP) officers arrested a Minnesota man Dec. 28 at Washington Dulles International Airport after officers identified him as an impostor to his brother's passport.

Ali Yassin Mohamed, a 25 year-old man from Minneapolis, Minn., arrived on a flight from Doha, Qatar Monday afternoon and presented a U.S. passport. CBP's Simplified Arrival facial comparison technology detected a biometric mismatch and a CBP officer referred Mohamed to a secondary examination.

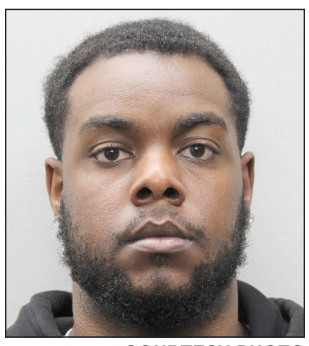
During the secondary examination, Mohamed allegedly admitted to CBP officers that he used his brother's passport as his own identification. A computer search revealed that Mohamed had outstanding arrest warrants from Ramsey County, Minn., for drug and ammunition possession charges in addition to a probation violation.

The U.S. Attorney's Office for the Eastern District of Virginia will prosecute Mohamed on the impostor charges.

"Posing as someone else when attempting to enter the United States is a serious violation of U.S. immigration law and has very serious consequences, such as criminal prosecution in this case," said Keith Fleming, acting director of Field Operations for CBP's Baltimore Field Office. "Customs and Border Protection officers enforce our nation's immigration laws. This is a great example of how our officers use their law enforcement experience coupled with biometric facial comparison to detect the entry of impostors deliberately masquerading as lawful travelers."

To date, more than 57 million travelers have participated in the biometric facial comparison process at air, land and sea ports of entry. Since September 2018, CBP has leveraged facial biometrics to prevent more than 300 imposters from illegally entering the United States by using genuine travel documents that were issued to other people.

Simplified Arrival uses biometric facial comparison technology to automate the manual document checks that are already required for admission into the United States. This process provides travelers with a touchless process that further secures and streamlines international arrivals while fulfilling a longstanding congressional mandate to biometrically record the entry and exit of non-U.S. citizens.



COURTESY PHOTO

Stewart Chesterfield.

Maryland man charged after vehicle reported stolen

Officers stopped a 2016 Acura RDX Dec. 23 at 12:58 p.m. in the 8500 block of Leesburg Pike. The vehicle had been reported stolen.

The driver, Stewart Chesterfield, 21, of Maryland, was taken into custody. A gun with an altered serial number was located inside the SUV. Stewart was charged with receiving stolen goods and alteration of a weapon serial number.

Herndon man arrested for impersonating

A detective with the Fairfax County Police Department Major Crimes Bureau was driving on I-66 near Route 28 Dec. 31 at 8:57 a.m. and noticed a 2019 Mitsubishi Mirage with flashing red and blue lights.

The detective developed reasonable suspicion to make a traffic stop on the SUV and determined the driver, Ferney Vasquez, 27, of Herndon, was not a law enforcement officer nor was he permitted to drive with emergency equipment. He was charged with impersonating a law enforcement officer.

Alexandria man charged after firing gun in a public place

A man was involved in an argument inside Costco at 7940 Richmond Highway Dec. 29 at 2:28 p.m. and left in a car. He fired a gun into the air several times as he drove away.

Officers identified the man, Ricardo Castaneda, 33, of Alexandria, and took him into custody later that evening. He was charged with brandishing, discharging firearm in a public place, carrying a concealed weapon and reckless handling of a firearm. No injuries or property damage were reported.

Chain Bridge Road bridge demolition begins

The initial demolition preparation for this project is taking longer than expected, according to VDOT officials.

Demolition of the old Route 123 (Chain Bridge Road) North Bridge over I-66 during daytime and nighttime hours is scheduled to begin this week. Most of the bridge is directly over I-66 and will need to be demolished during overnight hours, when multiple lanes can be closed on I-66 to safely accommodate this work. Demolition activities will occur during daytime hours when possible to minimize impacts to nearby communities. Demolition of the old bridge will overlap next week with utility work on the new Route 123 Bridge over I-66 and require overnight lane closures on I-66 East and West.

Demolition work will continue during the overnight hours through the week with removal of the concrete bridge deck for each span, followed by removal of the bridge girders.

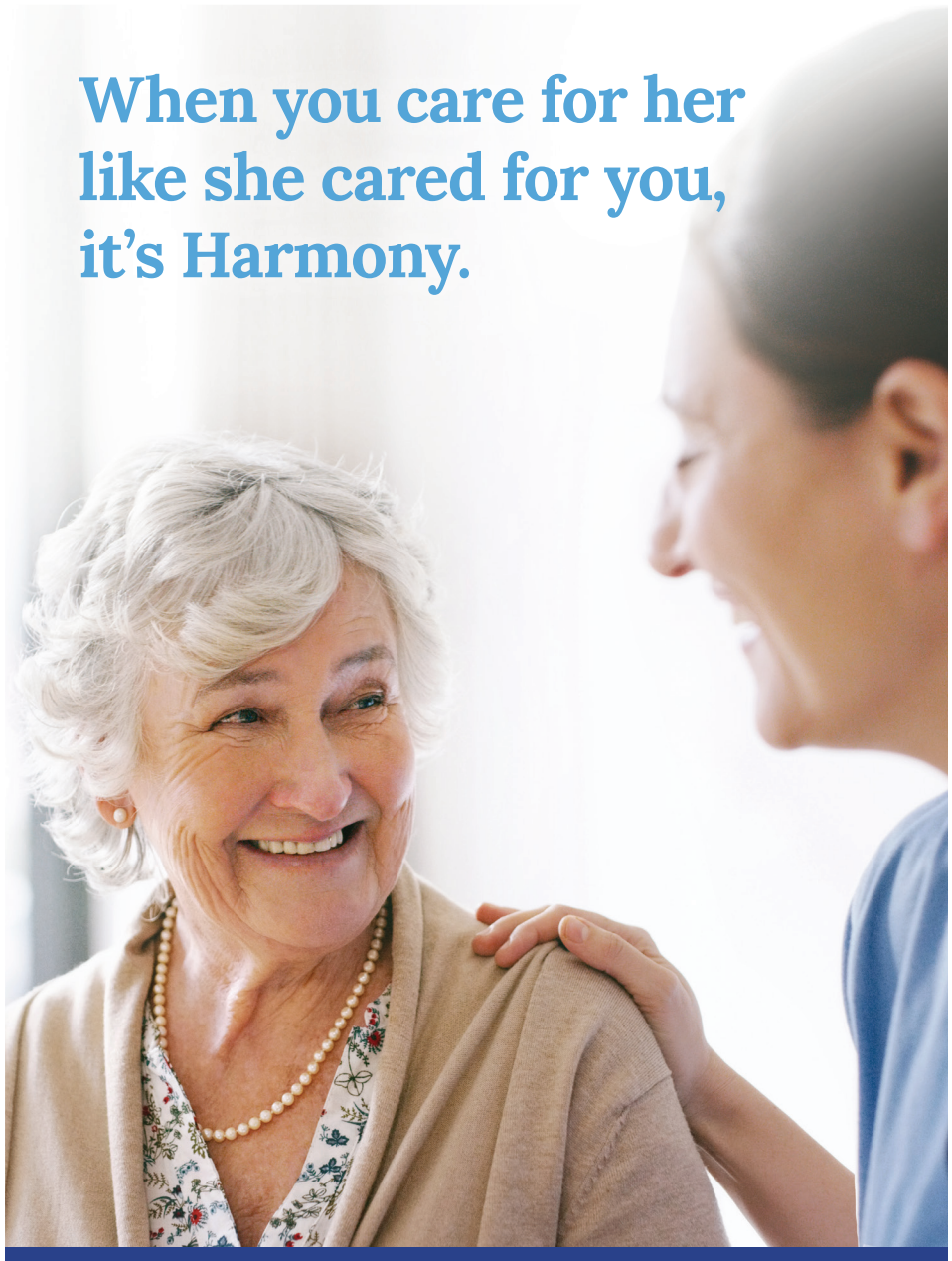
When possible, demolition will occur during daytime hours, but portions of the bridge over I-66 must be demolished during nighttime hours when multiple lanes of I-66 can be closed for safety. Demolition of the original Route 123 bridges over I-66 is anticipated to take approximately 8 to 12 weeks.

Additional details on planned bridge demolition are available at https://bit.ly/35fttP8

All work is weather dependent and will be rescheduled if inclement conditions occur.

A new bridge over I-66 opened on December 30 for northbound Route 123 traffic. Southbound Route 123 traffic will shift to the new bridge in coming weeks as well, which will be followed by demolition of the old Route 123 South Bridge.

The Route 123 Interchange is being rebuilt to add Express Lanes access to and from the east and west and construct a new shared-use path.



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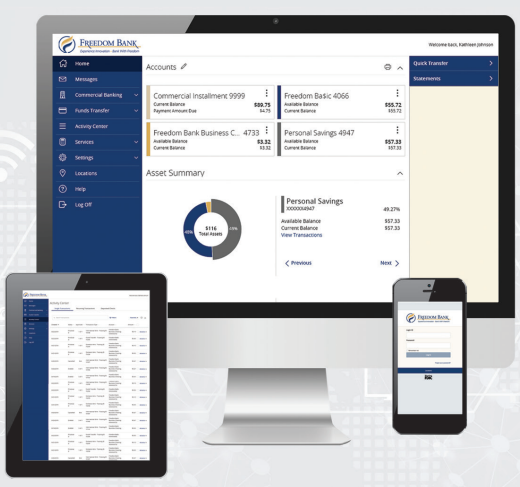
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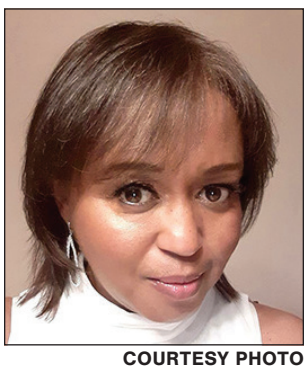
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PEOPLE AND PLACES



COURTESY PHOTO

Sharon North.

Public Works names new information officer

Sharon North has accepted the position of Section Chief/ Information Officer III with the Department of Public Works and Environmental Services. She previously held the position of Public Information Manager with the City of Richmond Department of Public Works.

North is an experienced writer, communicator and researcher. She excels in preparing marketing/communications plans, news releases, publications, newsletters, scripts, speeches, talking points and web content.

"Ms. North brings to the department many years of experience as a Public Information Manager with the public works department of the City of Richmond," said Juan Reyes, assistant director, DPWES. "She has 12 years of experience planning, directing and overseeing all internal and external communications programs, including strategic media and communications policies, marketing, public relations and outreach projects," Reyes said.

"I've enjoyed my time and relationship with the City of Richmond, and I will miss many of the people I worked with. At the same time, I am looking forward to new challenges with Fairfax County," North said.

North's experience also includes many years as a working journalist in both print and broadcast media. In addition to stints in local news across the country, she was a news writer and anchor with CNN in Atlanta for six years where she wrote time-sensitive stories for CNN domestic international and headline newsrooms.

She also developed written materials and edited policy briefs for a non-profit program known as Community Voices: Healthcare for the Underserved while employed as a Communications Relations Manager at Morehouse School of Medicine in Atlanta.

Also, while in Atlanta, North worked for the DB Consulting Group as a Health Communications Specialist for the Centers for Disease Control and Prevention (CDC), where she developed pandemic influenza preparedness messaging.

North earned her Master's Degree in Mass Media Communications from the University of Akron, and her Bachelor's Degree in Speech and Communications from Youngstown State University, Ohio.

Get paid to play with Fairfax County Parks summer jobs

The Fairfax County Park Authority (FCPA) will host a Virtual Summer Job Fair in January to start the hiring process for its Rec-PAC summer camp program and the Water Mine Family Swimmin' Hole at Lake Fairfax Park.

This interactive information session for job seekers will take place via Microsoft Teams on Thursday, January 21, from 2 to 3:30 p.m. Learn what it's like to be a Rec-PAC leader or supervisor. Get details on working at the Water Mine as a lifeguard, cashier, maintenance or leadership team member. Attendees will hear from Rec-PAC program manager, Mike Bonneville, Water Mine Manager Eric Nielsen, Human Resources staff, and current staff from both Rec-PAC and the Water Mine. Attendees will be encouraged to turn on their mic or write in the chat.

Pay for these summer jobs is competitive, starting at $10.40 per hour for lifeguards, $11.43 per hour for Rec-PAC leaders, and $13.06 for Rec-PAC Supervisors.

During and after the information session, attendees will be able to apply for positions that interest them and will be contacted later for an interview. In addition to discussing job duties, the session will provide information about COVID-19 precautions and the onboarding process. Hiring begins in January and will continue until the more than 450 positions are filled.

For more information visit https://bit.ly/2MCyPxl.



COURTESY PHOTO

Andrew Turner.

Cybersecurity leader joins Booz Allen Hamilton

Booz Allen Hamilton announced last month that cyber industry leader **Andrew Turner** has joined the firm as an executive vice president and market strategy leader in the firm's global commercial business.

Turner brings two decades of cybersecurity, threat intelligence, and corporate resilience experience to Booz Allen to help clients overcome their most critical cyber challenges amid a dynamic threat environment. Turner joins Booz Allen from Fidelity National Information Services (FIS), where he served as chief security officer, overseeing corporate security, business resilience, and the company's cyber and identity programs.

Turner brings extensive experience and a firsthand understanding of how cybersecurity teams operate. Spanning multiple global enterprises, his career has primarily focused on the highly regulated and highly targeted financial services sector. Turner's responsibilities have included safeguarding clients' most valued information and cultivating cultures of transformation in conjunction with security. He played a critical role in securing three companies as they moved through multi-billion-dollar mergers and acquisitions, successfully marrying disparate cybersecurity infrastructures on a global scale while continuing to innovate at speed.

"Demonstrating to our clients that we understand their organizational needs and have walked in their shoes has been a cornerstone of our relationships and success. We are thrilled that Andrew will bring his C-level experience and perspective as a cybersecurity practitioner to our team," said Bill Phelps, executive vice president and leader of Booz Allen's global commercial cyber business. "As our clients continue to embark on ambitious digital transformation journeys, we know that a successful digital transformation must be done securely to produce the results it purports to deliver. With Andrew's advanced skills, diverse background, and keen understanding of the client's perspective, he will be an asset to Booz Allen as we continue to help clients defend against the most consequential cyber threats."

Prior to joining FIS, Turner was chief security officer at payment processor Worldpay (formerly Vantiv). There, he led the company's security functions, overseeing all aspects of corporate and information security while establishing enterprise-wide data policies and standards. Prior to Worldpay, he was the head of global cybersecurity at Visa. There, he led the innovation of the company's global cybersecurity program and was responsible for protecting one of the world's largest payment brands, which processed more than $7 trillion in payment card transactions annually. Prior to Visa, Turner led the cyber intelligence function within Microsoft's cybersecurity program, building on experience gained early in his career supporting national security missions.

Turner has also served in a variety of advisory roles, applying his cyber expertise most recently as a member of an advisory board for the Bank of England's Operational Resilience board in the United Kingdom. In 2014, Turner was appointed by Virginia Governor Terry McAuliffe to serve on the Virginia Cyber Security Commission, identifying how the public and private sector can collaborate to bolster Virginia's cybersecurity industry.

"Technology is evolving rapidly, and with these positive innovations comes more sophisticated and complex cyber threats. Organizations must understand their vulnerabilities as they prepare for a new wave of industry advancements so they can reap the full benefits of digitization without putting valuable assets at risk," said Turner. "As one of the world's largest cybersecurity solution providers, Booz Allen is uniquely positioned to solve our clients' toughest security challenges. I am eager to join such a strong team and support the needs of clients through transformative, industry-leading strategies."

As executive vice president at Booz Allen, Turner will report to Bill Phelps. Under Phelps's leadership, Booz Allen's U.S. commercial business delivers highly consequential cyber services for Fortune 500 and Global 2000 clients across multiple industries. Booz Allen's deep expertise is earned through real-time cyber operations, leading-edge technical innovations, critical large-scale incident responses, and advanced cyber threat intelligence.



COURTESY PHOTO

Christopher Ziniti.



COURTESY PHOTO

Roman Dzialo.

Amyx announces new senior leadership appointments

Amyx, Inc. announces the hire of **Christopher Ziniti** as vice president of Defense and the promotion of **Roman Dzialo** to vice president of Strategic Programs.

Ziniti, a U.S. Army veteran and graduate of the U.S. Military Academy, brings more than 15 years' experience in the federal market to oversee Amyx's Defense Division. His career spans multiple client engagements throughout the U.S. Army in areas of logistics, information technology, security, and intelligence. His vast experience serving in executive level positions as vice president of Operations and division manager for both large and small businesses will help position Amyx to continue its growth in the full and open market and enhance its customer support. As vice president of Defense, he will oversee a diverse unit that serves the Air Force, Army, DHA, USTRANSCOM, National Guard Bureau, Army National Guard and the Defense Threat Reduction Agency.

"Chris perfectly complements our client-first culture and has a track record of successfully achieving both operations and growth oriented goals," said Amyx CEO and President William Schaefer. "His experience working with some of our current customers as well as new ones will position us to expand in areas throughout the defense market. Our leadership team at Amyx has never been so strong and Chris is a welcome addition."

Dzialo, a U.S. Navy veteran and the grandson of a sailor, was promoted to vice president in December 2020 as a result of his impressive track record supporting customers such as the Defense Logistics Agency (DLA). His broad experience in IT modernization, PMO Support, Electronics, and Telecommunications has yielded numerous successes as he expanded Amyx's DLA portfolio via the DLA JETS IDIQ. Having worked in different capacities at DLA for the past 20 years, Dzialo began as an application administrator and technician followed by a decade of civil service supporting programs throughout DLA's Information Operations Division. As a DLA employee, he was promoted first as a lead and eventually program manager for DLA Enterprise initiatives, and finally supported DLA Headquarters within the Chief Technology Office. As Amyx's vice president of Strategic Programs, Dzialo's portfolio includes both DLA and DISA accounts.

"Roman joined Amyx in 2015 as a program manager and has earned promotions to director and now vice president by consistently exceeding customer satisfaction and growth goals," said Schaefer. "Roman has been critical to our success in the Full and Open market and in the award of 30 task orders under the DLA JETS IDIQ since 2017. He is routinely commended by our customers for his dedication to quality and real understanding of the challenges they face every day."

OBITUARIES

In loving memory

Larry Lee Trollinger



Larry Lee Trollinger passed away in Alexandria, VA surrounded by his beloved wife and daughters on December 27, 2020.

Larry was born on March 11, 1948 in Washington D.C. He was preceded in death by his parents, Aston and Ida Trollinger, and his brothers, David and Walter. Larry is survived by his wife of 48 years, Margo; brothers, Cecil (Lorna) and Robert (wife Gail); sister-in-law Barbara (widow of Walter); daughters, Stacie (husband Jonathan), Shelby, Sherri (husband Aynsley) and Sally (husband Alex); and nine grandchildren, Scottie, Eddie, Lily, Ellie, Jimmie, Barrett, Tucker, Austin, and Ruby.

Larry grew up in Oxon Hill, MD and was a proud graduate of Oxon Hill High School, where he was voted Most Athletic of the graduating class of 1966. After high school he attended Frederick College, where he played football and then transferred to James Madison University, where he earned his bachelor's degree and more importantly met his future wife. Upon graduation from college, Larry proudly served in the Army Reserves and enjoyed telling his grandkids how he guarded the U.S. Treasury's gold depository at Fort Knox.

Larry earned his Certified Public Accountant (CPA) designation in 1972, receiving the highest CPA examination score in the state of Maryland. He began his accounting career working for a small firm in Washington D.C. In 1978, he started a CPA firm with a partner and three years later, Larry started his own full-service CPA firm, known today as Thompson, Hughes & Trollinger, P.L.L.C.

While successfully leading his small business, Larry became an avid investor, for himself personally and for several of his clients. In 1997, he founded Trollinger Investment Services, Inc. He was proud that his investing success enabled him to pay for his four daughters to attend college without needing loans. Larry officially retired from both his businesses in 2019 but continued to enjoy picking and investing in stocks.

Larry loved playing and watching sports. He enjoyed coaching his four daughters' soccer teams, and never missed a chance to cheer them on or tell a referee how he felt about a bad call. He liked hitting the links with his wife and friends and made sure each of daughters learned to play golf. Like his parents, his favorite sport to watch was baseball and he was a big fan of the Washington Nationals, as well as the Baltimore Orioles (before "that d*mn Peter Angelos ruined the team"). More recently, Larry enjoyed watching his grandchildren pursue hobbies including baseball, basketball, soccer, golf, and dance.

Larry had quite the green thumb; he spent countless hours cultivating his small vegetable garden and planting flowers in his yard. He had a passion for reading and retained most of what he read, making him a formidable opponent at the game of Trivial Pursuit. Larry also enjoyed family traditions and one of his favorites was spending a week at the beach with all his grandchildren.

Larry was a true American Patriot. He loved his country and was so thankful for the many opportunities it afforded him. He strongly believed that freedom was not free and that we must all work to preserve the founding principles upon which our exceptional country was formed. Although not everyone agreed with his conservative politics, it was difficult not to admire the courage of his convictions.

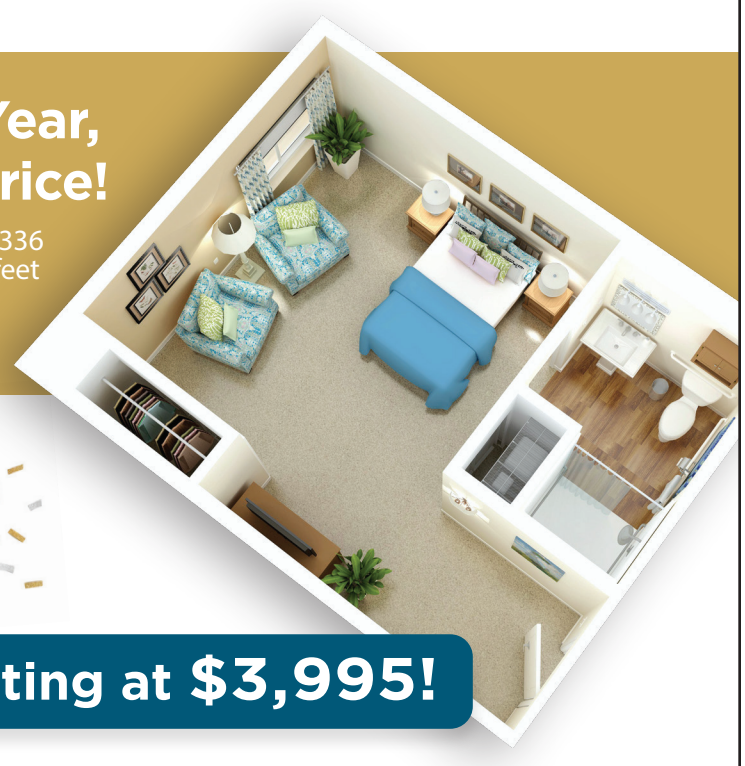
Larry was an intelligent, kind, humble, loyal, and generous man of high moral character. He was a loving husband, father, "Pop-pop", brother, uncle, cousin, friend, and mentor. Larry cherished his family and friends and kept the bonds of several friendships strong for more than 60 years. He will be dearly missed by everyone who knew him. He was a man of faith and we pray that his soul may rest in peace for eternity with our Lord and Savior.

In lieu of flowers, donations in his memory may be made to the National Multiple Sclerosis Society, Disabled American Veterans, or Alzheimer's Association. A celebration of Larry's life will be held when the pandemic will allow his family and friends to gather safely.

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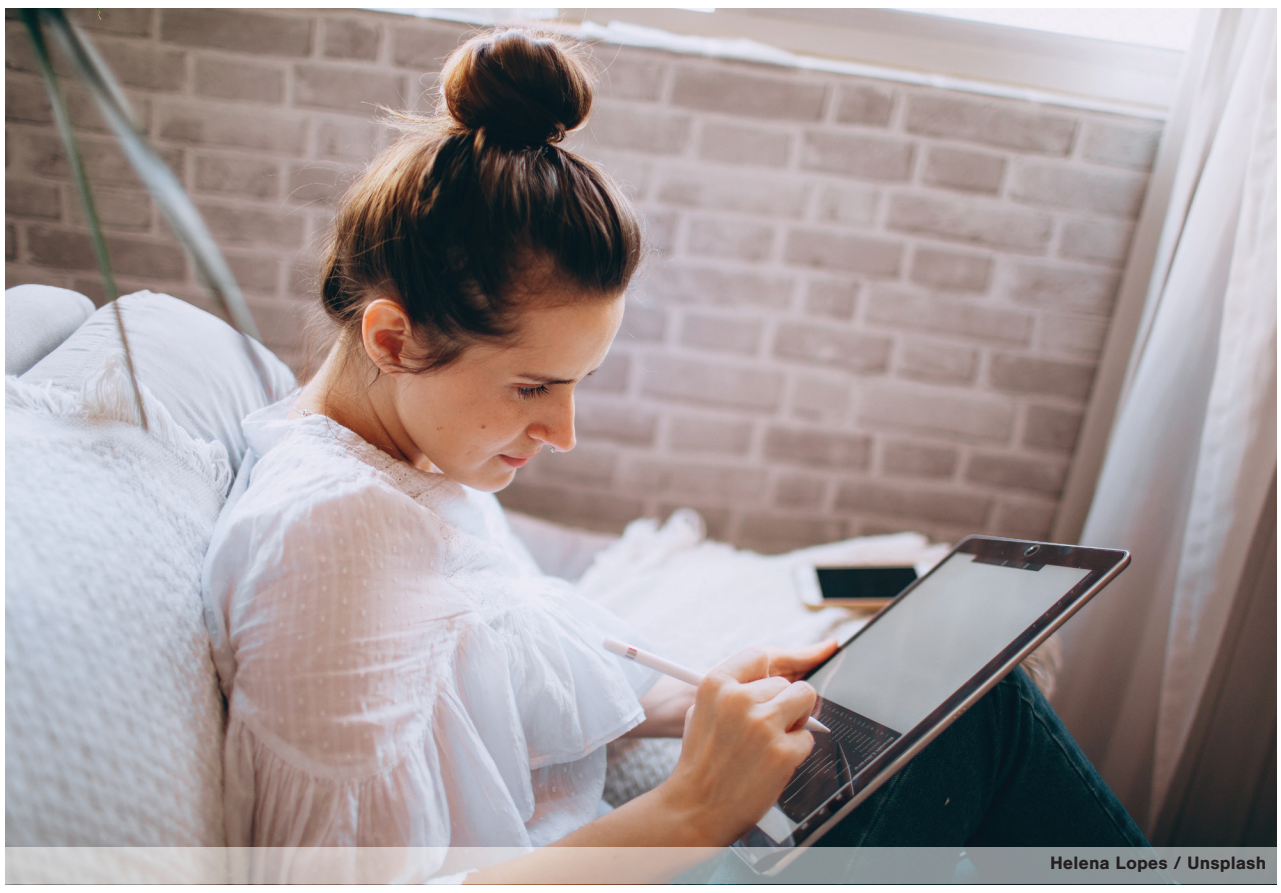
RISING TO NEW HEIGHTS

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Want to work remotely forever?

5 key factors to consider

By Cynthia Spraggs



Helena Lopes / Unsplash

Working from home is the new normal for millions of Americans, and many companies are planning to make the move permanent even if vaccines bring an end to the pandemic.

Whether that's the case at your company, your bosses are giving you an option, or if you want to make a case to them to work remotely, there are important matters to consider, says Cynthia Spraggs (www.virtira.com), a veteran of working remotely and author of *How To Work From Home And Actually Get SH*T Done.*

"The pandemic may result in something I've advocated for years – more people working remotely," says Spraggs, also the CEO of Virtira, a completely virtual company that helps other businesses work virtually. "But making this kind of transition permanently, whether full-time or part-time, can have a major impact on both your career, finances, and your personal life.

"It's more than just the dynamics of getting your home workspace set up properly for the long haul and having the right mindset to perform even better than you would in the office. Will your work relationships suffer? Your family and personal relationships? Your career trajectory? Is relocating a good idea financially?"

Spraggs offers these key points to consider about working remotely on a permanent basis:

• **Consider possible salary changes and tax implications if relocating.** "You need to ask this question if you're considering relocating to work remotely," Spraggs says. "Some employers will base compensation on location, and that means employees moving from a high cost-of-living area to a less expensive one could see their salaries reduced. Also, employees need to do their homework and see how their take-home pay will be impacted by taxes in their new location."

• **Determine your home-or-office comfort level**. Is your life better in the long run working from home? "That question should include whether you miss your work colleagues and team synergy enough that Zoom doesn't cut it," Spraggs says. "Maybe social isolation is catching up with you and you need a hybrid-type balance, or you realize you want to be back in the office after all. The bigger question is how well can you manage your time working from home, or do family dynamics interfere?"

• **Plan your pitch thoroughly.** "If you have to sell your leadership team on working remotely full-time," Spraggs says, "have specific examples of your work performance since you started working from home during the pandemic. And if you want to relocate, you can inform leadership about what advantages that might have for the company, like giving them a new presence in a certain region."

• **Keep an eye out for other job prospects.** If you relocate, Spraggs says it's important to consider what the job opportunities are in your new market, because layoffs are always a possibility. "And wherever you are," Spraggs says, "remember that your next employer might not be on board with remote work."

• **Beware it could hurt your career prospects.** If most of your company will be returning to the office, those who work from home either part-time or full-time might be at a disadvantage in terms of promotions or performance evaluation. "It's important to be proactive about communicating with your manager and having a plan to keep them informed of your progress," Spraggs says. "It's a good idea to come to the office occasionally. You have to have some in-person time to build relationships with teams."

"Now is a good time to reevaluate your current work environment and how it could be if you continue working remotely," Spraggs says. "A lot of people have enjoyed the freedom of it, but there's much to consider if you want to make the new normal a permanent reality."

*Cynthia Spraggs (www.virtira.com) is the author of How To Work From Home And Actually Get SH*T Done: 50 Tips for Leaders and Professionals to Work Remotely and Outperform the Office. She is CEO of Virtira, a completely virtual company that focuses on remote-team performance. Before taking leadership of the company in 2011, Spraggs worked with large consulting and tech companies while completing her MBA and research into telecommuting.*

VACCINE

CONTINUED FROM PAGE A1

neglect of Black Americans is best exemplified by the Tuskegee Syphilis Study, which for 40 years kept some 400 Black men with syphilis in rural Alabama ignorant of their diagnosis and denied them adequate treatment. J. Marion Sims, the 19th-century doctor known as the father of modern gynecology, operated on Black enslaved women without anesthesia or consent. To perfect his technique, he performed a gynecological surgical procedure on one woman 30 times, never with anesthesia."

Medical racism is a legitimate concern that affects people today. According to the CDC, Black women are three to four times more likely to die from pregnancy-related causes than white counterparts and a 2018 National Healthcare Quality and Disparities Report found that Black people and Indigenous people receive worse care in 40% of quality measures than white people.

Thomas and Smith have called upon the nation's Black leaders and public figures to help ease Black American's fears about the vaccine. They also encouraged the Center for Disease Control's Office of Minority Health and Vaccine Taskforce to partner with prominent advocacy groups to help alleviate vaccine fears.

Governor Northam has been a staunch advocate for the vaccination, and Virginia began its rollout plan three weeks ago. As of Wednesday, the state has administered over four hundred thousand vaccinations.

To learn more about the safety of the vaccination, visit https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html .



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Diagnosis Dementia:
Now What?

Presented by Lindsey Vajpeyi, Director of Education and Outreach, Insight Memory Care Center; Certified Dementia Practitioner®; Certified Alzheimer's Disease and Dementia Care Trainer®



It can be quite a shock—or a sense of relief!—after diagnosis. Start to plan ahead while also adjusting to life with someone who has dementia. We'll learn the difference between normal aging and dementia, how dementia is diagnosed, and benefits of early detection. We'll also discuss starting these conversations as a family, addressing early-stage changes, and making a plan for the future that works for your family.

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RESOLUTION

CONTINUED FROM PAGE A1

you and your friends achieve your resolutions, you can cheer each other on!

3. Focus on the journey, not the destination. If there's a goal you want to achieve, focus on the day-to-day. For example, if your goal is to read more, don't just focus on how many books you want to read and which ones. Focus on carving out time in your schedule to read. How long? How many pages? By answering these questions, you will have a more clear path to your resolution.

4. Ditch the all-or-nothing mindset. Say your New Year's Resolution is to exercise for an hour every day. All of a sudden you realize it's eight pm on January second and you've forgotten about your resolution. It's easy to give up and not return, but it's just as easy to do a quick version of your routine or to start fresh the next day. It's important to be flexible with yourself in creating your new routine. "It's critical to learn how to have a backup plan rather than just throwyour hands up and give up," said Dr. Katherine Milkman, who conducted a 2015 study that found that when people were allowed to choose what time they visited the gym rather than being given a two-hour window, they went more frequently.

5. Your resolution should come from a place of self-love and self-improvement, not self-hatred. For example, if your New Year's resolution is to eat healthier, focus on finding foods that nourish and satisfy you rather than just restricting or eliminating your favorites. Put it this way: you're more likely to keep a promise to someone you love than you are to someone you don't care about.



KAROLINA GRABOWSKA / PEXELS

How to design your *ideal diet*

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Today more than ever people are very confused as to what to eat. Conflicting nutrition advice comes out every day and continues to create doubt that we're eating what we should be.

Think about the fat-free, low-fat mantra of the 1980's and 90's and the push for margarine and vegetable oils. We now know that is what created an epidemic of diabetes and obesity because everyone began eating products that were full of high-fructose corn syrup, partially hydrogenated oils and sugar. Heart disease is still rampant and the push for inflammatory seed oils still continues. We've lost our way somehow and moved so far beyond a connection with our food. We're eating dinner at the drive-thru, snacks come in packages and boxes instead of whole foods and we turn a blind eye to the atrocities of conventional animal feeding operations or CAFO's. Most of the food we consume is not fresh, lacking of enzymes, nutrient-void and overly-processed. How can we turn that around?

Create a diet that works for you

With all of the dietary theories to choose from, don't feel compelled to select one and proclaim to the world how you eat. That's your business and no one else's. You can decide if you feel good eating meat or fish or if a vegetarian diet is right for you. Or, perhaps you want to mix it up, like I do, and eat vegetarian one day and fish the next – I call that the "flexitarian diet."

But how do we actually put that into practice? Here are some things to consider when you start to design your idea diet.

1. Develop Your Own Food Philosophy

Some of the things you may want to consider in your philosophy are:

- What you eat
- Where your food comes from
- What you'd want someone to cook you for dinner
- What's your dream meal?

2. Consider what is locally available

We all love avocados and bananas, but for many of us around the world these foods aren't local. I'm not saying you should never eat them – however, it's important to also consider what foods are abundant in your area, and also what's in season. Local foods contain more nutrients than those that were picked weeks ago and shipped across the country.

In an ideal world, your ideal diet would focus on what you have access to. This allows us to support local businesses and farms, reduce our environmental impact and eat food that is freshest – which is going to be great for our health!

3. What are your activity levels?

Also consider how active you are. If you're training every day, your nutrient requirements are going to be higher than someone who has a desk job and isn't working out several times a week. You may need more protein, water and electrolytes if you're working out consistently.

4. What is your health situation?

If you're suffering from an autoimmune disease or battling an illness, your diet will need to reflect these concerns. Those with autoimmune disease need to avoid inflammatory foods, like gluten, dairy, sugar and possibly nightshades. Conversely, if you have a family history of illness and want to prevent disease, you need a diet high in superfoods, antioxidants, and plant-rich meals.

5. Demographic Factors (age, gender, etc.)

Typically, males need more protein and complex carbohydrates than women. They also have different micronutrient needs. Women and men need specific nutrients at each stage of life, so take into consideration where you are in life and what your micronutrient needs are at this time and as you age.

6. Your Lifestyle

One of the biggest factors is how your diet will fit in with your lifestyle. If you're balancing a full-time career, family life, church or school functions and hobbies that keep you busy night and day, then you need to determine how to carry over your food philosophy into your lifestyle. Perhaps you don't enjoy cooking or don't have much time to spend in the kitchen. You may need to research food delivery companies that align with your food preferences to help you meet your goals. You may have to shift your priorities to align with your new lifestyle. For example, if I know I have a busy week ahead, I meal plan, shop and prep a few meals on the weekend when I have more time.

7. Dietary Preferences

You'll also want to weigh in your allergies, sensitivities and general foods that you dislike. Some people do well on carbohydrates and others do not. Jot down how you feel and start to make the connection between food, your mood and energy levels after you eat.

8. The Research

Nutrition research is one of those areas that will never, ever be settled. We're learning more and more about nutrition science every day. But you have to be careful where that science is coming from and who is paying for the studies. Many doctors use "bias" to make their points – meaning they will cherry-pick statistical data to prove their point. You'll find hundreds of studies saying that veganism is best or Paleo is the way to go, or everyone should be eating a raw food diet. Research your diet thoroughly from numerous sources to get a well-rounded point of view.



Oleg Magni / Pexels

9. Trial and Error

Don't be afraid to make mistakes along the way. I once tried to eat raw foods for a week and had such tummy troubles that I was miserable. Be open to trying new foods and diets, but remember to be in tune with your body and how you feel. Remember, your plan can change too – it's an evolving process.

Creating your personal diet plan can be fun. Remember to consider your overall health goals, what you want to achieve, take into account your dietary preferences, sensitivities, and one that suits your lifestyle. If your diet isn't sustainable – meaning something you can do for the rest of your life – then it won't work for you. Try to create a plan or way of eating that works for your body and your lifestyle.

It all comes down to common sense, so we must respect the physiology of the human body to determine what our nutritional needs really are and then tweak for bio-individuality.

Need help on making these connections. Nourish + Flow, my 3-month Nutritional Therapy program begins January 16. More info can be found at www.UnlockBetterHealth.com.



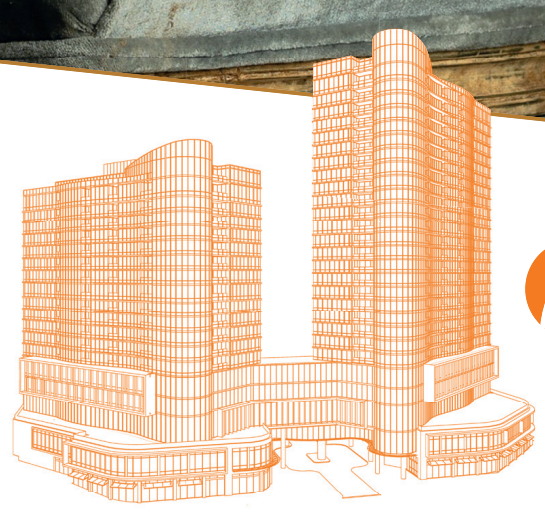
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Fairfax Lions dominate Annandale on the court

By Rick Horner
FAIRFAX COUNTY TIMES

This past Tuesday, the Fairfax Lions girls' varsity basketball team faced off against their counterparts on the Annandale Atoms on their home turf at Fairfax High School.

The season has moved forward under the specter of the coronavirus pandemic so there weren't many fans in the stands to witness a dominating display by Coach Pat Deegan's team who were coming off of a loss to Westfield.

The Lions took command in the first quarter which gave them a good 13-3 lead. A lead that the lady Lions would never give back.

In the second quarter, the action was a bit more pensive from both teams as the Lions kept the defense up for most of the quarter and frustrating attempts from the Atoms to score.

It wasn't until the last two and a half minutes of the quarter that the Lions decided to break the stalemate. The scoring was mostly the Lions with the Atoms making a free throw and a three-point goal before time ran out with the score 20-7 with the Lions in the lead.

The action continued into the second half and the shots kept coming from both sides. But the Lions were able to grow their lead which also included six free throws, four of them completed by number 23 Molly Brunk.

Two more free throws by the Lions brought their score at the end of the third quarter to 35-12 maintaining their dominance.

At the fourth quarter the Lions continued to dominate with six points around the six-minute mark which the Atoms responded to with five points of their own soon after.

But the lady Lions took got a few more shots in and never gave the Atoms another chance to catch up completing a dominate win over the Annandale ladies by a final score of 45-19 bring the Lions record in the beginning of this season to two and one.



RICK HORNER / SCREENSHOT OF ONLINE GAME

What are you taking for granted?

I spoke with a friend last week, who was quite upset over the closing of a locally-owned store in our region. This was one of those little shops that just seemed to "always be there." Truth is that for many, it had. This beloved little shop opened in 1970, and had survived previous recessions - even hurricanes and floods - but could not weather the storm of a pandemic. My friend was genuinely grieved; this little shop held three generations of memories, from holding her mother's hand while they shopped, to being able to share the treasure with her own children. Now after 50 years, all that remains is a locked door and empty shelves. "It's so weird. It's always been there, and now it's just… not."

The conversation stuck with me. What else have we taken for granted? A favorite place to shop? A restaurant that holds special meaning? A treasured tradition honored for years or decades? A job? Your business? A sense of security? A loved one? This pandemic has reminded us all of the danger of taking important aspects of our lives for granted. We have been reminded that nothing is certain, and that things we count on as foundational for our lives can be lost.

For those who count on the services of a nonprofit organization or a social services agency for the basic foundations of living, the idea that those services may not exist has to be the epitome of the unthinkable. Those of us who are called to this work, who feel a deep personal empathy for those we serve, shoulder the burden with great urgency. Whether it's a pandemic or a real estate bubble burst, an economic downturn hits us hard.

At The Arc of Northern Virginia, our mission to serve those with intellectual and developmental disabilities and their families has taken on increased significance. In the rush to quickly address the concerns of the many, the few with special needs were routinely overlooked. Adults with disabilities who are not required to file income taxes were originally left out of stimulus payments. School-age children who rely upon Individualized Education Programs (IEPs) have been left out of system-wide solutions for remote learning. All year long, in addition to reformatting ongoing programs and services, we've been asked to meet new and increasing needs unforeseen when the ball dropped in Times Square almost 12 months ago.

This year of challenges has opened our eyes to what is possible, from new ways of providing services to innovations in how our constituents can use technologies to achieve their goals. Adversity often brings about innovation, and here at The Arc of Northern Virginia, we've taken what we've learned and crafted a way forward into the new year.

We've branded our endeavor Vision 2020, and our campaign will lay the foundation on which next year's programs and services will be built. As of this writing, I'm pleased that we're more than halfway toward the goal of $200,000 raised. I'm optimistic we'll meet that goal so that The Arc of Northern Virginia will remain on strong and stable footing. Because the needs of families supporting an individual with intellectual and developmental disabilities aren't getting easier.

• Services for early child development are harder to obtain due to the pandemic.

• Fear of spreading the disease and shortages of PPE have severely impacted professionals who provide in-home support services.

• The pandemic-caused cancellation of day programs, volunteer opportunities and jobs programs leave many adults with nothing meaningful to pass the time, all day, every day.

Our work supporting our families and opening opportunities for true inclusion is more important now than ever.

At a recent event, this mom shared her appreciation for the sense of security that our community provides through their generous contributions:

"I am not sure what we would have done without The Arc of Northern Virginia. As anyone with a child with disabilities knows, it is a never-ending labor of love. In helping them achieve independence while at the same time managing their benefits, their finances, and their logistics, there are always questions that arise that require answers, explanations, and direction. The Arc of Northern Virginia is the first place I turn to for support, and if there is an answer, they have it. I am comforted in knowing they will always be there."

In a time when so many "always be theres" are actually no longer there, we have turned to our friends and neighbors in the community to ensure we ARE there for the families and for the individuals with intellectual and developmental disabilities, who count on us. Together, we CAN ensure that The Arc of Northern Virginia will "always be there."

Learn about our Vision 2020 campaign here: https://thearcofnova.org/vision2020/

With a caring and grateful heart,
Rikki Epstein, Executive Director
The Arc of Northern Virginia

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Thank you, Herndon

Dear Herndon,

Serving as the mayor of your town has to be the most rewarding job in politics, and I thank you all for placing your trust in me for all this time. Over the past 10 years I have had the opportunity to visit hundreds of town businesses and have been on every street and in every neighborhood in town. The best part of the job has been all the people I've met along the way - all over town and of the Commonwealth. When I first ran for office, I knew I'd be spending a lot of time on land-use and transportation issues. What I didn't realize was that I would also become connector and cheerleader-in-chief!

My proudest accomplishment is finally moving forward with a vibrant, walkable, arts-focused downtown redevelopment plan; something the town has tried to make happen since the 1980s. Downtown redevelopment was my number one priority throughout my tenure and signing off on the final approvals and closing documents was my last official act as Mayor. The perfect bookend to my decade of service. Serving as Herndon's mayor has been the honor of my life, and I will definitely miss being in office once January rolls around. Fortunately, the town is in good hands with our next mayor and our outstanding professional staff! I look forward to a long future ahead as Citizen Lisa, knowing from a unique perspective that our town is a place that truly cares for its residents.

Warmly,
Mayor Lisa Merkel
2012-2020

Fairfax County Times' Guide to
Arts & Entertainment



PETS: NEW YEAR'S RESOLUTIONS FOR YOUR PETS
Page B2

Michael Clem releasing new EP at Jammin Java

The Virginia native will celebrate his birthday at the Vienna club

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Growing up in McLean, Michael Clem found musical prowess with both the guitar and trombone in school, and became so distracted by his love for music, that he never had time to think about what he wanted to be when he "grew up."

Thankfully, he was proficient enough and determined enough to make it in the music biz, and he's spent the greater part of the last three decades playing bass, singing and writing songs for Eddie from Ohio, a band he cofounded with longtime friend Robbie Schaefer.

Those in our area are well familiar with the band as its recorded nine CDs and collected numerous Washington Area Music Association Awards, playing most of the top venues in Virginia and Washington, D.C.

About a dozen years ago, Clem left Northern Virginia and moved to Charlottesville, and has remained plenty busy with session work, playing bluegrass gigs and forming his own acoustic trio. Though he still plays with his old bandmates when Eddie From Ohio gets together as well.

"We actually had a pretty strong calendar for last year, but it was wiped out with most of our dates moved to 2021," he said. "I'm fortunate to be down in Charlottesville now because a lot of wineries have kept things going with outdoor shows. With winter, now I'm just waiting for things to warm up or for everyone to be vaccinated."

Over the years, Clem has released two solo albums and an EP will be released soon, as he found plenty of time to write during the pandemic.

"This new EP was born out of the shutdown, both as therapy and necessity," Clem said. "I've written more this past year than I have the last 10 years."

He took the month of April to write a song a day, and though all weren't keepers, he was happy to get back to a normal rhythm.

Clem doesn't consider himself a topical songwriter, so the pandemic hasn't really become a subject of many of his songs, but COVID did creep in a bit.

"I've been in the folk world for a long time, and there's already a wealth of that type of approach," he said. "I try to approach more personal accounts, and I'm known for my silly songs as well. There were some somber songs that came out of this, so I guess COVID did influence those. I wrote a tune about the crippling loneliness people feel with isolation and I wrote a funny song about social distancing."

On Saturday, Jan. 9, Clem will be performing at Jammin Java, a place he returns to yearly, to celebrate his birthday, as the singer turns 55 three days earlier.

"Since 2006, the good folks at Jammin Java has allowed me to come and do an annual birthday show," Clem said. "It started with my first CD release, and then I had a second one that I released 10 years later in 2016. But I decided not to wait another 10 years, and I'll have an EP coming out this year."

He's thankful that the venue is practicing social distancing and offering limited capacity seating so live performances can go on.

"I won't be doing a full band, as I might normally do, but I'm bringing my buddy, Rusty Speidel," Clem said. "It will be a smaller, intimate show and I'm treating it as an EP release date."

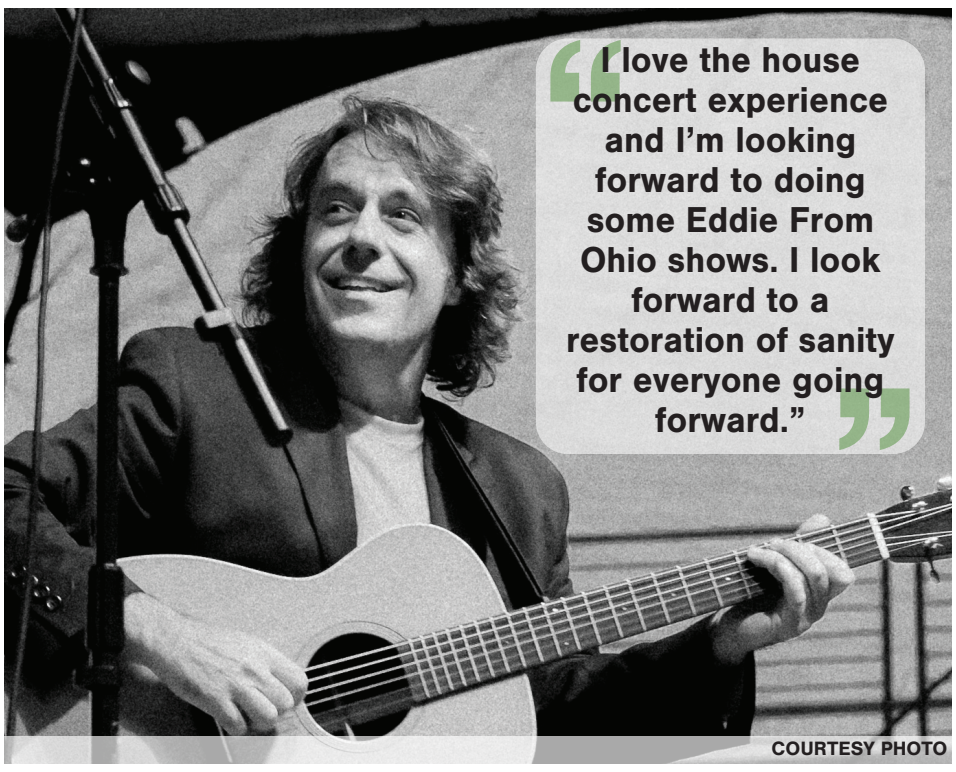
Everyone who comes to the Jammin Java show will get a free EP as well.

During the pandemic, Clem has performed in a series of fundraising shows online to raise money for the small venues and restaurants that he has played through the years.

"I feel for those restaurants right now and it's sad to see the closures happening," he said. "I still champion that cause when I can, and maybe after this release date, I will do another online thing if there's support."

He's also stayed busy lately teaching a songwriting course through a music academy, and that's allowed him to expand his student reach to people all over the country.

"I'm looking forward to playing live more in 2021 when things are opened up," Clem said. "I just want to maintain my own little niche audience and enjoy that. I love the house concert experience and I'm looking forward to doing some Eddie From Ohio shows. I look forward to a restoration of sanity for everyone going forward."



COURTESY PHOTO

Community Information

Please check the event and attraction websites to confirm operating status.

Adventures in Learning Register for a variety of virtual classes presented by the Shepherd's Center serving Oakton-Vienna-Reston-Herndon. For a full class schedule visit scov.org/ail. Registration deadline is January 19. Classes begin Jan. 21 and continue through March 11. Cost is $45.

Owl Campfire and Hike Join a naturalist by a campfire for a story about owls and go on a walk to search for evidence of owls in the park. 4 p.m. Jan. 8. Cost is $10. Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. For more information visit https://bit.ly/3rUAwq4.

Raising a Screen-Smart Kid Help your child navigate friendships, bullying, dating, self-esteem and more by attending this virtual program with Public Health Expert Julianna Miner. 1 p.m. January 9. Register at https://bit.ly/3b8jZss to receive login information.

The History of Humor Sunday Take an amusing tour through the ages to discover the cultural significance of humor during this virtual afternoon tea. 2 p.m. Jan. 10. Cost is $12 for the lecture only, $24 with a tea box included. For more information visit https://bit.ly/3hLE5tR.

FunDay Monday Enjoy Oh Susannah this week. 10:30 a.m. Jan. 11. Old Town Hall, 3999 University Dr., Fairfax. For more information and to sign up visit https://bit.ly/3odgjJS.

Help Change a Child's Story Make a difference for a child who has experienced abuse or neglect in Fairfax County. Attend this information session on becoming a CASA volunteer. 2 p.m. Jan. 12. RSVP via email to volunteer@casafairfax.org to reserve your spot.

Catch a Critter Grab a net and join a park scientist to see, touch and study wetland creatures up close and personal. Noon. Jan. 13. Cost is $9. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit https://bit.ly/3hLF6Cb.

William Syphax FAN Club Learn about one of the very few African-Americans in Alexandria who was able to free himself and many of his family members during this Zoom presentation. 7 p.m. Jan. 14. Cost is $5. For more information visit https://bit.ly/2X8sDPJ.

ONGOING

Virtual Active Aging Exercise Classes include low-impact aerobics, balance, coordination and stretching. Wednesdays through February 24 via Zoom. For more information contact Casey Tarr at 703-821-6838 or email at eileentarr1@verizon.net.

Online Storytime with Fairfax County Public Library. Every Tuesday and Thursday at 10 a.m. Visit https://bit.ly/2HOBkut.

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

Meals on Wheels needs drivers, coordinators, and co-coordinators. Apply at http://bit.ly/2DGfhme.

Art News

Jameson Green Enjoy upbeat rock and roll tunes spanning the last several decades in this outdoor show. Doors open at 4 p.m. Show is at 5 p.m. Jan. 8. Free. The State Theatre, 220 N. Washington St., Falls Church. For more information visit https://bit.ly/3nnuHOe.

Winter Walk Vegetative Design Learn how to create a winter floral arrangement that feels like a walk through nature. A Zoom link and supply list will be emailed after registration. 1 p.m. Jan. 9. Cost is $22. For more information visit https://bit.ly/3ofpAB3.

Michael Clem with Rusty Speidel Enjoy some bluegrass in this socially-distanced concert. Doors open at 6 p.m. Show is at 7:30 p.m. Jan. 9. Cost is $25. Jammin Java, 227 Maple Ave. E., Vienna. For more information visit https://bit.ly/35hU7qp.

Interior Illustrations Using graphite or pencil medium, relax and draw a historic interior at Sully. Some supplies will be available. 10 a.m. Jan. 13. Cost is $15. Sully Historic Site, 3650 Sully Way, Chantilly. For more information visit https://bit.ly/2Xfusu7.

Virtual Improv Show Enjoy the Unruly Theatre Project's virtual fall improve show from the comfort of your couch. Register online for the Zoom link and password. 7 p.m. Jan. 13. For more information visit https://bit.ly/3hNwISF.

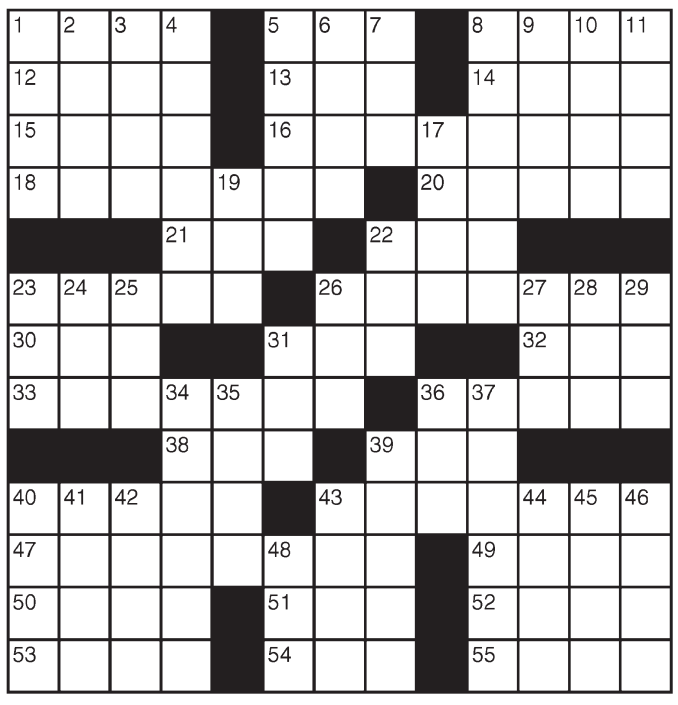
Virtual Book Discussion "The Sound of Freedom …" recounts the life of Black contralto Marian Anderson and her experience as a Black woman in the classical music field. 7 p.m. January 13. Registration closes Jan. 12. For more information and to register visit https://bit.ly/3ofn6Tf.

Fiber Art 5 Ways showcases the different approaches to the use of fabric and thread to make original artistic statements that may be new to those used to thinking of quilts as simply bedcoverings. On exhibit through Jan. 31. Free. Jo Ann Rose Gallery, 1604 Washington Plaza North, Reston. For more information visit https://bit.ly/37Vn9h6.

Art Classes The Workhouse Arts Center offers a variety of classes both in person and online. For more information visit https://bit.ly/3rZB2Da.

Colors of Fall This exhibition encompasses classic scenes of autumnal landscapes to abstract visions of cool fall air and changing foliage. Through January 11. View the exhibit in person on weekends from noon to 5 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/2UaAVF8.

King Crossword



ACROSS
1 Nile vipers
5 Cistern
8 Sprint
12 Guitarist Atkins
13 — -de-France
14 Formerly
15 Antelope's playmate
16 Its days are numbered
18 Degree of excellence
20 Endures
21 "Nova" airer
22 Lass
23 Regions
26 Volcanic crater
30 "Entourage" agent
31 Branch
32 Felon's flight
33 Trinidad music
36 Fountain drinks
38 Fine, at NASA
39 Marry
40 Dishonor
43 Actor Rory
47 Squid dish
49 Big fair, for short
50 "Oops!"
51 Drench
52 Peruse
53 Facts and figures
54 Guitar master Paul
55 Tolkien creatures

DOWN
1 Outlet letters
2 The Mets' old home
3 Rind
4 American flag feature
5 Bad habits
6 Winged
7 Aviv preceder
8 Disney duck
9 &&&&
10 Ella's style
11 Towel word
17 Israeli airline
19 Small ammo
22 Leg, in slang
23 Efron of "Parkland"
24 Man-mouse link
25 Zero
26 — -Magnon
27 Right angle
28 Squealer
29 Early hrs.
31 Request
34 Motorcycle maker
35 "The Raven," for one
36 Actor Gibson
37 Stick
39 Is patient
40 Gulf War missile
41 "Funny!"
42 Oodles
43 Manitoba tribe
44 They can take a yoke
45 — the crack of dawn
46 Agrees silently
48 Piercing tool

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FROM THE DOG'S PAW

New Year's resolutions to your pet!

By Samson!
SPECIAL TO THE FAIRFAX COUNTY TIMES

Happy Meowy New Year! Meows, I am always amazed at how fast the years go. Did you get a new pet for Christmas this year? Along with the fun and blessings of a new pet comes responsibility! As their human, and one they love so much, you owe it to them to make a few New Year's Resolutions to them! Paws, we have pawed a few articles last fall about bringing a puppy home, please visit http://www.fromthedogspaw.com/p/published-articles.html to read them.

Paws, first and foremost, are your pet's ID tags and microchips updated with current contact information? HISS! It is too easy for someone to find and keep a pet who got out of the fenced backyard and wandered down the street without it. The contact information included on the tags can mean a quicker return of the pet to you! Should you move, make updating your pet's ID's a priority as impawtant as changing your address and contact information. Purrs!

A most impawtant New Year's Resolution to commit to your pet is daily exercise! Meows, for us cats, it's playtime around the house with safe and engaging toys! Purrs, we darling pawsome cats get to stay inside where it is mostest comfortable while you take Fido out to play a game of fetch or two and for a long walk. Pawingly, you should pawlan to give Fido at least an hour or two daily of exercising whether it be playing in the backyard or one to two walks, purrs, whatever works best for you and your dog.

Meows, a health examination for your dog and cat is a routine every human should get into the habit of doing. Depending on your pet's age, and health issues, you may need to schedule one to two Veterinarian visits per year for a health examination. Paws, regular visits with your Veterinarian can help your pet be healthier and happier as well as prevent serious issues.

Purrs, you know how great you feel after grooming yourself? All clean and fresh? Meows! Pets, especially dogs who roll around outside, get dirty and could use grooming. Learn to groom your pet yourself or find a professional groomer. Paws, when using a professional groomer, pay attention to whether your pets enjoy their experience. Meows, I know Noah loves his experiences at one groomer and hated it at other places. It impawtant for the pets to be happy! Meows!

Purringly, another great pawromise to make with your pet is to feed them the healthiest food and treats you pawssibly can afford and avoid human food. As with humans, a key to a healthy and happy life for your pets is to feed them a well-balanced diet and avoid providing too many treats! Pay attention to how much, or how little, food your pet eats and adjust accordingly. Eating too little food can be a sign of other problems too. Meowingly, discuss concerns with your Veterinarian.

Meows, mental exercise is as impawtant as physical. Oh, my paws! This is a good idea for my human! Yes, meows, take some time this year to teach your dog, even an older dog, yes- you can teach an older dog, a new trick. Tricks help enhance their motor and listening skills and improve obedience. Purringly, teaching new tricks can help humans relieve stress and are a great bonding time between you and your pet.

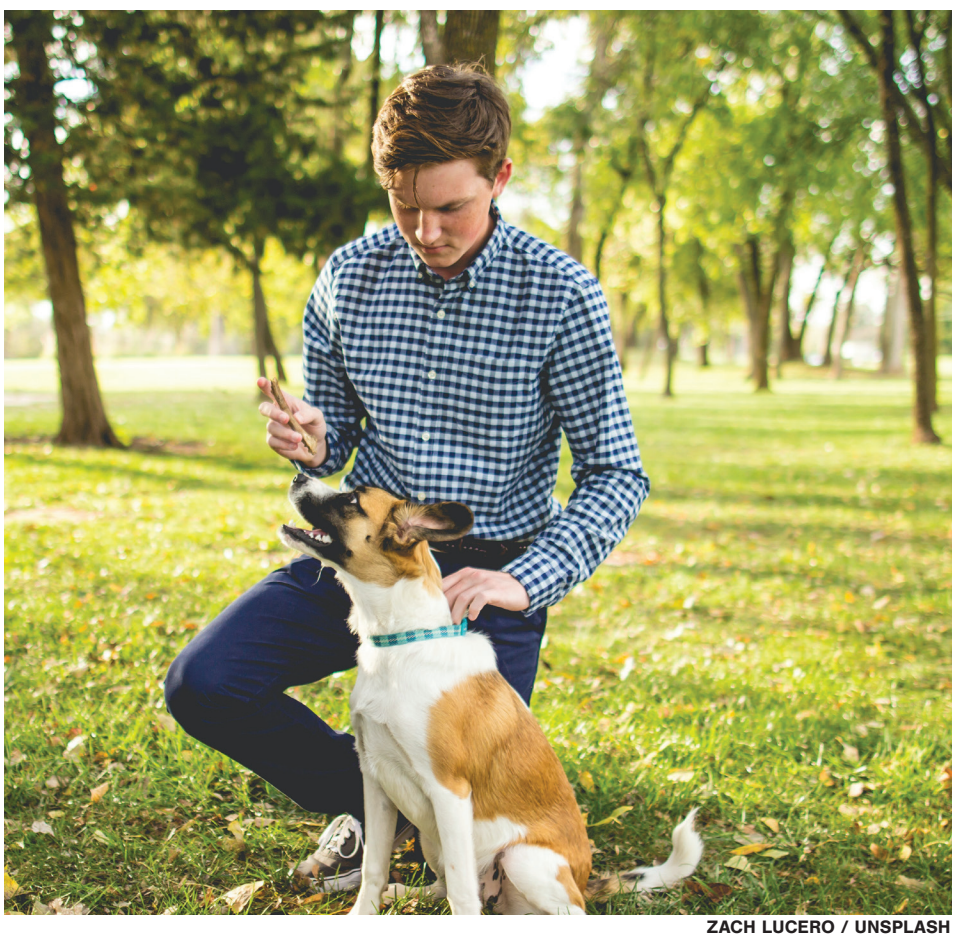
The most paws of all, if your pet is new to you, you are new to them, and so are whatever you do, the way you do them, the family in your home, your friends, and daily routines. Meowingly, it's pawingly impawtant to give your pets time, patience, and lots of love to get used to their new life. They don't adjust overnight, paws; it can take up to 3-4 weeks for a pet to start being comfortable in new surroundings.

If you do not have a pet, consider sponsoring a dog or cat at a local rescue. These guys can use your financial help as they transition from whatever circumstances to a new "Forever Home!" with humans to love who will love them. Most rescues operate solely on donations from animal lovers. Contact a rescue and look for information to "Sponsor" a dog or cat.

About us! Samson is a Maine Coon cat who rules his human's household while writing articles about cats, cat adoption, entertaining cat stories, and cat cartoons at fromthedogspaw.com. Enjoy his articles? Pawlease follow him at www.fromthedogspaw.com by email. He is cat to his human, Allen Pearson, www.allenpearsonphotography.com, www.allenpearsonphotographyjournal.com, www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.







ZACH LUCERO / UNSPLASH

Playtime



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Help Wanted

Walk-in Medical Care is looking for a FT/PT physician with ambulatory care experience for immediate start. Please call 703-930-1980 cell daylight hours.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Senior Professional Programmer Analyst in Tysons, VA (Ref. #5023172). Provide analytical support in the conceptualization of new requirements that are being derived at client location. Provide design support in implementation of multiple subsystems and propose design solutions to Client IT team. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Mail resume to CSC Covansys Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Senior Software Test Engineer, FireEye, Inc., Reston, VA. Develop, modify, and execute automation test suites for user interface testing of company products to ensure highest quality user experience. To apply, please mail resume to ATTN: Heidi Vaughn, 11955 Freedom Drive, 4th Floor, Reston, VA 20190. Please refer to job #10760.613.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Senior Professional Software Engineer in Tysons, VA (Ref. #5043453). Design, develop, troubleshoots and analyzes moderately complex software programs for computer-based systems. Customize software based upon research. Perform systems modeling, simulation and analysis to provide appropriate software solutions. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Mail resume to CSC Covansys Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

IT Professionals:
Ent. Lvl to Sen. Lvl .Net Dvlprs, BI/ETL Dvlprs, Java Dvlprs, Project Mngrs, QA Anlysts, SAP CRM Consultnts, SQL/Oracle DBA, Unix & Linux Admins. are needed for our Chantilly, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Isoftech, Inc., 4211 Pleasant Valley Rd, Ste. 230, Chantilly, VA 20151

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Senior Professional Project Management in Tysons, VA (Ref. #4467757). Manage and direct requirement analysis to establish high level QA objectives. Design and direct implementation of high level test strategy based on quality objectives of program and project. Develop the project iteration plan, identify risks and develop risk mitigation plan. Analyze and oversee the preparation of project plan and facilitate status review meetings, inspections and metric compilations. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Position requires up to 30% travel. Mail resume to Computer Sciences Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, January 6, 2021, at 7:00 p.m. and a public hearing on Wednesday, January 20, 2021, at 7:30 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR A MASTER SIGN PLAN, ARB #20-027, to consider an application to approve a master sign plan for the multi-tenant commercial building and accessory low rise commercial buildings located at 1025 Herndon Parkway, Herndon, Virginia, located at the southwest corner of the intersection of Elden Street and Herndon Parkway, and further identified as Fairfax County Tax Map 0161-02-0015E. The property is zoned CS, Commercial Services, and consists of 325,968 square feet of land. Owner/Applicant: Elden LLC c/o Ryan Lorey, EDENS. Applicant's Representative/Agent: Gary Brent, MG Permits. **(Continued from the December 16, 2020 ARB Public Hearing.)**

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-001, to consider an application to construct a new wall sign on the multi-tenant commercial building located at 171 Elden Street, more specifically for Unit 3B, Herndon, Virginia, located between the intersection of Elden Street and Carlisle Drive and the intersection of Elden Street and Fairfax County Parkway, and further identified as Fairfax County Tax Maps 0171-29020302A and 0171-29020302B. The property is zoned O&LI, Office and Light Industrial, and consists of 2,673 square feet of floor area within the multi-tenant building. Owner/Applicant: Matthew Fitzer. Applicant's Representative/Agent: Ken Padgett, Mid-Atlantic Permit Services.

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-002, to consider an application to construct a new wall sign on the southern multi-tenant commercial building located at 450 Springpark Place, Herndon, Virginia, located at the northeast corner of the intersection of Springpark Place and Spring Street, and further identified as Fairfax County Tax Map 0162-02-0164B. The property is zoned PD-B, Planned Development - Business, and consists of 274,148 square feet of land area. Owner/Applicant: Springpark Place, LLC c/o Penzance Management, LLC. Applicant's Representative/Agent: William M. Kuker, Klas Government, Inc.

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-003, to consider an application to construct a new wall sign on the southern multi-tenant commercial building located at 505 Huntmar Park Drive, Herndon, Virginia, located at the northwest corner of the intersection of Huntmar Park Drive and Spring Street, and further identified as Fairfax County Tax Map 0162-02-0156D. The property is zoned O&LI, Office and Light Industrial, and consists of 221,890 square feet of land area. Owner/Applicant: Brit-Herndon Square, LLC c/o Kevin Lewis, BECO Management, Inc. Applicant's Representative/Agent: Ken Lake, ARK Sign Services, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning December 31, 2020 after 3:00 p.m.

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.

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 1 and January 8, 2021

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, January 6, 2021, at 7:00 p.m. and a public hearing on Wednesday, January 20, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-001, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 647 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0002. The property is zoned R-10, Residential, Single-Family; and consists of approximately 4,926 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-002, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 649 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0001. The property is zoned R-10, Residential, Single-Family; and consists of approximately 5,101 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-004, to consider an application for a Certificate of Appropriateness for a newly constructed accessory structure at 757 Grace Street, Herndon, Virginia, located between the intersection of Grace Street and Vine Street and the intersection of Grace Street and the Washington and Old Dominion Trail right-of-way, and further identified as Fairfax County Tax Map 0162-02-0007B. The property is zoned R-10, Residential, Single-Family; and consists of approximately 28,224 total square feet of land. Owners/Applicants: James L. and Elizabeth A. Leach.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning December 31, 2020 after 3:00 p.m.

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.

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 1 and January 8, 2021

[(Full name(s) of owner(s)]:
Pho Vietfresh LLC
Trading as:
Pho Vietfresh
13340 Franklin Farm Rd. Ste. B
Herndon, Fairfax County, VA 20171

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

Tam Nguyen, Owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

3007957 (01-08-21, 01-15-21)

[(Full name(s) of owner(s)]:
Thompson Matchbox Ventures LLC
Trading as:
Matchbox Reston
1900 Reston Metro Plz Ste 100
Reston, Fairfax County, VA 20190

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer (on premises) and mixed beverage restaurant license to sell or manufacture alcoholic beverages.

Alireza Azima, Managing 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.

3007956 (01-08-21, 01-15-21)

Notification is given that Presidential Bank, FSB, 4600 East-West Highway, Bethesda, Maryland, 20814, publishes notice under 12 CFR 5.8 of its intent to relocate a full service branch office. The Reston branch located at 1675-N Reston Parkway, Reston, VA, 20194 will move to 11211 Reston Station Boulevard, Reston, VA 20190. Within 30 days of the date of this publication, any person wishing to comment on this proposal may file comments in writing with the Director for District Licensing, 340 Madison Avenue, Fifth Floor, New York, New York 10173 or NE.Licensing@occ.treas.gov.

[(Full name(s) of owner(s)]:
TH Big Buns LLC
Trading as:
Big Buns Damn Good Burgers
1908 Reston Metro Plz Ste C
Reston, Fairfax County, VA 20190

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer (on premises) and mixed beverage restaurant license to sell or manufacture alcoholic beverages.

Alireza Azima, CFO

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.

3007943 (01-08-21, 01-15-21)



PUBLIC NOTICE

The **Fairfax Joint Local Emergency Planning Committee (FJLEPC)** would like to announce that facilities covered under the Emergency Planning and Community Right to Know Act (EPCRA) have submitted the emergency response plans, safety data sheets, and Tier II inventory forms per 42 CFR 116 – 11044. Follow-up emergency notices may subsequently be issued.

Members of the public who wish to review any such plan, sheet, form, or follow-up notice may do so from 8:00 a.m. – 3:30 p.m., Monday through Friday (excluding holidays) at the Fairfax County Fire and Rescue Department, Office of the Fire Marshal, Fire and Hazmat Investigative Services, 12099 Government Center PW, 4th Floor, Fairfax, VA 22035. For more information, please call the FJLEPC staff at 703-246-3973 or email trice.burgess@fairfaxcounty.gov.

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Burial Plots

Four contiguous burial plots at National Memorial Park, 7482 Lee Highway, Falls Church, VA 22042. $1,000 each. Have deeds and transfer papers ready to go. Contact Rosemary at 540-868-8868.

Help Wanted

TECHNOLOGY
DXC Technology Services, LLC is accepting resumes for the position of Principal Product Architect in Tysons, VA (Ref.# 5021581). The principal product architect will direct and manage the company's engineering functions and related worldwide activities to support DXC's delivery of our flagship software solution, DXC Homebuilder. This individual will manage and be ultimately responsible for all development project and software lifecycle management, code and systems documentation standards. Telecommuting permitted. Position requires up to 50% travel to various unanticipated locations throughout the US. Mail resume to DXC Technology Services, LLC, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Professional System Analyst in Tysons, VA (Ref. #4831229). Analyze and evaluate existing or proposed systems and devices to process data. Design and implement new methods, procedures, and systems (both automated and manual) to improve the processing and flow of information within the company. Develop and provide documentation of the system specifications, including system scripts, system installation procedures, system backup and recovery techniques and system test methods. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Mail resume to CSC Covansys Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

SAP Functional Consultants (Herndon, VA): Perform enhancements to SAP solutions. Document, test, train & build the end user job aid in adherence to the organization's qlty stndrds. Document dsgn specs, installation instructions, & other system-rltd info incl but not ltd. to SAP HANA. Bachelor's deg. in any field & 2 yrs exp or Associate deg. in any field & 4 yrs exp. May req. travel to various unanticipated client sites nationally. Multiple Positions. Send resume to CompuGain LLC, 12901 Worldgate Dr, Ste 510, Herndon, VA 20170

TECHNOLOGY
Xchanging Solutions Inc. is accepting resumes for the position of Professional Programmer Analyst in Tysons, VA (Ref. #4487280). Assist with the technical support operations for company's MGA feeds (Mock, production, control totals, balancing report, audit activities). Gather and discuss requirements with business analysts on company's specific insurance IT needs. Telecommuting is permitted. Position requires up to 50% travel to various, unanticipated locations throughout the US. Mail resume to Xchanging Solutions Inc., 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Professional Programmer Analyst in Tysons, VA (Ref. #4854853). Code, test, and debug computer programs. Analyze, design and write specifications for basic programs. Assist in identifying and resolving product problems with specific programs. Create appropriate technical documentation. Telecommuting permitted. Position requires up to 50% travel to various unanticipated locations throughout the US. Mail resume to Computer Sciences Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Professional Application Designer in Tysons, VA (Ref. #5017280). Design business login and develop analytical queries in Impala and supporting business users with their reports. Design and develop multi-dimensional modeling for data warehouse applications. Build, configure, administer and troubleshoot ETL-Big Data/BI application systems in a high availability, fast paced, multi-instance hosting environment. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Mail resume to Computer Sciences Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Legal Notice

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 19, 2021 at 7:00 p.m. and a public hearing on Tuesday, January 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Thursday**, prior to the meeting dates.

Ordinance, to approve the dedication of right-of-way for public street purposes on Town-owned property located in the northeast quadrant of the intersection of Herndon Parkway and Van Buren Street, known as Haley M. Smith Park at 320 and 324 Van Buren Street, Fairfax County Tax Map #: 0164-02-0002.

Resolution, to consider a special exception, **SE #20-03, 763 Dranesville Road,** to permit an accessory dwelling unit as an accessory structure associated with a single-family residence in an R-15, Residential Single Family District. The accessory dwelling unit would be located above the existing detached garage. The property is designated in the Herndon 2030 Comprehensive Plan as "Neighborhood Conservation." The property is located within the boundary of the Town of Herndon Historic District. The property is located on the southwest corner of the Dranesville Road and Third Street intersection and is approximately 22,000 square feet in area. Fairfax County Tax Map Number: 0104 03110006A. Applicant: Thomas J. O'Neil, O'Neil Architects, Inc. Owners: Leland D. Ewers, Mary Jo Ewers.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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.

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold a work session on Monday, January 11, 2021, at 7:00 p.m. and a public hearing on Monday, January 25, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work sessions and public hearings may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the item are invited to register to join the WebEx to state their opinions or to submit comments for the record to planning.commission@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Wednesday**, prior to the meeting dates.

APPLICATION FOR A SPECIAL EXCEPTION – SE #20-04, 459 Herndon Parkway, Suites 7 & 8, Christ Fellowship Church, to consider a special exception to permit a religious institution with a capacity of 300 or fewer persons. The property is zoned O&LI, Office & Light Industrial, and is designated in the Herndon 2030 Comprehensive Plan as "Regional Corridor Mixed Use." The property is located within the Parkway Crossing Condominiums and on the southeast side of Herndon Parkway approximately 350 feet from its intersection with Spring Street. Fairfax County Tax Map Reference Numbers: 0164-22-0007 and 0164-22-0008A. Applicant: George Churchwell. Property Owner: HLI Group LLC. Prospective Purchaser: Walter Hamilton, III, Christ Fellowship Church. **(Continued from December 14, 2020 Planning Commission public hearing.)**

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 6, 2021, after 3:00 p.m.

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.

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

Legal Notice

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 19, 2021 at 7:00 p.m. and a public hearing on Tuesday, January 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Thursday,** prior to the meeting dates.

Ordinance, to approve and authorize the Mayor to sign a fifth lease amendment with T-Mobile Northeast LLC, successor-in-interest to Omnipoint Communications CAP Operations, LLC to revise the premises description, approved equipment list, drawings, monthly rent, and Town contact information at the Town's 3rd Street Water Tower.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Thursday**, prior to the meeting dates.

Ordinance, to approve and authorize the Mayor to sign a third lease amendment with New Cingular Wireless PCS, LLC d/b/a AT&T Mobility Corporation to revise the premises description, approved equipment list, use of premises, drawings, and the Town's contact information at the Town's Alabama Drive Water Tower.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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Viki L. Wellershaus, Town Clerk

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Help Wanted

TECHNOLOGY
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