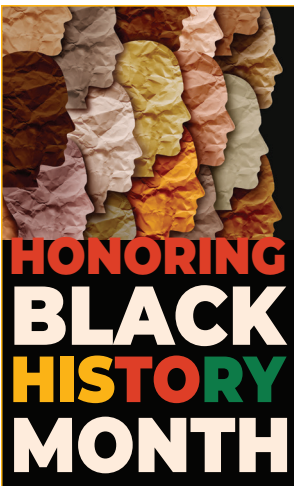




THIS WEEK INSIDE:



HONORING BLACK HISTORY MONTH



COURTESY PHOTO

Warrants obtained for former Burke pastor

SEE PAGE A2



COURTESY PHOTO

TJHSST students receive Congressional App Award for app development

SEE PAGE A4



COURTESY PHOTO

Fairfax HS graduate makes Super Bowl debut with the Los Angeles Rams

SEE PAGE A6

INDEX	
Public Safety	A2
People & Places	A3
Sports	A6
Home & Garden	A7
Opinion	A8
Arts & Entertainment	B1
Pets	B3
Arts Calendar	B4
Community Calendar	B4
Health & Wellness	B5
Classifieds	B6

25¢ NEWSSTAND PRICE



HAPPY Valentines DAY

Is universal masking log jam breaking?

Fairfax state senator makes good on legislation promise

By Heather Zwicker
 FAIRFAX COUNTY TIMES

The fight over the forced masking of Virginia's school children continues.

On Monday the Supreme Court of Virginia ruled in a case where the Chesapeake School Board sought writs of mandamus and prohibition, rejecting the challenge of Governor Glenn Youngkin's Executive Order Number 2. That came on the heels of last week's ruling by Arlington Circuit Judge Louise DiMatteo, who issued an order temporarily preventing the enforcement of EO 2. DiMatteo ordered a temporary block on the governor from overriding the mandates in seven Virginia school districts on Tuesday. The block is in effect until the matter is legally resolved.

"The governor will never stop fighting for parents' ability to choose what is best for their children. The governor



UNSPASH

often said that this is not a pro-mask or anti-mask debate. It's about parents knowing what's best for their child's health, and opting-out should there be a mask mandate," Youngkin spokesperson Macaulay Porter said in a statement, adding

that governor's office will appeal Tuesday's decision.

The same day of the Virginia Supreme Court ruling, State Senator Chap Petersen (D-Fairfax), sent a letter to Fairfax County Public Schools Superintendent

Scott Brabrand. In the letter, Peterson addressed two key presumptions made in a news release Brabrand issued after the initial ruling out of the Arlington court Feb. 4. Those points were that forced masking of children saves lives and

that forced masking of children is popular.

"No evidence is cited for any of these statements, which are clearly opinions – not facts," said Petersen in the letter. "After a year, the data on student masking is easily found and it is overwhelming: the forced masking of school children has no correlation with community health." Petersen then went on to point out there is no "meaningful discrepancy" in health outcomes in major states around the U.S. – Florida, Ohio and Texas – where masks have not been required for the past year and those states which had strictly required masks. The senator said it has become hard to find a respected medical researcher that defends the forced masking of children.

He went on to say that the superintendent's argument about forced masking being popular was "forcing

See MASKING, Page A4

Youngkin's grocery roundtable

Governor works to cut grocery tax and promote locally-sourced produce



COURTESY PHOTO

By Jaya Patil
 FAIRFAX COUNTY TIMES

In a discussion about Virginia's 2.5 percent tax on groceries, Governor Glenn Youngkin took to Alexandria's local Safeway on King Street. The visit was centered around opening the conversation to residents at a roundtable hosted by the grocery store.

In an age that Youngkin said is "a 40-year high" of inflation, he identified the grocery tax as one of the items that should be on the budgetary chopping block. "To

an average family of four," the impact of inflation on groceries "is [a] real impact," he said.

Nearly 10 percent inflation in 2021 and the expectation of an additional "5 percent in the first half of the year" put pressure on decision-making. Youngkin's team is compelled to effectively utilize the window of opportunity for lawmaking with legislative sessions ending in early March for Virginia.

Youngkin focused on "Virginians who can least afford [and] are burdened most by" the

See YOUNGKIN, Page A4



BY JAYA PATIL • Fairfax County Times

Winter Warming Project

Local senior centers organize donation drive to keep community warm

The idea for a local donation drive collecting new and handmade winter accessories was born in a quaint senior center. The project developed from a brainstorming session among staff from Pimmit Hills Senior Center and ServiceSource to break barriers and promote community inclusion, service, and belonging.

Kathy Fries, Herndon Senior Center staff member and leader of the project, said they wanted to find an activity that could be adapted based on ability and "would promote lifelong health and wellness skills." They landed on loom knitting classes but welcomed anyone who liked to knit or crochet.

The county's senior centers are built on support and encouragement, "but when it's confined to a small group, you lose focus on the good you can do beyond the comfort of people you know," so they focused on their "neighbors in need," said Fries.

The hats, gloves, and scarves that participants made were donated to shelters and organizations helping those experiencing homelessness. The nonprofits receiving donations from the project started with HomeStretch and

See WARMING, Page A4



We Restore & Upgrade Old Unsafe Decks

Trex Upgrade / New Wood / Maintenance Free / 25 Year Warranty

0 down, 0% financing for 18 months

For a free estimate please visit

www.DeckManDC.com

or call **703-457-6853**



DECKMAN



PUBLIC SAFETY



COURTESY PHOTO
Sung Woo Hong

Warrants obtained for former Burke pastor

A former pastor at the Pilgrim Community Church in Burke has been charged for multiple sex offenses.

Detectives from the Fairfax County Police Department Major Crimes Bureau Child Abuse Squad began their investigation in August after a juvenile victim disclosed unlawful sexual contact by the pastor. Detectives learned Sung Woo Hong, known as "Pastor Sam", 37, of South Korea, served as an intern pastor at the church from 2015 to 2018. Hong was assigned as the pastor of youth activities and taught the church's youth band in 2018. Hong's employment with the church, at 4925 Twinbrook Road was terminated in 2019. He then returned to South Korea.

Detectives determined the assaults occurred inside a secluded office in the church between 2016 and 2019. During the investigation, an additional victim was identified. In October, detectives obtained three warrants for aggravated sexual battery. Detectives continue to work with federal and South Korean authorities to bring him in to custody and extradite Hong to Fairfax County to face the charges.

Detectives are concerned there may be additional victims. They are asking anyone with information about this case or believe Hong had inappropriate contact with them or their child to please call the Major Crimes Bureau at

703-246-7800, option 3.

Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).



COURTESY PHOTO

Cause of fire was accidental

Reston house fire caused by electrical event

Fairfax County Fire and Rescue Department and Loudoun County Fire and Rescue were dispatched for a house fire in the 1200 block of Shaker Drive in Reston Jan. 31 at approximately 2:01 a.m.

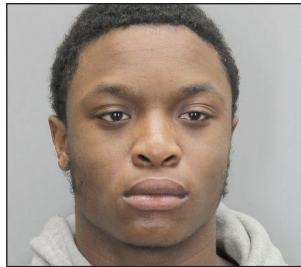
Units arrived on the scene of a two-story, single-family home with a small exterior fire visible to the rear of the home. Crews located a fire in the floor system between the basement and first floor. The fire also extended into the kitchen on the first floor. Firefighters worked to gain access to the floor system and extinguish the fire. There were no civilian or firefighter injuries reported.

Two occupants were home at the time of the fire. One of the occupants noticed the power went out to the entire house. Shortly thereafter, she observed smoke inside the home. Both occupants evacuated the home and called 9-1-1. Working smoke alarms were present but did not sound prior to the occupants evacuating.

Fire investigators determined that the fire was accidental in nature and started within the floor space between the basement and the first floor. The cause of the fire was an electrical event involving wiring within the floor

space.

Two occupants were displaced because of the fire. Red Cross was offered but declined. Damages as a result of the fire were approximately \$255,000.



COURTESY PHOTO
Jaheim Crum

Maryland man arrested after traffic stop

An officer saw a 2021 Toyota Corolla at George Washington Parkway and I-495 at 2:03 p.m. Jan. 28. The vehicle was reported stolen from a nearby jurisdiction.

The officer stopped the vehicle, and Jaheim Crum, 19, of Maryland was arrested for Grand Larceny.



COURTESY PHOTO

A firefighter on the scene of an apartment fire.

Electrical malfunction causes Hybla Valley apartment fire

Units from the Fairfax County Fire and Rescue and the City of Alexandria Fire departments were dispatched for a reported apartment fire in the 7500 block of Vernon Square Drive in Hybla Valley Feb. 1 at approximately 2:54 a.m. Crews arrived on the scene

of a three-story, garden apartment with smoke visible from the second and third floors. Firefighters located fire in a storage room and worked rapidly to extinguish it. Simultaneously, crews assisted multiple residents out of their apartments. One resident was rescued by crews. Several residents were evaluated by EMS on the scene. All declined further treatment and transport to hospital. There were no firefighter injuries reported.

There were approximately 64 residents in the building when the fire was discovered. An occupant heard the building smoke alarm sound and, upon investigation, discovered smoke in the building. 9-1-1 was called.

Fire investigators determined that the fire was accidental in nature and started in the terrace level utility/storage room. The fire was caused by an electrical malfunction involving the buildings electrical wiring in the ceiling space.

Sixty-four residents were displaced because of the fire. The Fairfax County Office of Emergency Management and Security worked with building management to address the immediate needs of all occupants. Damages as a result of the fire were approximately \$125,000.



COURTESY PHOTO
Pedro Arguata

Man arrested after traffic crash

City of Fairfax Police officers responded for a motor vehicle crash at Fairfax Boulevard and Plantation Parkway at approximately

11:01 p.m. Feb. 4.

The investigation revealed that one of the drivers was under the influence. Pedro Arguata, 20, of no fixed address, was arrested and transported to the Fairfax County Adult Detention Center where he was charged with Driving Under the Influence. Arguata was held on a \$2,000 unsecured bond.



COURTESY PHOTO
Ahmed Diomasy Sawadogo



COURTESY PHOTO
Naby Doukoure

Suspects arrested in Loudoun after Chantilly robbery

Two men entered the Target at 14391 Chantilly Crossing Lane Jan. 29 at 3:39 p.m. and asked an employee to look at property behind a locked display case.

As the employee was helping the men, they took the property by force and ran. No injuries were reported. Later that day, Ahmed Diomasy Sawadogo, 19 and Naby Doukoure, 18, both from New York, were arrested in Loudoun County and charged with robbery.

Maryland man served with felony warrant

Several community members reported hearing gunfire and witnessing a man leaving the area in the 4200 block of Wadsworth Court on foot at 7 p.m. Jan. 29.

Officers quickly found the man nearby, and he provided them with false information. Noe Elias Rivas-Gutierrez, 27, of Maryland was arrested and charged with reckless handling of a firearm, false identification to law enforcement, illegal possession of a firearm, and resisting arrest. An outstanding warrant for failure to appear on a felony charge was also served on the man.

Fairfax man arrested after crash

A City of Fairfax Police officer responded for a motor vehicle crash at Fairfax Boulevard and McLean Avenue at approximately 4:04 p.m. Feb. 1.

Further investigation revealed that one of the drivers was under the influence.

Jorge Fuentes, 21, of Fairfax, was arrested and transported to the Fairfax County Adult Detention Center where

he was charged with Driving Under the Influence. Fuentes was held on a \$1,500 unsecured bond.



COURTESY PHOTO

Firefighters tend to the dog that was rescued.

Dog rescued from Rose Hill house fire

Fairfax County Fire and Rescue and the City of Alexandria Fire departments were dispatched for a reported house fire in the 5500 block of Halwis Street in the Rose Hill area of Fairfax County Jan. 31 at approximately 2:57 p.m.

Units arrived on the scene of a one-story, single-family home with smoke visible from the roof. Crews forced entry into the front door, made entry into the house and found fire in the kitchen. The fire was quickly extinguished. An unconscious dog was rescued from the home and revived by personnel. The dog was then turned over to the owner. There were no civilian or firefighter injuries reported.

No occupants were home at the time of the fire. A neighbor observed smoke coming from the attic and called 9-1-1. It is unknown if smoke alarms activated.

Fire investigators determined that the fire was accidental in nature and started in the kitchen. The cause of the fire was an electrical event involving an outlet.

Four occupants were displaced because of the fire. Red Cross assistance was offered but declined. Damages as a result of the fire were approximately \$93,750.

Man arrested in parking lot

City of Fairfax Police officers observed a subject cutting security devices off of merchandise in the shopping center parking lot in the 10300 block of Main Street Jan. 31 at approximately 4:57 p.m.

Further investigation revealed that the subject was in possession of stolen merchandise from various retail stores. The subject provided false identification to law enforcement during the investigation.

The merchandise was returned to the stores and the subject was arrested for Petit Larceny and Giving False Identification to Law Enforcement and transported to the Fairfax County Adult Detention Center.

The subject was positively identified at the Fairfax County Adult Detention Center as Christopher Holloway, 37, of no fixed address. Holloway was discovered to have active warrants in other jurisdictions and was held without bond.

WEALTH PLANNING

MAXIMIZE YOUR GAINS OR MINIMIZE YOUR RISKS? LET'S TALK ABOUT FINDING THE SWEET SPOT IN BETWEEN.



From investments and wealth planning to retirement and trust services, our team is here to make managing your wealth a more relaxing experience. We believe banking is a conversation. Let's talk about your options. Call us at 301.774.8420 or visit sandyspringbank.com/wealth.



Wealth and Insurance products are not FDIC insured, not guaranteed, and may lose value. Wealth products offered by Sandy Spring Private Client Group and Sandy Spring Trust, divisions of Sandy Spring Bank. Member FDIC. Sandy Spring Bank and the SSB logo are registered trademarks of Sandy Spring Bank. © 2022 Sandy Spring Bank. All rights reserved.

Established 1965
fairfaxtimes.com
FAIRFAX COUNTY TIMES

Publisher
Rich Whippen, 703-439-1867
rwhippen@wspnet.com

Editor
Heather Zwicker
heather@fairfaxtimes.com

Arts & Entertainment
Jennifer Starr, 571-393-2933
jennifer@fairfaxtimes.com

Calendar Submissions
fxtimesevents@gmail.com

News Reporter
571-393-6910
news@fairfaxtimes.com

Positive Vibes Column
Jaya Patil
oliviajaypatil@gmail.com

Production Administration
Melissa Turqman, 703-439-1767
mturqman@wspnet.com

Send letters to the Editor to:
rwhippen@wspnet.com

P.O. Box 8791
Reston, VA 20195
Main Phone: 703-437-5400
Fax: 703-437-6019

National Advertising
Simmy Murdock, 703-463-9228
simmy@wspnet.com

Local Advertising
Marcia Patch, 703-994-4940
marcia@wspnet.com

Simmy Murdock, 703-463-9228
simmy@wspnet.com

Classified Advertising
Marcia Patch, 703-994-4940
marcia@wspnet.com

Creative Services
Becky Sullivan, Creative Director
bsullivan@wspnet.com

Angie Wyatt, Creative Designer
angiew@wspnet.com

Circulation & Delivery
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Customer Service
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Send event information to:
fxtimesevents@gmail.com

PEOPLE AND PLACES



COURTESY PHOTO

Ella Borowski, the 2021 Girl of the Year and Bryan Thomas, the 2021 Man of the Year, at the 1st Annual World Wide Technology Golf Tournament in Great Falls.

Local man earns Man of the Year after raising more than \$1 million for charity

Bryan Thomas may not consider himself a hero, but to the families across the globe touched by blood cancer, he is a source of hope and inspiration.

In 2021, Thomas led a 10-week fundraising campaign that raised more than \$1 million for the Leukemia & Lymphoma Society (LLS). His grand total broke records and earned him the organization's title of Man of the Year for the Washington, D.C. area.

An executive with Missouri-headquartered World Wide Technology (WWT), Thomas has a strong passion for using his professional talents to build relationships and drive results. He is known among his peers for advocating for a culture of service within WWT which includes positively improving the community.

WWT and its partners have supported LLS for several years. Thomas also saw first-hand how one of his mentors was able to combat cancer and return to work. But it was a conversation with one of his company's closest partners that ultimately led Thomas to launch this year's fundraising campaign.

"I was sharing the incredible experience my wife and I had participating in the LLS 'Team in Training' marathon over breakfast with Cisco Area Vice President Carl De Groot when it really clicked," he recalled. "It was then and there that I first learned how valiantly these children diagnosed with cancer fight. The memory of that experience, of advocating for those brave and inspirational children, further cemented my commitment in supporting the great work LLS is doing every day."

From that point on, Thomas was all in. While WWT's efforts with LLS in previous years were focused on broader corporate initiatives, in 2021 the company committed fully to supporting the Man of the Year Campaign.

His first task was to assemble a team from among his personal and professional connections to help him develop creative ideas and actively implement fundraising strategies. "I focused on empowering my Public Sector team at WWT to leverage their extensive reach to drive staff, technology partners, customers and friends around the world to donate to my fundraising campaign," he said.

With his significant network and relationships, the campaign achieved new levels of success despite much of the work being done virtually. "Understandably, fundraising during a pandemic raises considerable challenges," Thomas said. "But being a technology company of our size - and with our partners and resources - we leveraged some of our digital capabilities to overcome these challenges.

"In addition, as people were spending more time at home, we had significant participation in the virtual events we conducted with staff, partners and others within our network. These

included virtual happy hours, meetings and auctions that took place throughout the country," Thomas said.

"As things began reopening, we were able to safely and securely host a charity golf event that drew even more attention to the fundraiser. After being stuck inside for such a long time, being able to successfully hold the event on a beautiful summer day reenergized spirits and drove even more donations for the cause."

Thomas didn't realize the sheer number of people with whom he has worked over his long career. "To have so many of those people willing to not only donate but participate in the fundraising, was astonishing," Thomas said. "I was humbled by the overwhelming response by my personal and professional community."

Personally, he was also motivated by watching the fighting spirit of LLS's Boy and Girl of the Year, Karter and Ella. "Their energy and will to push on, despite everything they were going through, was an inspiration."

Thomas' 2021 fundraising campaign was one of two this year that topped the million-dollar mark for the first time in LLS history. He continues to be involved with LLS, currently serving on the organization's leadership team.



COURTESY PHOTO

Katie Hickey



COURTESY PHOTO

Kelly Fischer

Fairfax/Reston Caliber Home Loans pros receive national awards

Two team members from the Caliber Home Loans branch in Fairfax/Reston were recently named recipients of national sales awards from Caliber Home Loans.

Honored as top performers among Caliber's retail channel, **Katie Hickey** and **Kelly Fischer**, were recently recognized with Lifetime Achievement Awards.

The Lifetime Achievement Awards are bestowed quarterly upon Caliber's top producers nationwide, signifying their exceptional production performance as well as dedication and commitment to Caliber Home Loans. The Lifetime Achievement Award recognizes team members for their advanced tier achievements in loan production by both units and volume. Hickey received a Tier 2 award for Lifetime Producers for Production Dollars and Fischer received a Tier 1 award for Lifetime Producers for Production Dollars.

"These awards mark a meaningful milestone for winners as professionals and for us as a company. We're lucky to have so many of our valued team members among the top ranks - their contributions and commitment is what makes us special and what motivates to achieve more each year," said James Hecht, executive vice president, Retail Lending.



COURTESY PHOTO

Tracy Glazier

Herndon math teacher on front lines of AI in the classroom discussion

Tracy Glazier, a math teacher at Herndon High School has played an important role in recent efforts to understand the importance of equity in the adoption of Artificial Intelligence in the classroom.

ORAU and The MITRE Corporation joined forces last year on a project to research the topic of AI in education. Both not-for-profit companies bring extensive expertise from diverse perspectives to this important topic.

The team's first deliverable was a paper on the topic, Ensuring Equitable AI Adoption in Education: An Initial Framework and Proposed Next Steps, lead authors of which were Tiffani Conner, Ph.D., ORAU evaluation specialist, and Chris Nelson, Ed.D., ORAU program manager for K-12 STEM education.

The paper was developed from input gathered in two two-hour focus groups with teachers, school administrators, district administrators and a state-level science coordinator. Data gathered from the focus groups informed a 90-minute webinar featuring five experts on the topic of AI in education. All of the input, along with a literature review, was used to identify needs and recommendations for AI in education and to lay out next steps for the ORAU/MITRE partnership.

The paper authors made five recommendations to reduce barriers to AI adoption in the classroom, including focusing on education and empowerment, clear communication, inclusive development teams, teacher engagement, and collective decision making, Nelson said.

"We've laid a great foundation for something that we can build upon," Nelson said, "particularly the idea of launching pilot programs for boots on the ground case studies of AI in education technologies in the classroom."

Glazier who has more than two decades of teaching experience at the middle and high school level, was a member of one of the focus groups held by the ORAU/MITRE team.

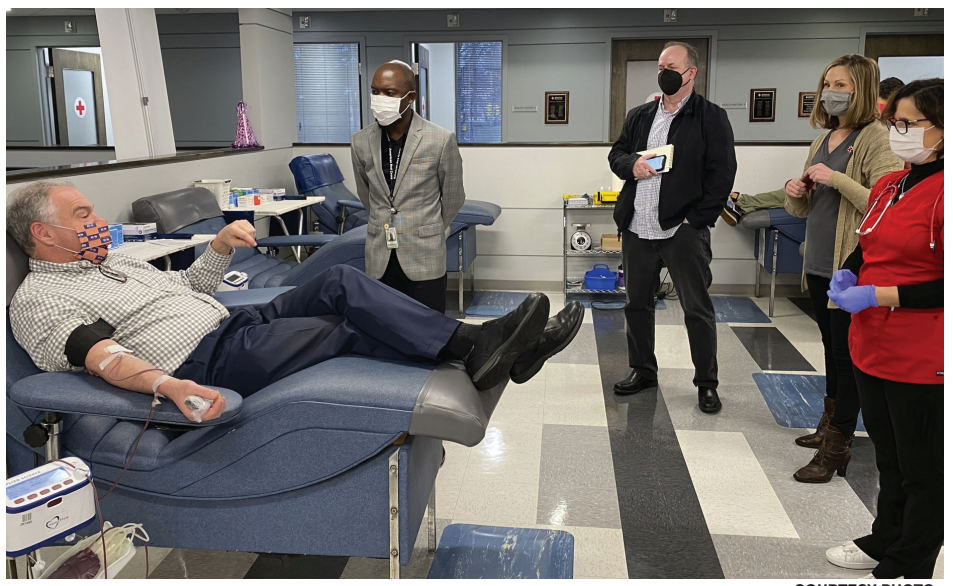
"I think as a teacher I was nervous," Glazier said. "Everybody is when they start thinking about robots replacing humans and what that will look like in a field where I feel like teaching is such a blend of art and science, and wondering how AI would fit into that. I was very curious."

She says the focus group experience opened her eyes in a good way.

"I was surprised at how much AI we were already using and we didn't even know it," Glazier said, referring specifically a program called MathSpace, which has adaptive features where students can move on to new topics when they demonstrate mastery of the topics they're studying. She added that students can dive deeper into and get resources for topics where they need more help.

"Diving into those supports and structures that can make teacher time a little bit more efficient and meaningful when we're with the kids I found very interesting," Glazier said.

A lot of technology picks at the edges of the time problem for teachers like software with automated scoring algorithms that can be time saving, said Guido Zarrella, senior principal AI engineer in the AI and Autonomy Innovation Center within MITRE Labs. There is software can insure



COURTESY PHOTO

U.S. Senator Tim Kaine talks to staff at an American Red Cross blood donation center in Fairfax Feb. 4. The senator's donation comes as health care providers across Virginia and the country face the worst blood shortage in more than a decade. In the last year, the Red Cross and the Virginia Department of Health (VDH) have reported about a 40 percent drop in new blood donors in the region. This is in large part due to the ongoing pandemic, which has resulted in fewer people donating blood, blood drive cancellations, and staffing shortages. Blood is essential for patients who need blood transfusions, major surgeries, trauma care, and treatment for cancer or chronic diseases. To learn more about how to donate visit <https://www.redcross.org/give-blood.html>.

the integrity of the testing process or detect plagiarism, help students practice reading or coding, or assist with note taking and speech recognition.

"AI's influence in the classroom is happening through a lot of micro channels, and a lot of small choices or decisions that get made along the way," he said.

The paper includes six key drivers for AI adoption, including additional time for educators; individuation, differentiation and personalization so students can learn at their own pace; vertical alignment so students and teachers aren't starting from "square one" at the beginning of the school year; interoperability with other systems; academic integrity; and student motivation and engagement.

"I love the part of the paper where they talk about including, rather than replacing teachers, and developing new tools to support that," Glazier said. "And then respecting teacher time, saving teachers' time, and helping students with their learning. Those are important themes."



COURTESY PHOTO

Jessica Ye and Liam Reaser

Two TJHSST students chosen for U.S. Senate youth program

Two students from Thomas Jefferson High School for Science and Technology (TJHSST) are making history by being selected to serve as delegates in the 2022 United States Senate Youth Program.

Senior **Liam Reaser** and junior **Jessica Ye** are being recognized for their outstanding academic achievements, strong leadership skills, and dedication to a future in public service. Only two students from each state are selected each year, and this is the first time ever that both of Virginia's student delegates are from TJHSST.

The delegates are invited to take part in a virtual program in March, where students will hear from speakers including senators, cabinet members, officials from the Departments of State and Defense, and directors of other federal agencies. Students will also hear a message from the president and a U.S. Supreme Court justice. Each delegate will receive a \$10,000 college scholarship with encouragement to pursue coursework in history and political science.

"I was genuinely fully expecting to get a rejection letter," said Reaser. "So when I opened the email and the first line read 'Congratulations!' I instantly burst out yelling 'Yes! Yes!'"

"The main reason I applied

to the program in the first place is because I want to get a better understanding of the actual day-to-day work our nation's leaders do," he said. "So much attention is driven to the discord and outrage of Washington, because most of us only see heated moments turned into soundbites, not the hours upon hours spent marking up bills in committee. I want to learn more about all that time in committee."

"It was definitely surprising!" Ye said, describing the moment she found out she had been selected. "I came home after dance and checked my email, completely not expecting an email to be there about the program. I was super excited."

"I'm definitely excited to talk to the president and the

Virginian senators, and to learn more about Virginia politics," she said. "I've met one of our senators before, but I'm excited to talk with them first hand. It will be super interesting to hear from the president!"

Ye hopes to work in economic policy development one day, and she plans to study business and political science in college. Reaser is considering a scholarship from the Air Force ROTC program, and he plans to study computer science and political science while in college.

The United States Senate Youth Program was established in 1962. The application process includes submitting a video or essay on a political topic, an interview, and an in-depth exam on government, politics, and U.S. history.

OBITUARIES

In loving memory

Greta Faye Rutherford Killion

Greta Faye Rutherford Killion, 87, of North Charleston, SC, wife of Willard Killion went home to be with the Lord on Monday, February 7, 2022.

Greta was born May 3, 1934, in Big Stone Gap, VA. She was the eighth child of nine born to William and Bertha Jane Chandler. She was preceded in death by her parents and her first husband, William V. Rutherford and 8 siblings.

She is survived by her son, Matthew Rutherford and wife Corrigan of Ridgeville, SC; three daughters: Valerie Jackson of North Charleston, SC, Jennifer Clagg and husband David of Elizabeth City, NC and Rebecca Sherwood and husband Randall of North Charleston, SC; ten grandchildren; five great-grandchildren.

Greta was known as a woman of great faith and touched many lives with her love and compassion for people. She was a Sunday School teacher for over forty years. Even during her illness, she selflessly ministered to others bringing comfort, joy and praying for their needs. Greta retired in Alexandria, VA as a Lab Technician and School Nurse and enjoyed the little children. She enjoyed birds, working in the yard, and most of all her family. She was a wonderful wife, mother and grandmother. Her legacy will continue well beyond her life here on earth.

Her funeral service will be held Friday, February 11, 2022 in the Charleston First Assembly Church, 2957 Savannah Hwy at 11:00 am. The family will receive friends Friday one hour prior to the service in Charleston First Assembly Church. The Interment will be held Sunday, February 13, 2022 at Mt. Comfort Cemetery in Alexandria, VA at 1:00 pm. Arrangements by J. Henry Stuhr, Inc., Northwoods Chapel.

Flowers and Memorials for the funeral service may be sent to Charleston First Assembly, 2957 Savannah Hwy, Charleston, SC 29414.

Those wishing to contribute flowers to the graveside please contact Allison Dudley or Jena by 12 noon Friday, February 11th 2022 in order to be delivered on Sunday the 13th for the 1:00 pm service. For your convenience: Bloom Fresh Flowers - 1-703-299-9929

A memorial message may be sent to the family by visiting our website at www.jhenystuhr.com.

In loving memory

Alberta Leona Boothe Payne

Alberta Leona Boothe Payne from Herndon, VA passed away on January 20, 2022, at Orchard Woods Health Center in Winchester, VA; she was 99 years of age.

Born on December 2, 1922, in Herndon, VA, she was the daughter of the late Clifton Berkeley Costello and the late Leona May Costello. In addition to her parents, she was preceded in death by her first husband, Walter Allen Boothe in 1985 and second husband Carl Payne in 2013.

She was also preceded in death by her two brothers, Calvin Costello and Wilbur Costello; one sister Lucille Gheen, and has one surviving sister, Mary Louise Everhart as well as many nieces and nephews.

She is survived by her only daughter, Sharon Diane Dodrill and husband Frederick B. Dodrill, Jr. of Middletown, VA; four grandchildren, Sean Alexander Dodrill of Stephens City, VA; Heather Dodrill Pierce and husband Jamie Pierce of Strasburg, VA; Justin Michael Dodrill and wife Tiffany Dodrill of Camas, WA, and Ryan Andrew Dodrill from Middletown, VA. There are five great-grandchildren: Tori and Casey Dodrill of Stephens City, VA; Tristan and Taryn Pierce of Strasburg, VA and Juniper Dodrill of Camas, WA.

Alberta is also survived by stepsons Thomas (Katy) Boothe of Murfreesboro, TN, David (Mary Kate) Payne of San Diego, CA; Richard Payne of Washington, DC; stepdaughters Amy (John) Hornaday of Manteo, NC, and Claudia (Frank) Grice of Lake Junaluska, NC.

She graduated from Herndon High School and worked at The Pentagon (formerly The War Department) in Washington, DC. Alberta also worked for over 27 years in the banking/savings & loan industry and mainly at Herndon Federal Savings and Loan/Fedstar Savings Bank in Herndon, VA where she was promoted to Vice President until she retired in 1988. She was a lifelong member of Dranesville United Methodist Church and was an active member in the United Methodist Women.

A memorial service will be held at Dranesville United Methodist Church on March 19 at 2:00 pm. Food will be provided after the service in the Fellowship Hall.

In lieu of flowers, memorial donations may be made to The Alzheimer's Foundation in Alberta's name.

Arrangements entrusted to Adams-Green Funeral Home in Herndon, VA.

TJHSST students receive Congressional App Award



COURTESY PHOTO

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

Thomas Jefferson High School junior Arnav Jain boarded the school bus and casually looked down at his phone. There was a message from a group chat he was in alongside three other TJ students, including junior Sauman Das.

Das and Jain, along with fellow juniors Sameer Gabbita and Vishal Kothka, learned that morning that they had just won the 2021 Congressional App Challenge for their project Ichos, designed to help combat the ongoing issue of accessible healthcare.

Das said the idea originated from a personal situation, as all the group members have families living in under-developed areas in India, unable to receive healthcare resources. The ongoing COVID-19 pandemic only heightened the issue.

“We decided to create an application for the users to know like how their health is, without an emphasis on expensive equipment,” said Das.

The process took more than one to two months in the fall, including meetings over the summer. It took almost a month to do it as far as creating the app. Additionally, they created a website, initially using Streamlet before ultimately going in another direction.

“Addressing the business aspects of it allowed us to see how we can get it out there

into the market and how it can be more accessible to everyone,” said Das.

The group chose the name Ichos after researching several ideas with the theme of “sound” being a focal point. Das says they debated various terms and languages before landing on Ichos, which means sound in Greek.

The group didn’t meet until high school, and the Alexandria-based magnet school wound up as the right place for the boys to strike a bond, primarily due to their affinity for machine learning and coding.

“I’ve been coding since middle school, but I think I was first really introduced into artificial intelligence and machine learning, like during freshman year when the pandemic started,

Gabbita said. “Since then, I was amazed by the applications of what machine learning can be used for.”

The boys had to submit their project, along with a video and several other essays. Their research yielded results showing most of the top 10 causes of death are diseases most prevalent in low- and middle-income communities.

Upon being announced as the winners, they had the opportunity to be on a live Zoom session with Congresswoman Jennifer Wexton, (D-10) of Virginia. When asked about the magnitude of this achievement, all agreed that it was one of their most significant

accomplishments to date.

“It’s definitely been one of my biggest achievements, and just like seeing the impacts of what this can do, and in the real world,” said Gabbita.

However, this achievement didn’t come without its challenges. Jain said that there were challenges when building the website and the app itself, creating algorithms, and creating a user-friendly site.

“There were some challenges along the way, but we were able to get around most of them relatively fast, and we know how to utilize our resources in that area,” said Jain. “We’re not experts in building websites and actually deploying the MO models. At first, we used Streamlet to build a website, but after that didn’t work out, the process took us some time to develop a solution.”

Currently, the app is only available on Amazon Web Services. Kothka said the hope is to see this eventually make its way to other markets as what they have currently created is just a prototype.

“We haven’t moved it onto the App Store or anything like that yet, but we’re really interested in pushing the project forward in getting making it as accessible as possible,” said Kothka.

The group will have the opportunity to present their app and research at the #HouseofCode event on Capitol Hill to be held later in the spring.

In the event that the state drops the grocery tax, an attendee raised the question of how that would affect the funding of state transportation, education, and other fundamentals. Youngkin responded, “we can afford this.”

Youngkin’s mission is

fixed on “working to make the Commonwealth the best place to live.” The governor’s team suggests that altering the budget could keep Virginians’ money where they believe it needs to be – close to home.

The administration’s financial agenda includes halting the increase in the gas tax for a year, offering Veterans an up to \$40,000 tax exemption, and raising the standard income-tax deduction.

Youngkin highlighted the method they plan to use for combating the effects of inflation on Virginia residents. He turned to his cabinet members for coproduction – namely Secretary of Agriculture and Forestry Matthew Lohr, and Secretary of Finance Stephen Cummings.

The plan of attack is to first determine the state’s part in impeding grocery supplies by holding a session with the grocery industry and supply leaders. Once possible government roadblocks are disclosed, the remainder of the plan revolves around revitalizing the state’s agricultural programs – Virginia Grown and Virginia’s Finest.

Both programs were built to promote accessibility to quality nutrition, and the focus is on stocking grocery stores with produce from them. The benefit of these efforts to use locally-grown food is lowering transportation costs and “[supporting] jobs right here in Virginia,” said the governor.

MASKING CONTINUED FROM PAGE A1

children to make a political statement” that they (or their parents) may not agree with, thereby violating the First Amendment.

Petersen said as a parent he’d had enough and concluded his letter by asking Brabrand “where do we go from here?”

He then promised Brabrand that he would step in again as he had done in 2021 when he co-sponsored Senate Bill 1303, which ordered schools to reopen for in-person instruction five days a week. “We stepped in because school districts were failing to do the right thing for children,” he said. “This is not just my opinion – it is reflected in the fact that Virginia public schools, such as FCPS, had a record loss of enrollment in 2021, which has continued into the current year. Something is not right.

“In the coming days, I will ask the Governor to either send down special legislation or amend existing legislation so as to end the Forced Masking of Children,” said Petersen, assuring that such a measure would pass with a bipartisan majority.



UNSPASH

As promised, Petersen’s planned legislative action on the matter happened the next day with a proposed amendment to Senate Bill 739, a measure introduced by Senator Slobhan Dunnivant (D-Henrico). The amendment was adopted in a 29-9 vote, with 10 of the Senate’s 21 Democrats voting to create a parental opt-out from local school mask mandates. The Senate passed the bill with a 21-17 vote Feb. 9. The House of Delegates must now vote on the bill before it goes to the governor’s desk to be signed into law.

“Kids across the Commonwealth win with this bipartisan vote today. Parents are now empowered to decide whether their children should wear a mask in schools,” said the governor. “I promised that as governor, Virginia would move forward with an agenda that

empowers parents on the up-bringing, education, and care of their own children. I am proud to continue to deliver on that promise. This vote also shows that school boards who are attacking their own students are stunningly detached from reality. It’s time to put kids first and get back to normal.”

These proceedings continue as states across the U.S. are beginning to drop their mask mandates for school children. In the past week, Oregon, Connecticut, New Jersey and Delaware have announced plans to move away from universal masking.

FCPS officials point to high levels of community transmission as a reason to keep the students masked, and they say that the mitigation measure is still important to those students and staff with underlying medical issues.



COURTESY PHOTO

WARMING CONTINUED FROM PAGE A1

have extended to Cornerstones and ShelterHouse.

Fries and the original project creators networked with other senior centers across the county, increasing the number of centers involved. Fries got approval from Ruth Junkin, Herndon Senior Center director, to promote the project during their Neighborhood and Community Services (NCS) organization meetings. The work took off and project donations of winter gear and craft supplies for their classes poured in from all over the county.

Their new initiative,

Christmas Hope, was created thanks to the increase in support for the Winter Warming Project. Christmas Hope “[provides] gifts to those at Tall Oaks Assisted Living and Dulles Health and Rehabilitation” whose residence is funded by grants. The grants supply the everyday necessities but no budget exists for the cheer of gifts around the winter holidays.

The project is a win-win, heightening a “sense of community inclusion combined with social, creative interaction for seniors.” Collaboration with Tall Oaks Assisted Living is in the works to connect their residents with senior center participants for more social loom knitting

classes. As Junkin put it, they are “knitting communities together.”

The project boils down to helping people see how “their contributions make a positive impact in other peoples’ lives” – combating the struggles of winter for those in our community with less. The project has helped fight hypothermia, shared holiday joy, and connected a community across age and circumstance. In a spirit similar to the Dillon Panthers’ Coach Taylor, “warm hands, full hearts, can’t lose.”

Anyone wishing to donate, participate, or volunteer can contact any of the county senior centers, listed at <https://bit.ly/3snYUBj>.

YOUNGKIN CONTINUED FROM PAGE A1

tax on top of increasing cost of living. He thus described the tax as “regressive,” driving the conversation towards eliminating the grocery tax.

CALL FOR CANDIDATES

McLEAN COMMUNITY CENTER
2022 GOVERNING BOARD ELECTION



Want to be a community leader?

Run for a seat on our governing board!

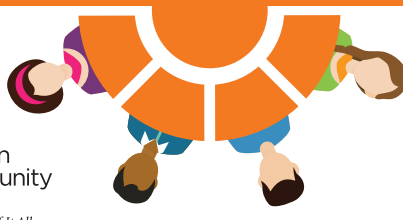
We’re looking for residents of Small District 1A—Dranesville, who wish to serve their community by playing a lead role in helping to carry out MCC’s mission.

Candidate Petition Packets may be picked up at the Center.



Deadline for returning the completed Candidate Petition to MCC: Friday, March 11 by 5 p.m.

Visit the Center at: 1234 INGLESIDE AVE., MCLEAN, VA 22101
Call: 703-790-0123, TTY: 711 Email: ELECTIONS@MCLEANCENTER.ORG
Visit: [HTTPS://TINYURL.COM/MCLEAN-CENTER-ELECTION](https://tinyurl.com/mclean-center-election)



McLean Community Center
The Center of It All

Henderson family fostered racial equality in Fairfax County

By Michael Marrow
FAIRFAX COUNTY TIMES

When Edwin Henderson II moved to Falls Church in the early 1990s, the impact of decades of discriminatory policy was evident. For much of American history, Black communities were often denied basic social services like plumbing, garbage collection, and well-paved roads. It showed in Falls Church. “Annandale Road for a long time was really a mess,” Henderson said.

The growth of the county in the latter half of the 20th century was shaped by cozy ties between developers and politicians, who made way for burgeoning development fueled by white flight. In 1966, the corrupt relationship was exposed after supervisors and county officials were indicted by a U.S. grand jury for accepting bribes from developers. The affair prompted a major overhaul of the county’s zoning practices.

Black communities were frequently a casualty in the county’s efforts to redevelop the land. A 1970 report by the Washington Suburban Institute found that Black people in Fairfax County were largely excluded from new developments as well as being denied access to social services and employment centers.

The zoning scandal echoed what Henderson’s family had long fought



COURTESY PHOTO

against. Moving to Falls Church was far from Henderson’s first time in the area. His family has deep roots in Fairfax County that trace back to before the Revolutionary War.

Henderson was born in 1955 in Tuskegee, Ala. The child of college professors, his parents taught at the Tuskegee Institute, where his father, Dr. James H.M. Henderson, directed the Carver Research Foundation, whose contributions were recognized in a joint resolution of the General Assembly passed in 2010. Henderson’s mother, Betty Alice Francis, directed the institute’s nursery school, a leading authority of early childhood education.

Henderson’s grandfather with whom he shares a namesake, Edwin Bancroft Henderson, was a pioneer of civil rights and education. Known as the “father of Black basketball,” Henderson was the first Black physical education teacher in the country. After taking classes at Harvard, Henderson was acquainted with basketball, which he then introduced to several Black schools in Washington, D.C.

Last year, in recognition of his work, the University of the District of Columbia, an HBCU, renamed its sports complex in honor of Henderson. His direction reared generations of young Black athletes who went on to compete in northern,

white universities.

Henderson said his grandfather, who received his Ph.D. in athletic training from Central Chiropractic College in Kansas City, Mo., viewed sports as an instrument to advance the cause of desegregation. “He used athletics as a tool,” Henderson said. “His thinking was that these young men would go to these northern colleges and debunk the idea of white supremacy.”

Henderson said his grandfather’s immense influence became apparent to him when, after giving a keynote speech, famed athlete Jesse Owens approached him to ask how grandpa was doing. In 1973, Henderson was inducted into the Na-

tional Black Sports Hall of Fame.

The elder Henderson recognized sports and civil rights were closely intertwined, and his advocacy extended into other areas. In 1915, the county considered a new racial zoning ordinance that would have forced Henderson to move from his home in Falls Church to a new area designated for Black residents.

In response, Henderson along with his wife, Mary Ellen Henderson, launched the Colored Citizens Protective League. Located in Falls Church, the organization evolved into the first rural branch of the NAACP, of which Henderson was a founding member. He went on to lead the Virginia conference of the NAACP.

Later serving as the director of health and physical education of Black schools in D.C., Henderson retired in 1954, the same year the Supreme Court handed down the landmark *Brown v. Board of Education* decision. After moving to Tuskegee to be closer with family, he died in 1977 at the age of 93.

When Edwin Henderson moved to Falls Church in 1993, he worked in FCPS, first serving as a school counselor and later as a teacher. He has since retired. Amid ongoing disputes over how to teach the history of racism, most notably represented in Governor Glenn Youngkin’s recent

executive order that bans the teaching of “critical race theory,” Henderson said he was concerned the executive order demonstrated a pushback against diversity, equity, and inclusion efforts. “No one’s teaching theory,” Henderson said. “We’re just trying to teach the truth.”

Henderson recently served on the county’s Confederate Names Task Force and contributed to the renaming of J.E.B. Stuart High School to Justice. He also led efforts to incorporate the Tinner Hill Heritage Foundation as a nonprofit, which preserves the history of the Black community of Tinner Hill in Falls Church. The organization is celebrating its 25th anniversary this year. The Washington Wizards also recently partnered with the foundation to promote its “Dear Editor” essay contest for students, which honors E.B. Henderson’s writing of thousands of letters to the editor on civil rights issues.

Henderson said he is encouraged by many of the changes he has witnessed among young students as well as county policy. He pointed to the adoption of the One Fairfax policy, which charges county leaders to consider equity in all decisions. “It’s a good north star, it’s a guiding light that can help to make everyone feel their voices are heard and concerns are met,” Henderson noted. “And that will bring about a better county.”

FCPS spends tax dollars on PR firm, proposes social media surveillance

By Asra Q. Nomani
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Fairfax County Public Schools spent \$99,414.84 of taxpayer money over six months in 2020 for Yes& Agency, an Alexandria, “crisis communications” contractor, to help it with “mitigating controversies” and protecting “the FCPS brand of being one of the best public school systems in the nation,” according to documents received at Parents Defending Education, a national nonprofit organization, in response to a Freedom of Information Act request.

It also used the firm to try to “control the narrative” over its changes in 2020 to remove race-blind admissions to Thomas Jefferson High School for Science and Technology (TJHSST).

And now, according to a “request for proposal” a local parent shared with Parents Defending Education, the embattled school district is seeking to pay a contractor up to \$200,000 for “Social Media Management Services” to “monitor social media threats, harassment, hate speech and bullying” for its Office of Safety and Security, including through “active listening,” “deep and dark web sources not visible through traditional search engines” and “Open Source Intelligence.”

It further seeks to “classify aliases, usernames, emails [sic] websites, etc.” and “visually identify relationships and connections between persons.”

The new surveillance comes as the National Education Association comes under fire for trying to influence social media giants to silence detractors — most of them parents — and the National School

Boards Association imploded after trying to malign parents as purveyors of “domestic terrorism.”

“The FCPS Social Media monitoring program is in the developmental stage and is intended to protect students and staff from potential safety threats through early notification and response,” FCPS Spokeswoman Julie Moulit said in a statement released to media. “As this program develops, it will be supported by regulation and procedures. It is only a part of our comprehensive safety and security program that focuses on a safe school environment.”

The school district’s request for proposal says it wants to protect “any students or teacher” within the school district, with no mention of parents. Local parents expressed concern the “informal” request for proposal, called “Informal RFP310000481” and dated Nov. 30, 2021, is a waste of money that should be spent on mitigating learning loss experienced during the Covid pandemic. The bidding process closed on Feb. 2.

The new request for proposal comes amid new details of how the school district paid Yes& Agency \$99,414.84 in 2020 for “strategic communications” support for six months from June 2020 through December 2020. Fairfax County didn’t respond to a request for comment regarding this contract.

According to company invoices, Fairfax County Public Schools paid the firm \$28,404.24 for June 2020, its monthly retainer for the rest of the year “doubled to account for the intensive work needed to initiate the project.”

The school district paid

\$14,202.12 monthly for another six months of services in July, August, September, October, November, and December 2020. One of its selling points to win the deal was that “having many staff members as FCPS parents, we are prepared for the community...”

According to its balance sheets, included in the proposal, the company had \$17.3 million in revenues in 2019, up from \$16.1 million in 2018. Its net income rose to \$912,575 in 2019 from \$421,108 in 2018.

The company said: “Yes& has also identified partners who can act as message multipliers and provided materials and messages that they can distribute through their channels, further amplifying client messages.”

During the contract, on Tuesday, Sept. 22, 2020, school board member Rachna Sizemore Heizer said she wasn’t satisfied with media strategy over the controversial issue of changing admissions to Thomas Jefferson High School for Science and Technology. She sent an email to Superintendent Scott Brabrand, FCPS chief operating officer Marty Smith and communications officer John Torre, with the subject line, “TJ admissions and the media.”

Sizemore Heizer wrote: “...I think we need some strategic communication and stronger talking points around TJ admissions...” She added: “I suggest we frame it on increasing diversity through redefining merit rather than through just a lottery.” She ended: “I respectfully suggest we do more to control the narrative...”

Torre said the school had a communications contractor, Yes&, “working on a more strategic response.”

Save more for your future with a better rate today.

Limited-time
Money Market Certificate special

1.00%
APY¹ for 15 months

1.25%
APY¹ for 2 years



7x² the national average



Just \$1,000 to get started



PENFED
CREDIT UNION

Get started at [PenFed.org/Certificates](https://www.penfed.org/certificates)

Federally Insured by NCUA. To receive any advertised product, you must become a member of PenFed Credit Union. 1. APY = Annual Percentage Yield. Rates are accurate as of February 1, 2022. Rates are subject to change and are fixed for the term of the certificate. Certificates dividends compound daily and credited monthly. The minimum balance to open a certificate is \$1,000. Penalty will be imposed for early withdrawal. This will reduce earnings on the account. For all certificates funded by ACH, funds cannot be withdrawn within the first 60 days of the account opening. 2. The rate for the 2-year certificate is 7x more than the national average of 0.17% APY for 2 years and was sourced directly from www.fdic.gov/resources/bankers/national-rates as of January 18, 2022. © 2022 Pentagon Federal Credit Union.

Fairfax HS graduate makes Super Bowl debut with the Los Angeles Rams



PHOTO COURTESY LOS ANGELES RAMS

By Brad Byrne
SPECIAL TO THE FAIRFAX COUNTY TIMES

Nick Scott of the Los Angeles Rams took

over the strong safety position after Jordan Fuller was sidelined for the rest of the Rams playoff efforts with an ankle injury in a loss in the

final regular season game against the San Francisco 49ers.

The Fairfax High School graduate and Penn State alum

Scott stepped up in the playoffs to help lead the Rams to the Super Bowl for the second time in three years.

Scott was drafted in the 2019 NFL Draft as the 243rd pick in the seventh round, and has been instrumental for the Rams in mostly a special teams role before this season. His impact has been felt, with key plays like intercepting Seattle Seahawks Quarterback Russell Wilson in a 26-17 win on Oct. 8, 2021 and also intercepting Detroit Lions Quarterback Jared Goff in a 28-19 win on Oct. 24, 2021.

Scott's performances throughout the regular season also translated to the postseason, where he recorded 12 total tackles, including a devastating hit against 49ers Wide Receiver Deebo Samuel in the NFC Championship Game, and intercepting Tampa Bay Buccaneers Quarterback Tom Brady in his last NFL game in the NFC Divisional Round. The hit against Deebo resulted in Scott earning the Championship Sunday NFL Way to Play Award for a second time, and earned praise from Rams Head Coach Sean McVay.

"Some of the turnovers, I thought the turnover by Nick Scott was a huge play," he said.

Scott said that a lot of

things have to come together to get those interceptions. "A lot of communication goes into it. We've got such a great team here, a lot of guys, a lot of smart football players so all that communication comes together in making great plays," he said.

The Way to Play Award is awarded to a player exemplifying proper technique, according to the NFL and it earned Scott a \$2,500 equipment grant through USA Football to donate to a youth or high school football program of their choice.

"It's been a lot of fun. Anytime you can be asked to step up for your team and given a bigger roll and opportunity that's such a huge honor that you want to try and make the best of it so that's what I've been trying to do," Scott said in a Sunday Sitdown interview with FOX43. "I never doubted that I'd make it to the NFL ... those are things I've always prayed about and prayed for ever since I was a kid. I always trusted God and knew that he would lead me on the path that I was supposed to be on."

As a junior, Scott transferred to Fairfax in 2012 and was named as an All-Met selection by the Washington Post for the 2013-14 school year. He graduated from Fairfax in 2014.

Scott fully committed to the position of safety at Penn State and truly came alive in the 2017 season as a junior, making his first career start on defense against the Maryland Terrapins on Nov. 25, helping to hold them scoreless in the first half en route to victory.

In his senior season, he earned the Big Ten's Sportsmanship Award, the team's Captain Award and the Bob Mitinger Memorial Award. In terms of his on-field performance, Scott shined with three interceptions, a fumble recovery and blocked a kick at the Michigan Wolverines on Nov. 3.

Scott joins other players from the Northern Virginia area to play in a Super Bowl, like Running Back Tim Hightower (Episcopal) who played for the Arizona Cardinals in Super Bowl XLII, Running Back Charlie Garner (Justice) and Linebacker Eric Barton (Edison) both played for the Oakland Raiders in Super Bowl XXXVII. However Scott is looking to become the first Northern Virginia native since Defensive End Michael McCrary (Marshall) to win a Super Bowl. McCrary won Super Bowl XXXV with the Baltimore Ravens.

Member **FDIC** **METRO CITY BANK** EQUAL HOUSING LENDER



HEADQUARTERS | 5114 BUFORD HIGHWAY, DORAVILLE, GA 30340

ANNANDALE BRANCH
571.335.7163
7023 Little River Turnpike
Suite 101
Annandale, VA 22033

CENTREVILLE BRANCH
571.490.7655
5900 Centreville Crest Lane
Unit B
Centreville, VA 20121 (Lotte Market)

◆ SBA 7(a) ◆ SBA 504 ◆ USDA (B&I) Loans
◆ Commercial Real Estate Loans ◆ Commercial ◆ Business Line of Credit

Candie Hwang
703-589-8833

SBA Preferred Lender ◆ CDARS Member

Residential Mortgage Loans (NMLS #874399)

Chris Chung
NMLS #1608460
703-582-4308

TO SEE ALL OF OUR BRANCH LOCATIONS, PLEASE VISIT OUR WEBSITE AT
www.metrocitybank.com

Metro City Bank is a wholly owned subsidiary of MetroCity Bankshares, Inc. (Nasdaq: MCBS)

SUPER BOWL
SUNDAY, FEBRUARY 13

Stay warmer with clean energy

Courtesy of Family Features

Winter is a perfect time to think about renovations that bring coziness and warmth to your home. For homeowners who live off the natural gas line, propane is an earth-friendly option that can reliably and efficiently deliver warmer air all season long.

“When homeowners upgrade to propane during a remodel, they transform a dream home to include comfort and performance with high-efficiency appliances that have low-carbon footprints,” said Susan Kadilak, owner of Kadilak Homes, a construction, renovation and interior design firm. “Not only do families stay warmer with propane, they can feel better doing so because it’s clean energy.”

If you’re considering upgrades to bring more warmth to your home, start with these tips from Kadilak Homes and the Propane Education & Research Council:

- **Do your research.** Talk with your contractor about what you’re wanting to accomplish. Your local propane supplier is also equipped to help you navigate questions and find the right solution for your home.

- **Think cozy.** If your electric furnace is struggling

to keep a room warm, consider upgrading to a propane furnace to get to your desired temperature more efficiently. Propane furnaces blow hotter air, which is more comfortable than the below-body-temperature air electric heat pumps produce. Propane furnaces also emit up to 50% fewer greenhouse gas emissions than electric furnaces, according to the 2018 Gas Technology Institute Report, so you can feel good about your impact on the environment.

- **Make your home more efficient.** As homes age, small cracks can develop around doors and windows and let cold air inside your home or allow warm air to escape. If the seals around the windows and doors are damaged, invest a few minutes to replace them and spend time caulking gaps. When your home is well-insulated, propane can efficiently keep your home toasty during chilly winter months.

Some of the most common clean energy heating upgrades homeowners request include fireplaces, furnaces and boilers.

Fireplaces

A roaring fire can be a focal point during the cold winter months. With 5-6 times the heating capacity of electric fireplaces, propane fireplaces are more energy

efficient, environmentally friendly, convenient to use and easier to install than wood-burning models, Kadilak said. Some parts of the United States are banning wood-burning fireplaces due to their negative effects on the environment. Propane-powered fireplaces are an alternative that emit less soot and other air-polluting emissions. You can enjoy a toasty fire at the flip of a switch with no ash or soot to clean up and no firewood to store. Many models can also operate during electrical power outages, providing a critical source of heat to the home.

Furnaces

There can be a bone-chilling feeling when the furnace goes out in the middle of a cold winter. If your furnace is blowing cold air - or no air at all - it’s time for an upgrade. Before you buy, know propane-powered furnaces have 50% longer lifespans than electric heat pumps, which reduces their overall lifetime cost for homeowners. Propane furnaces also provide warmer air than other heat sources, at 120-140 F.

Boilers

While furnaces rely on forced warm air to heat dwellings, boilers use hot water or steam to raise temperatures in homes. High-efficiency propane boilers offer performance, space savings and the

versatility to provide heating, hot water and snow melting. This versatility also extends to the type of heating delivery system propane boilers serve, including hydronic baseboard systems, in-floor hydronic systems or forced-air systems where the hot water from the boiler (instead of a furnace) acts as the heat source.

Learn how propane can help keep your home cozy, including where you can find a propane supplier in your area, at propane.com/KadilakFireplaces.

10 Winter Safety Tips for a Propane-Fueled Home

If your home uses propane to generate heat or run appliances, there are some simple steps you can take to help keep your family safe and avoid potential dangers this winter.

1. **Make sure you have an adequate propane supply.** Schedule regular winter visits with your propane supplier so you always have an adequate supply in your tank.

2. **Mark the location of your tank with a flag, pole or stake.** Ensure it is higher than the average snow cover depth for your location. These markers can help you avoid plowing or shoveling rooftop snow on top of your tank. Should your tank become covered with snow, use a broom to clear it.

3. **Make sure your heating system and appliances**

are running efficiently. Before the start of each heating season, have a qualified service technician inspect and service your appliances and propane system. This can help ensure your appliances are running as efficiently as possible.

4. **Create an emergency preparedness plan and review it with everyone in your family.** Post a list with contact information for your propane supplier and emergency services along with instructions for turning off propane, electricity and water. If you need to turn off your propane, contact a service technician to inspect your propane system prior to turning it back on.

5. **Prepare a family disaster supply kit.** Include several days’ worth of water and canned foods, along with a can opener, extra clothes, blankets, flashlights and batteries. Also include a battery-powered weather radio so you can stay informed as conditions change.

6. **Check your chimneys, flue pipes, vent connectors and propane tank** for damage, blockage or debris caused by snow and ice. Use a broom rather than a shovel and clear these areas frequently to help reduce the possibility of carbon monoxide poisoning.

7. **Consider installing UL-listed propane gas**

detectors and carbon monoxide detectors. These detectors can provide you and your family with an additional measure of security. Be sure to follow the manufacturer’s instructions regarding installation, location and maintenance.

8. **After a storm passes and it is safe to do so, check the entire area for downed power lines, damaged gas lines or damage to your propane tank.** Immediately call your local utility company or propane supplier if any of these hazards exist. Do not attempt repairs yourself.

9. **Never use a stove for space heating and never use outdoor propane appliances indoors or in enclosed areas, particularly in the event of a power outage.** Proper ventilation is necessary for safe operation, and the carbon monoxide fumes can be lethal. Only use appliances indoors that are designed and approved for indoor use. Never store, place or use a propane cylinder indoors or in an enclosed area.

10. **Conserve energy.** Keep thermostats at 65 F during the day and 55 F at night, and close off any rooms that don’t need to be heated.

generator
SUPERCENTER
THE STANDBY POWER PEOPLE®

We'll be there in the darkest moments.
703.880.9850

We Have Generators In Stock!

GENERAC



© CHS NOVA 2022

Generac® Home Standby Generators automatically provide you backup power during a utility power outage – whether you’re home or away. Whether it’s for a few hours or several days, your family and home are protected. Generator Supercenter is the #1 Generac dealer in North America. We have the experience and expertise you need. From design, local permitting, installation and long-term maintenance support, we are there for you. **That’s why they call us the Standby Power People.**

FREE Whole Home Surge Protector*

with a generator purchase from Generator Supercenter of Virginia. *Terms and conditions apply, call for details.

Schedule Your Free Estimate Today!
Generator Supercenter of Virginia
www.GeneratorSupercenterNOVA.com

Visit our showroom at 21005 Ashburn Crossing Drive, Suites 125-130, Ashburn, VA

Parents and schools

Dear Editor,

As COVID policy debates rage on nearly 2 years after they began, I felt moved to give some encouragement to every parent out there who has been thrust into the role of "activist" for the love of his/her children.

Frequently, during the course of these debates, parents have been insulted. We showed up to the

conversation, many of us for the first time, only to have everything from our intelligence to our motivations questioned. We've had «educators» dismiss us as unqualified to contribute because, in their opinion, we lacked satisfactory credentials. We've also heard demands for data and credible sources to support the concerns we raise.

Here's the thing; good

studies take a long time, often years, to produce. And data is always scarce at the beginning of something. In many ways, these early demands for "proof" are themselves unscientific in the sense that no real scientist would draw sweeping conclusions based on scant data.

Meanwhile, life was happening to our kids and we were the first ones to see it. We are «in the field,» so to

speaking, and our observations are relevant. It's often the field worker's observations that inspire the studies in the first place. People who are committed to the spirit of science should be interested in these field observations. They should seek to gather as much information as possible, even when that information challenges their preconceived ideas. Instead, our input was largely disregarded by the people in

authority.

As time has passed, studies are finally confirming what many parents have suspected all along. That is that lockdowns, virtual learning and, yes, even masking have collectively hurt our children far more than COVID ever would have.

The lesson? Trust your gut. We don't always have the luxury to wait for a study to confirm what we

can see happening with our own eyes. Our kids need help now, not months or years from now. Don't stop fighting for them. You have accomplished so much! I am grateful and encouraged that my voice is joined by a chorus of fearless mama and papa bears. Thank you for showing for all you have done and are still doing!

Stephanie Myers

Time for new hospital remuneration policies

Dear Editor,

The father of a friend of mine is hospitalized with covid-19. My friend and her family have had to make agonizing decisions, particularly regarding medication. The primary impediment in making these decisions is lack of trust of the physicians and hospital policies.

This lack of trust stems from the financial incentives for hospitals treating covid-19 patients: Remdesivir has a kick-back to the hospital for ever patient treated, despite its lackluster record. Even

more disturbing, hospitals get a financial bonus for every covid fatality.

It is nearly impossible to find data on which hospitals have the best outcomes for covid patients: days in hospital, percentage of ICU cases relative to admissions, and mortality rates. This information would be helpful to patients, and it would provide incentive for hospitals to use the best treatments rather than the most lucrative ones.

We have learned much in two years; the virus has mutated and evolved along with our knowledge. Once corticosteroids were heresy;

now they are the standard of care. Early on we were too quick to use ventilators; now we know better. It is time for hospital remuneration policies to catch up. We are transitioning to the endemic phase with a solid body of knowledge regarding how to treat covid-19. It is time to end the current financial incentives and rather implement new incentives that focus on successful treatment. Doing so will improve patient outcomes and rebuild trust in our medical system.

Sincerely,

Mindy Cabrera

It's time to change the masking narrative

Dear Editor,

I find it interesting that Judge DiMatteo didn't recuse herself from this case given that her husband is a high school teacher in Arlington Public Schools. That seems like a conflict of interest.

No matter the decision, it's really time to change the masking narrative. We are repeatedly hearing messages that if we don't wear a mask, we're unkind, stupid, or now, racist. Those words are powerful and effective at controlling our behavior. Even the people who question the efficacy of masks often comply for fear of being social pariahs - especially here in Fairfax County. On the other hand, mask-wearing makes some people feel special. That thing on their face is now a symbol of their self-worth. They are sympathetic, rule-following, intelligent humanitarians. For some, masking is the new self-identifying, braggy car magnet.

Even when the CDC is calling the effectiveness of cloth masks into question, we are still marching to the beat of that drum. Our children are suffering from side-effects of all-day masking (like headaches and articulation disorders), but they've

doubled down on the mandates. Meanwhile, in Northern Virginia, we've continued collectively accepting these dichotomies of kind/unkind and smart/stupid. This is the locutionary framework we've followed for almost two years. But it's antiquated and we need a change.

Masking is actually about freedom of choice. Power is meant to be in the hands of the people. The government - whether national, state or local - is not meant to ban what the ruling power is against and mandate all for which it stands. There are two questions to pose in the consideration of all governance. First, what is the general opinion on the issue. But arguably more importantly: Should the government legislate on that issue? In the case of masking, it's been two years. We know a great deal more now than we did when the pandemic started. It's time to end the mandates and give people the freedom to choose.

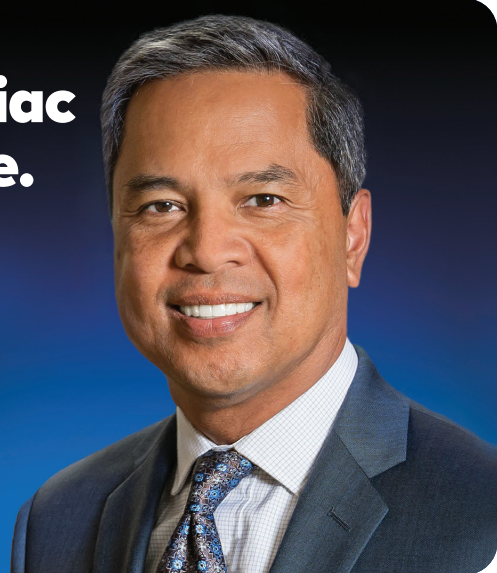
Stephanie Lundquist-Arora

Mother of 3 Sons Illegally Suspended for 9 Days from FCPS on Mask Violations

MedStar Health

Expert cardiac rhythm care.

Walter L. Atiga, MD
Cardiac Electrophysiologist



Dr. Walter Atiga is Director of Cardiac Rhythm Management for Medstar Heart & Vascular Institute's Cardiac Electrophysiology program. He is an experienced leader in the diagnosis and treatment of all types of cardiac rhythm conditions including atrial fibrillation, various types of tachycardia, premature ventricular complexes, bradycardia and syncope (fainting). To treat these conditions, Dr. Atiga uses techniques that include lifestyle management, modern medications, catheter ablation, and the implantation of pacemakers, defibrillators, and other state-of-the-art heart rhythm devices.

MedStar Health Cardiac Electrophysiology

ABOUT OUR PRACTICE

- 20 board-certified cardiac electrophysiology physicians
- 25 offices located in northern Virginia, the District of Columbia and Maryland
- One of the largest, most capable and comprehensive arrhythmia programs in the U.S.



Dr. Atiga is accepting new patients.

To schedule an appointment at the Reston, Loudoun, or Leesburg offices, please call **703-208-7257**.

Forced masking of students is a travesty

Dear Editor,

To Senator Marsden. I was very disappointed to see you were one of only 9 "nay" votes today on Sen. Petersen's amendment to SB739.

Fairfax County school children are now in their THIRD year of disrupted learning. To adults, three years goes by in a flash. To an 8 year old, three years feels like a lifetime. Our youngest learners are struggling to learn to read and write because they can't see lips moving, or hear unmuffled sounds. They aren't learning basic social cues derived from facial expression.

Under FCPS's "universal masking" policy, students in SPEECH THERAPY ARE REQUIRED TO MASK for their one-on-one speech/auditory services.

Graduating seniors haven't had a normal year of school since they were freshman.

The forced masking of children is a travesty. The rest of society has progressed to a mask-optional state and, yet, we continue to burden our youngest citizens with the harshest Covid restrictions. It's wholly unfair, and children ought to be prioritized, not punished. We act as though Covid is somehow more transmissible

inside school buildings than anywhere else in Fairfax County, despite having the science and data to prove otherwise.

This vote is not a partisan issue. It's an issue of human decency. I implore you to show some compassion and care for your youngest constituents. Please support SB 739, and rethink your position on today's amendment. Choose to be on the right side of history by prioritizing the needs of children.

Sincerely yours,

Christy Hudson
Springfield
OpenFCPS

Fairfax County Parents Association



HAVE SOMETHING TO SAY? Share your OPINION at

FairfaxCountyTimes.com

I understand why students are protesting the school board's "one free rape rule": It's dangerous.

Dear Editor,

Over the last weeks, students across Fairfax schools have walked out of class in protest of the district's request that the Supreme Court take up a civil rights lawsuit brought by an alum. A petition calling on the school board to drop its appeal has collected over 17,000 signatures.

I'm one of the lawyers who represents the former Fairfax student, who goes by «Jane Doe» in that case. Usually, attorneys contain our arguments to legal briefing, not opinion pages. But because the district has repeatedly misrepresented the legal stakes of its petition to the Supreme Court – and because Fairfax residents deserve to know what the school board is doing in their name and with their tax dollars – we want to set the record straight.

Jane played the saxophone for Oakton High School's symphonic band. When she was a 16-year-old junior, she was sexually assaulted by a classmate, «Jack Smith,» on a school band trip. Afterward, Oakton administrators failed to provide Jane adequate protections for her to be safe at school. As a result, Jane had no choice but to sacrifice her own learning



opportunities to avoid her assailant. For example, when Jane asked what to do about the small band class she shared with Jack, the assistant principal gave her two options: she could spend class time practicing alone in a small, windowless room, or she could drop the class altogether. Neither allowed Jane the equal access to education to which she was legally entitled.

Jane sued Oakton under Title IX, the federal civil rights law that prohibits sex discrimination in education. Under Title IX, Fairfax wasn't liable for Jack's assault of Jane. But the Supreme Court has made

clear a school can be liable for its failure to respond adequately to a reported sexual assault, because that failure can deprive a survivor of the chance to learn. And that, of course, is exactly what happened here.

Fairfax, however, is now asking the Supreme Court to take up Jane's case and adopt a radical new rule that would gut Title IX. The district says that, because Jane wasn't sexually assaulted at school again – no thanks to its own inaction – it can't be liable. That position is so outlandish that even Fairfax itself said it was wrong at oral argument before the U.S. Court of Appeals for

the Fourth Circuit last year in this same case. Fairfax was right the first time. The U.S. Department of Justice has called the district's new position «absurd» and «inconsistent with Title IX's goals» and text. Courts have said it is a «one free rape rule.» (Fairfax also tries to claim it didn't know that Jane had been sexually assaulted, but the Fourth Circuit agreed with Jane that the evidence demonstrates the school received multiple reports.)

If Fairfax were successful in pushing its «one free rape rule» before the Supreme Court, Jane is not the only one who would suffer. Fairfax's «victory» would

destroy Title IX's protections for young people across the country – including Fairfax students. And the same legal rule would likely apply to bullying based on sexual orientation, gender identity, race, national origin, or disability: Schools would have no responsibilities to help harassed students if, by luck, the harassment did not reoccur.

It is telling that, to defend its actions publicly, Fairfax misrepresents the legal question at issue and tries to hide from the position it now asks the Supreme Court to adopt. In public statements, it inaccurately says it is arguing merely that

schools can't be liable for sexual assaults they didn't know about beforehand and so couldn't prevent. But that's not what this lawsuit has ever been about. Jane does not argue that Fairfax is liable for her assault; she argues it is liable for its own abysmal response, which deprived her of educational opportunities. The district had also said its position is necessary to protect teachers from liability, but that's just flat wrong: Only schools, not individuals, can be sued under Title IX. The only teachers who would benefit from Fairfax's appeal to the Supreme Court are those who wish to sexually harass their students.

We believe the Supreme Court will deny Fairfax's request to hear Jane's case. But if the Court takes up the case and adopts the school board's «one free rape rule,» «Fairfax» will become synonymous with the destruction of Title IX's protections for student survivors. As recent protests make clear, Fairfax students don't want that to be their school's legacy. The question is whether the school board will listen.

Alexandra Brodsky
Staff attorney at Public Justice, a public interest legal advocacy organization

PAID ADVERTISEMENT

For men of all ages with urinary incontinence

The antidote for adult diaper anxiety.



Patient-tested...

«Men's Liberty is terrific. I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend.»

— John, Men's Liberty user in Michigan



	MEN'S LIBERTY	ADULT DIAPERS
Keeps you dry 24/7?	YES Can be worn comfortably, cleanly and securely for up to 24 hours	NO Must be changed regularly when they fill up or overflow — often every few hours
Directs urine away from the skin?	YES Completely external design collects fluid into a discreet pouch — leak-free	NO Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been used, with ZERO attributable UTIs or serious skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out-of-pocket cost?	YES Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	NO Adult diapers are not covered by Medicare, costing users up to \$300 a month

Try Men's Liberty — the Medicare-covered healthier alternative that helps end embarrassment and fear of an «accident».

No guy ever plans for urinary incontinence. It's degrading, uncomfortable and inconvenient. Regardless of the cause, chances are you (or a loved one) were told to wear adult diapers to manage the condition. But you soon discovered that the hassles of diapers disrupt everyday life: they're unsanitary... expensive... and humiliating.

Now diapers don't have to get in your way.

Men's Liberty is the simple, non-invasive option for male urinary incontinence that helps keep you secure, dry and leak-free for up to 24 hours. Made of a safe, skin-friendly material called hydrocolloid, this patented external collection device easily attaches to the tip of a man's anatomy. It softly stretches and flexes as you move, directing urine away from the skin. Unlike diapers, Men's Liberty effectively reduces the risk of skin and urinary tract infections. Best of all, it's discreet, dependable and dignified.

Stop spending a fortune on adult diapers.

You could continue to shell out as much as \$300 a month on diapers. Or you could switch to Men's Liberty and pay little to no out-of-pocket cost** if you qualify for coverage by Medicare, most Medicaid plans, private insurance, workers compensation and VA/Tricare. This could save you thousands of dollars a year!

Live your life on your own terms — not in diapers!
FREE INFORMATION. FREE BONUS OFFER.

Find out how to receive Men's Liberty at little or no cost to you. Plus receive a FREE Bonus week's supply with your order*.



Call today at no obligation:
1-800-484-4330



www.MensLiberty.com/news



Men's Liberty™



*30 days supply or more ** Standard co-pays and deductibles apply

Reliability rests on his shoulders.

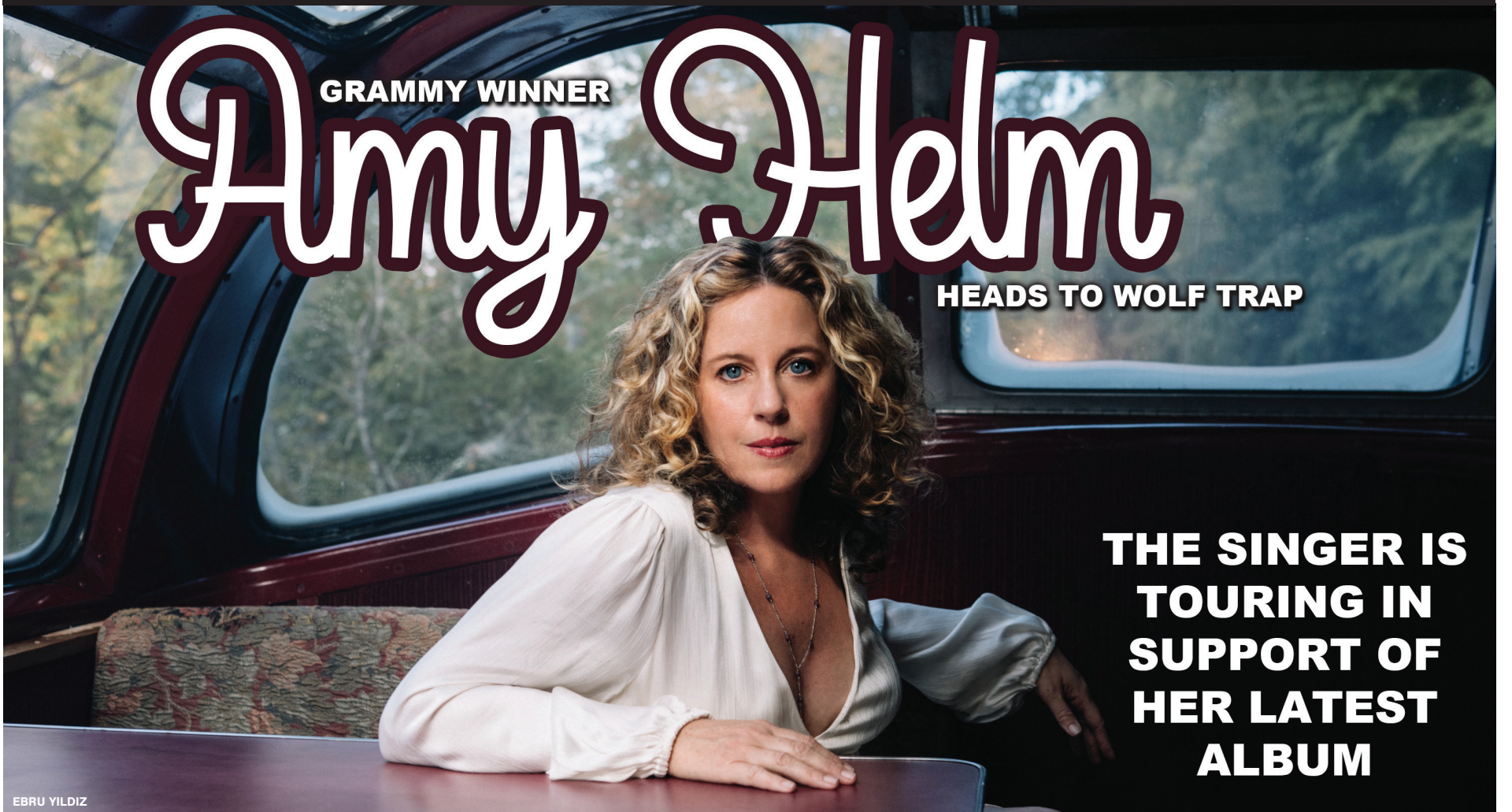
There's a source of energy in Virginia as reliable as any in the world: Our employees. It's their hard work – braving storms, maintaining solar and wind farms, servicing power lines, and building a smarter and more secure power grid – that brings you the dependable electricity you've come to expect. Our employees' dedication to every community they serve is at the heart of everything we do.



 **Dominion Energy**
Actions Speak Louder



PETS: PAY ATTENTION TO YOUR PET'S TEETH



GRAMMY WINNER
Amy Helm

HEADS TO WOLF TRAP

THE SINGER IS TOURING IN SUPPORT OF HER LATEST ALBUM

EBRU YILDIZ

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Last summer, multiple Grammy Award winner Amy Helm released her third album, "What the Flood Leaves Behind," and fans of the talented singer/songwriter could hear it was her most autobiographical to date, thanks to what she called "a gathering of ideas and experiences, friends and collaborators."

Helm completed the album at her father's—the late Levon Helm—noted Woodstock-based studio shortly before the pandemic began. As the daughter of the Rock and Roll Hall of Fame member for his years with The Band, Helm was heavily influenced by her dad's career and even toured with him as part of his blues band, The Barn Burners, in 1999. A few years later, she broke away to start her

own band, co-founding the alt-country ensemble Ol-labelle, which enjoyed a decade-long run with three critically acclaimed albums including its last, "Neon Blue Bird" in 2011. Helm's first solo album, "Didn't it Rain" was released in 2015, and she's been touring as a solo artist ever since. "This was a career I knew I always had in me," Helm said. "I think you know very young if you're a player or

singer, though choosing it as a career was a bit of a meandering path for me. If I reflect now and look back, I feel music always came back and grabbed me every time I tried to veer off. By the time I was in my 20s, I committed to being a working singer." Helm will play Wolf Trap Feb. 17 in support of "What the Flood Leaves Behind."

"The band and I will be bringing our most exuberated energy, now that we're actually playing some live music again," she said. "I have a fantastic group of players with me, and we will dig deep into the music and do our very best." All of the songs from the new album will be performed, as well as some fan favorites from her earlier work. Having played at the Barns before, Helm noted the room has a special tone

to it, and is an inspired place to play. Although she did tour a bit in 2021, Helm shut it down again in December and the Wolf Trap show will be one of the first ones for her in 2022. "It's funny how it feels when you haven't played music for a while—it starts to feel long and lonely," she said. "Musicians need to

See HELM, Page B4

Burlesque

coming to The Birchmere

Celebrate Valentine's Day weekend with the Brian Newman Band and more



BRIAN FREEMAN

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

If you're looking for something a little different to celebrate Valentine's Day this week-

end, the Birchmere has a show that's sure to entice on Feb. 12. Burlesque-A-Pades in Loveland is a variety show featuring live music, comedy, burlesque, circus, sideshow and more. Angie Pontani has been curat-

ing eclectic and entertaining casts for this best of burlesque revue for more than 15 years and has put together a cavalcade of stars for this Valentine's Day-themed show.

See BIRCHMERE, Page B4

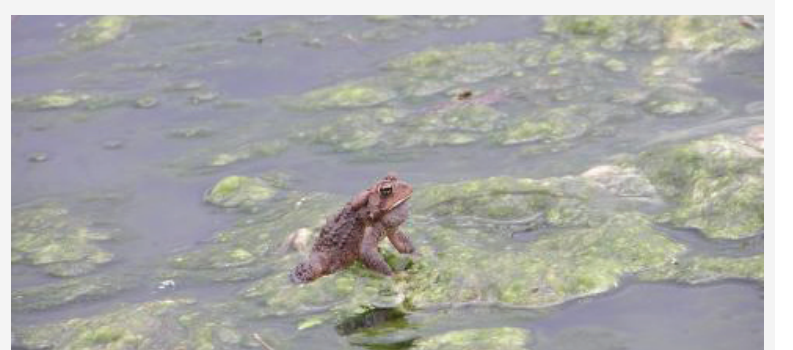
HOT LINKS

BY COLLIN COPE



Won't you be my owlintine? February 12

Visit Potomac Overlook Regional Park from 1 to 2 p.m. Feb. 12 for an inside look at the various owls residing in the park and co-existing with other species. Learn all about the mating season of these birds, while experiencing the majesty of their physical beauty. All participants over the age of 6 will be charged \$7 per ticket. For more information and registration, visit <https://bit.ly/3LimpzA..>



How to say 'Be Mine' in the animal world • February 12

Check out Reston's Lake Fairfax Park for an exploration of love in the animal kingdom Feb. 12 from 2 to 3 p.m. Learn about all of the different methods of communication amongst the various species residing in the park in a G-rated setting. Families are encouraged to check out this event in the park, with tickets for registration available for \$10 per person. For more information, please visit <https://bit.ly/3ry7kql>.

Laurel Nakadate: Mother Line through May 29

Available this week through May 29, visit Reston's Tephra Institute of Contemporary Art for American photographer Laurel Nakadate's Mother Line collection. Mother Line is a series of photographs representing the complicated concepts of loneliness and relationships aimed at analyzing contemporary self-expression and identity. For more information about Nakadate and the exhibit, visit <https://bit.ly/3rzEwhq>.



COURTESY PHOTOS

Kennedy Center celebrates 50 years with all-star lineup

Tony winner James Monroe Iglehart hosts a weekend of special performances

By Keith Loria

SPECIAL TO THE FAIRFAX COUNTY TIMES

In celebration of the 50th anniversary of the John F. Kennedy Center for the Performing Arts, a star-studded lineup of Broadway and Kennedy Center favorites will hit the stage this weekend—Feb. 11 and 12—for a night musical theatre lovers will never forget.

Hosted by Tony Award winner James Monroe Iglehart, known for his Broadway runs as the Genie in “Aladdin” and Thomas Jefferson in “Hamilton,” this once-in-a-lifetime concert event will pay homage to the legacy of Broadway musicals at the Kennedy Center, and offer a special tribute to the late Stephen Sondheim.

“I’m truly a Broadway fan, so I’m very excited to be part of a wonderful celebration that revolves around musical theatre,” Iglehart said. “But also to be at the legendary Kennedy Center—I’ve watched the Kennedy Center Honors for years—and to be able to perform there will be a dream come true.”

As host, Iglehart will be “saying a lot of stuff about some nice people” and introducing some songs. Of course, there will be plenty of surprises and he promises that



James Monroe Iglehart in Chicago

JEREMY DANIEL

he’ll be singing as well.

“For those who know my work and know my personality, they know it’s going to be a fun night,” he said. “I’m going to keep things going and keep it light, but also keep it about the dignity and honor of Broadway and the shows that have played for 50 years here in D.C.”

A who’s who of musical theatre is taking part, including Stephanie J. Block (The Cher Show, Falsettos), Alfie Boe, Sierra Boggess, Gavin Creel, Christopher Jackson,

LaChanze, Leavel, Norm Lewis, Andrew Rannells, Frances Ruffelle, Vanessa Williams and Tony Yazbeck.

“These are some amazing names, and these are my friends, my family, my community, so to be there celebrating with all of them is just so exciting,” Iglehart said. “Just giving the stage to my friends who I know are going to destroy the stage with their talent, I can’t wait to see.”

Also on hand is Andrea McArdle, the original Annie on Broadway, who per-

formed in the pre-Broadway performance of the legendary show at the Kennedy Center in 1977.

“I am a huge fan of hers and I just love that show,” Iglehart said. “I first got into ‘Annie’ through the movie, and I went back and found the Broadway soundtrack. I can’t wait to say hello to her and just watch her do her thing.”

Over its five decades, the Kennedy Center has been a popular pre-Broadway home for iconic musicals including “Pippin” and

“Les Misérables,” as well as launching Kennedy Center-produced revivals such as “Ragtime” and “Follies.”

The concert, which is directed by Marc Bruni with musical direction by Rob Berman, will also feature an on-stage 40-piece Kennedy Center Opera House Orchestra.

Iglehart fell in love with musical theatre at a young age, inspired by his mom and dad, a singer and actor, respectively.

“They would take me to the theatre and we would go

see all the tours that came to town in San Francisco and I love it all,” he said. “The first show I ever saw was ‘The Wiz,’ and I saw Ted Ross perform and to see that show and know there was something out there called Broadway where I could do all the things I loved to do—sing, act, dance...I knew it was something I wanted to do.”

And he’s certainly living his dream, having performed in five Broadway shows, including his current starring role as Billy Flynn in “Chicago.”

He’ll be taking a hiatus from the show to host this weekend, but will be back “razzling dazzling” people as soon as he’s done.

Not that he wants the Kennedy Center shows to go by quickly. Iglehart is going to savor every minute of it.

“This is kind of like ‘The Avengers,’ where you see all your favorite heroes in one place,” he said. “You may have seen them all before, but to see them all on one stage...there’s so much talent and stardom. It’s a moment that almost never comes around unless you are at the Tony Awards. This will be a beautiful night of song, dance and memory.”

For more information, visit www.kennedy-center.org.

Love yourself in Fairfax

During an ongoing period of isolation, how can Fairfax residents find love in their surroundings?

By Collin Cope

SPECIAL TO THE FAIRFAX COUNTY TIMES

With the middle of February inching closer, feelings of love and

sometimes loneliness take hold over the community.

As this season brings forth a time of happiness and joy for many in relationships, it is also important to understand how Valentine’s Day

serves to remind everyone of the love that can be found within the many facets of their own lives.

Whether in a relationship or not, the Fairfax County Park Authority offers various

other attractions for guests to experience.

This month, some of the events center on Valentine’s Day, such as those including discussion of Valentine’s Day history, such as “History of the Kiss” at Alexandria’s Green Spring Gardens.

“History of the Kiss” will focus on the history of how the kiss can express many different positive emotions, as well as discuss some of history’s most famous kisses both on and off the silver screen. The Feb. 13 course will be \$15 for the lecture only, with an added charge for tea. More information can be found at <https://bit.ly/3HHZwrZ>.

From self-care to community involvement, author Serena Wills emphasizes the ability to find love in many areas of life as a part of her Poetry Writing Workshop with Fairfax County Public Library.

The workshop is titled “Love Is...” and centers on the different interpretations one may have of the concept of love, as well as how one can learn to love something as simple as their surroundings or even themselves.

“The way we are addressing love is the love of all. So, you may love your family, pets, community, school, or organization. I [always say] what a lot of people forget is themselves,” said Wills.

She hopes that course attendees will walk away with further knowledge regarding how to love one’s own life, as well as how to express various thoughts and emotions through a new medium.

“That’s the one thing about poetry. It’s just such a beautiful language that can express so many emotions and feelings,” added Wills.

The next installment of the workshop will be held on

Feb. 15 from 7 to 8:30 p.m. and more information can be found at <https://bit.ly/3Lk-B2qR>.

In addition to this, McLean Community Center will host this year’s Sweetheart Parent-Child Dance on Feb. 25 from 7 until 9 p.m.

Focusing on fostering positive relationships between parents and their children, the event encourages parents to dress up and bring out their families for a night of dancing and familial bonding.

The event will feature a DJ and a Photobooth, as well as a crafts section. Tickets will be available online for \$25 with a discount for McLean district residents. More information about this limited capacity event can be found online at <https://bit.ly/3HBD-k2Q>. fromthedogspaw.com, www.facebook.com/fromthedogspaw.

King Crossword

ACROSS

- 1 "Keep it down!"
- 4 Tax pro
- 7 Whizzes (by)
- 12 Horse chow
- 13 Owned
- 14 Emanations
- 15 Shred
- 16 Pennsylvania city
- 18 Guitar's kin
- 19 Symbol of freshness
- 20 Lancaster or Reynolds
- 22 "Blue Bloods" aier
- 23 Fly high
- 27 Flamenco cheer
- 29 Oliver Twist, for one
- 31 French composer Gabriel
- 34 Hilo hello
- 35 Snowman's nose
- 37 Links org.
- 38 Prop for Dr. House
- 39 Devilish laugh
- 41 Body powder
- 45 "I'm with you!"
- 47 Meadow
- 48 Pennsylvania city
- 52 Conditions
- 53 Boredom

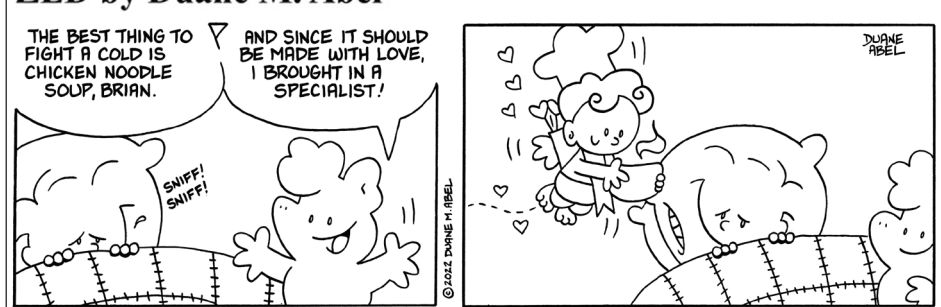
1	2	3	4	5	6	7	8	9	10	11
12			13			14				
15			16		17					
18			19							
20		21	22			23	24	25	26	
		27	28		29	30				
31	32	33				34				
35				36		37				
38				39	40		41	42	43	44
			45			46		47		
48	49	50	51					52		
53					54			55		
56					57			58		

- 54 Kimono sash
- 55 Packed away
- 56 "The Dapper Don"
- 57 Fixed
- 58 Snake's sound
- 8 "Shoo!" org.
- 9 Acapulco gold
- 10 Gullet
- 11 Capitol Hill VIP
- 17 Old U.S. gas brand
- 21 Baseball manager Joe
- 23 Pie-in-the-face sound
- 24 Discoverer's call
- 25 Satisfied sigh
- 26 Genetic letters
- 28 Summer sign
- 30 Cleaning cloth
- 31 TV watchdog
- 32 Small battery
- 33 Coffee vessel
- 36 Biblical pronoun
- 37 "Friends" role
- 40 Community spirit
- 42 Fake name
- 43 Some jabs
- 44 Attorney's load
- 45 Roman 1052
- 46 Skip
- 48 Plead
- 49 Rock's Brian
- 50 Potent stick
- 51 Shack

© 2022 King Features Synd., Inc.



ZED by Duane M. Abel



www.corkeycomics.com

ADORABLE ADOPTABLES

THE FELINE FOUNDATION

See these pets and more at:
www.ffgw.org

MITTENS

Breed: Domestic short hair
Age: 6 months
Gender: Female spayed

Mittens is an adorable little girl who is slowly gaining confidence. She was rescued with her litter mates and her mom. She is super sweet and is looking for a home with another friendly kitten or young adult who will welcome Mittens and show her the ropes. She will do well in a quiet home with plenty of time to acclimate. She has made great progress in her foster home but needs an experienced cat owner to ensure she reaches her full potential.



MIA

Breed: Domestic short hair
Age: 1 year
Gender: Female spayed

If you are looking for a gentle companion kitty, Mia is the one for you! She is a small kitty who looks like a big kitten. She loves to lounge in a cat tree or cat cubby and then cuddle with you when you are nearby. But - when you get out a laser pointer, she's the first to hunt it down! She is a darling, petite girl and we hope that Mia finds a loving home soon.



TERRY

Breed: Domestic short hair
Age: 11 months
Gender: Male neutered

Tuxedo Terry is an affectionate sweet boy. He can be a lap kitty but he also enjoys a nice soft fleece blanket to rest on. He likes watching TV with his people in the evenings and also enjoys playing with binder clips or whatever cat toy is nearby. Terry would love to find a home where he is the center of attention.



KERRY

Breed: Domestic short hair
Age: 1 year
Gender: Female spayed

Kerry is a petite little girl that was found left alone in an apartment when the owners moved out. She was then taken to the shelter where she was left again. When FFGW has the chance to get her out, we jumped at it. This little purr box loves people and being wherever they are!



FIONA

Breed: Domestic long hair
Age: 2 years
Gender: Female spayed

Fiona is a stunning long haired Tortie girl that love to play with her laser toy, and anything else she can chase around. She's a happy and loving lady that was saved from a rural shelter when her family gave her up due to not having time for her anymore. How can you not have time for this beauty? Fiona has shared a home with other cats without any issue.



CALLIOPE

Breed: Domestic long hair
Age: 3 years
Gender: Female

Calliope ("Callie") is a calico beauty with special needs, but please don't stop reading about her! She is beautiful, loving, funny and outgoing and just might be the perfect cat for you. Callie has a heart condition called hypertrophic obstructive cardiomyopathy. She takes her daily medication without a fuss. You wouldn't know she has a heart issue. She plays, loves her catnip and kicker toys, runs around and chases anything you give her. She enjoys lap time, sleeping in bed with you, and helping unpack the groceries when you come home.



FROM THE DOG'S PAW

Pay attention to your pet's teeth



By Noah! Samson!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

HISS!! HISS! Noah and Abby, did you two brush your teeth before heading out to pawplay with the neighbor's dogs this morning?!"

"Growl! Dad did ours this morning. Woofs! What about you, Samson?"

Mom is doing her best to brush my teeth, helping ensure I am healthy. Paws, cats have their own way of doing things, and sometimes we just don't let staff, er Mom, do things because we don't want them to. HISS! I find it annoying, but after she told me what happened to a previous cat, I cooperate... some.

"Barks, it's not easy for Dad to do ours either, but Abby and I finally let him. It makes him happy, and that's what we live for."

"Hiss! Mom was sneaky when she started brushing my teeth. Paws, to get me used to it, she took me to a quiet room where she pawlaced me on her lap like she was going to cuddle. You can use a tabletop with a blanket or towel too, whichever works best for your cat. Paws, she shut the door to the room so we could have some quiet and pawbably to prevent my escape.

Once settled, she took a Q-Tip dipped in tuna water from a can of tuna fish. The tuna water doesn't have any beneficial dental or cleaning effects, but cats like the taste, which helps create a positive connection between it and the tooth brushing experience. She kept my head at a 45-degree angle, gently pulling back my lips, but my mouth remained closed- thank you very much. Meows, paws, she gently rubbed the applicator tip along the gum which touch the teeth. She only did the front few teeth the first few times before doing others. Once I was used to this, she began brushing my teeth.

MEOWS! For brushing my teeth, Mom used a toothbrush and toothpaste, which are specifically designed for cats to allow brushing to be easier. No human products, even baking soda. She

applied a small dab of toothpaste to the brush, placed my head at a 45-degree angle, gently pulled my lips back, allowing me to keep my mouth closed. Paws, she concentrated on my cheek and canine teeth, where plaque and tartar accumulate. She didn't worry about brushing the tips or insides of the teeth as my abrasive tongue tends to remove the plaque from them. It took a few weeks for me to allow Mom to do this. Speak with your veterinarian if you have questions about any brushing technique or products."

"Woofs, it's much like brushing our teeth. Dad prepared Abby and me by taking us to a quiet room with minimal distractions. We are too large for his lap, so he sat down in a chair with us sitting by him so he could comfortably control our mouth. He massaged our gums near the teeth with a cloth. He avoids being bitten by staying on the outside of our teeth. Woof! He only did a few teeth the first few times until he felt we were comfortable with it. After that, he gave us a taste of the doggy toothpaste, followed by using it on a damp cloth. Woofs, once we were used to that, we got to use toothbrushes. WOOF!"

"Meows, while humans are brushing their pet's teeth, they should wear gloves to keep germs away. Paws, afterward, wash your own paws with soap and water."

"Woofs, much of this may sound crazy or pampering to hu-

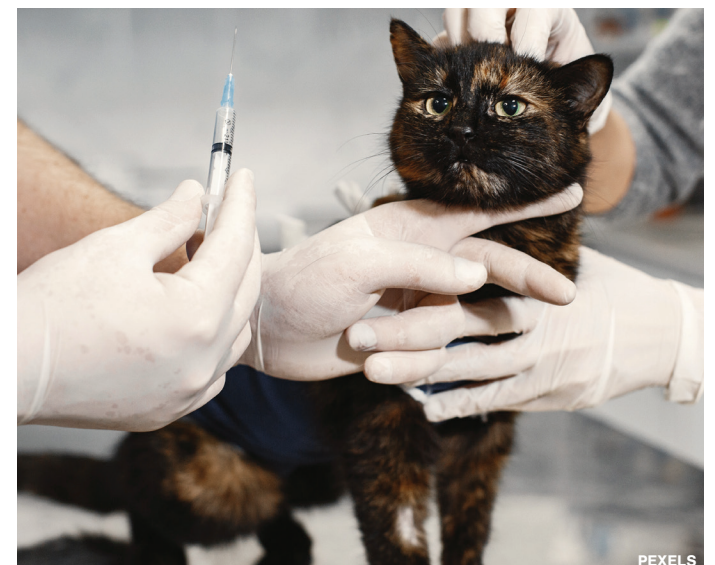
mans. Barkingly, as with humans, tooth decay and gum diseases can cause pets to become ill. Worse yet, it can affect their well-being, causing them not to be happy or the loving pet you know and in pain and discomfort."

"Meows! (BARK!) Dental care is impawtant for your pet's overall health and well-being. Brushing might be impawssible for you to do with your pet, but don't give up. Providing dental-related string or chew toys and treats will help maintain their teeth. Pawingly, regular dental check-ups will benefit. WOOF! Remember, NEVER USE human dental products on your pets.

Meows! February is Pet Dental Health Month. Some veterinarians offer special discounted services during the month to bring attention to good dental care. Contact your veterinarian for more information."

About us!

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



LOOKING FOR A VALENTINE?
BE MINE!

FIND YOUR PURRFECT MATCH
FFGW.ORG

A SHELTER PET WANTS YOU!

Pet Supplies Plus will take \$5 off \$35 when you show proof of adoption from our shelter partners. Offer Code: 910097

PET SUPPLIES PLUS.

GREAT PRICES. NO BEGGING.

Store Coupon. Only one coupon per household. Valid at N Virginia/DC Metro Pet Supplies Plus locations only. No cash back. No cash value. May not be combined with any other total purchase offer. Digital copies and duplications will not be accepted. Pet Supplies Plus reserves the right to cancel this offer at any time. Offer expires on 03/15/22

Art News

Second Saturday Art Walk Come out and visit the Workhouse Featured Artists for February. All campus studio buildings will be open from 6 to 9 p.m. Feb. 12. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3HEQg0C>.

Chamber Music Series The Beau Soir Ensemble performs a variety of genres with the flute, viola and harp. 2 p.m. Feb. 13. Cost is \$5 to \$10. The Alden Theatre, 1234 Ingleside Ave., McLean. For more information visit <https://bit.ly/3rCe475>.

Sip & Sketch Animals Try your hand at drawing some of

our taxidermy animals like a fox, owl, beaver, duck or raccoon. This program is great for all skill levels. 3 p.m. Feb. 13. Cost is \$12. Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3rBz5yu>.

Silver-Garburg Piano Duo makes a triumphant return with four rarely-heard works.

Bach's concertos for two keyboards BWV 1061 and 1062—accompanied by a quartet of Amadeus musicians. 4 p.m. Feb. 13. Cost is \$40. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. For more information visit <https://bit.ly/3uDiGJa>.

Near and Far features the work of 36 photographers. The show celebrates 61 images from photographers who have interpreted the world around them by capturing minute details of macro photography and scenic vistas around the globe and beyond our solar system. All artwork is for sale to the public. Through Feb. 20. Falls Church Arts Gallery, 700-B W. Broad St., Falls Church. For more information visit <https://bit.ly/3IQbvDY>.

Wings: Learning to Soar! These colorful painting will be on exhibit through February 23. ArtsHerndon, 750 Center St., Herndon. For more information visit <https://bit.ly/3GKpQFG>.

Outsider Art Inside Lorton is a collaboration with the Lucy Burns Museum and features the work of inmate "outsider artists" with no formal training or schooling. Some artwork was created in prison sanctioned programs. Fridays and Sundays from noon to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. Through Feb. 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information <https://bit.ly/3IZaf28>.

Sweet Tooth is a group exhibition that is all about decadence, desire, and craving. Some of the work will represent these themes through

a more conceptual connection such as explorations of coveting, gluttony, greed, and yearning. Exhibit runs through March 6 with a virtual reception Feb. 11 at 7 p.m. Target Gallery in the Torpedo Factory, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3IFoN67>.

Night Walks is a solo exhibition of new photography by Tim Hyde. The exhibit continues through March 19. Multiple Exposures Gallery, Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3rC2xEA>.

In-Between Places Experience the work of artist Ju

Yun which reflects the transition between traditional Korean art to contemporary subjects and methods using cultural imagery and iconography and rich layers of colors. Through March 20. Free. Vulcan Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3G2Bkiw>.

Mother Line is an exhibition of works by photographer, filmmaker, video and performance artist Laurel Nakadate. Continues through May 29. Tephra Institute of Contemporary Art, 12001 Market St., #103, Reston. For more information visit <https://bit.ly/3GICKF1>.

Community Information

DMV Connect Looking to renew your license, get real ID or complete other DMV tasks? The DMV will have a station in the library meeting room. Appointment is required. 10 a.m. to 4 p.m. Feb. 11. Richard Byrd Library, 7250 Commerce St., Springfield. For more information visit <https://bit.ly/3LoIVfd>.

Epidemics of the Past Disease has always shaped history. Learn how epidemics of the past shaped the society we live in today. 10 a.m. Feb. 11. Cost is \$8. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit <https://bit.ly/3Ba5MGI>.

Oakton Year-Round Farmers Market This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs,

and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. Feb. 12. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujvisiK>.

Forcing Flowers Discover the science behind blooms, and how to coax them out, even in winter. Create an early bouquet to bloom indoors. 10 a.m. Feb. 12. Cost is \$12. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3HF2MEr>.

Premium Tea & Chocolate Pairing Discuss the similarities of terroir and processing of the tea plant and cacao tree and learn how to bring out the best flavor combinations as you taste, compare, and pair special teas and chocolates. 1 p.m. Feb. 12. Cost is \$45 and includes

a take-home sampler. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3gtWLi6>.

Astronomy Festival Enjoy activities including guided star gazing, looking through a telescope, and listening to ancient stories about the constellations round the campfire. Participate in other activities and games throughout the evening. 5:30 p.m. Feb. 12. Cost is \$10. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3rKscLD>.

Palentine's Day Yoga The Army Historical Foundation invites you and your "pals" to take a moment to de-stress by enjoying a morning of yoga. 9:30 a.m. to noon. Feb. 13. Cost is \$15 for a single class, \$25 for both classes. Veteran's Hall, U.S.

Army Museum, 1775 Liberty Dr., Fort Belvoir. For more information visit <https://bit.ly/3spvDpW>.

Create Designer Container Garden Container Gardening expert Steph Green of Contained Creations discusses the elements behind her luxurious, eye-catching designs and shares her techniques for building lush, layered arrangements in this virtual lecture. 1:30 p.m. Feb. 13. For more information visit <https://bit.ly/3uyTupX>.

Mardi Gras Celebration Seniors (55+) are invited to dress up in costume and enjoy a Cajun cuisine lunch, mask making and more. Noon. Feb. 17. RSVP deadline is Feb. 11. Cost is \$15. Vienna Community Center, 120 Cherry St., SE, Vienna. For more information visit <https://bit.ly/34M6VYR>.

Listening to the Universe Join the adventure to understand cosmic noise and what it tells us about the sun, the magnetic structure surrounding some of our planets, and the radio signals from Jupiter. 7:30 p.m. Feb. 16. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/34mpLpD>.

ONGOING

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

Ice Skating through February 22 at Reston Town Center Pavilion, 1818 Discovery St., Reston. For more information visit

<https://bit.ly/3ELIhC>. Or multiple dates at Cameron Run Regional Park, 4001 Eisenhower Ave., Alexandria. For more information visit <https://bit.ly/3cliTnR>.

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

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

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

ADVERTISING STRATEGY GUIDE

WHAT IS YOUR GOAL FOR YOUR ADVERTISING CAMPAIGN?

NO **ARE YOU TRYING TO GET YOUR AUDIENCE TO PARTICIPATE IN A PARTICULAR ACTION?** **YES**

NO **ARE YOU TRYING TO DRIVE BRAND AWARENESS?**

YES

Consider sticky note advertising: portable and ideal for carrying your message beyond one page of the Fairfax County Times.

NO **DO YOU WANT TO MEASURE EACH INTERACTION?**

YES

Place a banner ad in our weekly e-Digest newsletter, reaching over 85k individuals every Friday!

YES **DO YOU WANT TO MEASURE EACH INTERACTION?**

NO

Contact us today to place a print ad in the Fairfax County Times, with a weekly circulation of over 330k!

NO **DO YOU WANT TO SEE HOW OFTEN SOMEONE WHO SEES YOUR AD CLICKS ON IT?**

YES

Leverage our average monthly audience of 56k visitors and place a display ad on fairfaxtimes.com!

Simmy Murdock (703) 463-9228
simmy@wspnet.com

Marcia Patch (703) 904-1004
marcia@wspnet.com

HELM
CONTINUED FROM PAGE B1

play. It's only been a couple of months, but it feels so much longer. I'm so thrilled to get there soon."

She's found a new appreciation being back on stage, and noticed a presence in her audience in the way that everyone was listening.

"I think the audience was feeling the same thing that us players were feeling—everyone was tuning into something that maybe we had all taken for granted a bit," Helm said. "I

BIRCHMERE
CONTINUED FROM PAGE B1

"We are super-excited to be returning to The Birchmere; we have been doing this show annually for 14 years, but had to miss it last year because of the pandemic," Pontani said. "So, this year we are coming back with a super-sized show, which includes a full band and some of the favorite performers from over the years."

In 2020, the show went on as planned, but things shut down quickly after that, so Pontani isn't taking anything for granted. The legendary burlesque queen will take the stage with her own brand of classic and glamorous burlesque.

"You sometimes get into patterns, but I realized I really need to be appreciating this moment," Pontani said. "When I was finally able to get back on stage last year, I just said to myself, 'I love this, I'm not going to complain about the little things' and I appreciate this audience that I love so much."

Additionally, her band-leader husband of the Grammy-winning Brian Newman Band will offer all the excitement from its Las Vegas show at this performance. After all, this is Lady Gaga's jazz band who performs with her around the globe as well as in her own

remember during the beginning of the pandemic, and finally we could go out and get a cup of coffee, that felt tremendous. That's an aspect we feel during our gigs now."

During the pandemic, Helm didn't feel that inspired musically, though she revealed she dug into the mandolin a bit during her downtime.

"For the most part, I connected with my two kids and dug into being home and not travelling for once in my life for work," she said. "But then this past June, the album came out, so it was an interesting ex-

Las Vegas residency.

"They just worked with her and Tony Bennett and are as big time as you can get," Pontani said.

Comedian Murray Hill will serve as host for the night, as he does every year.

"Murray is hilarious and very burlesque, really a side-splitter," Pontani said. "He's been really busy and is on two TV shows now, including Amy Schumer's new show, 'Life and Beth,' where he's playing a dramatized version of himself."

The Maine Attraction, recently featured in The New York Times returns fresh off of the premiere of her new touring burlesque review, "Life in Sepia," which is a revival of burlesque through the decades showing the imprint of black excellence.

"Any year she is available and able to perform with us, we've brought her back to The Birchmere," Pontani said. "She started this beautiful show and is a crowd favorite and has a cult following in the area."

Also appearing will be "Boylesque" King Mr. Gorgeous, who won the Mr. Exotic World competition in Las Vegas and is considered one of the country's best male burlesque performers. Then there's renowned tassel twirler and tease extraordinaire Gal Friday, D.C.'s own Eva Mystique, and Baltimore's Tequila Honeybee.

While this will be Eva

perience to have a record during this crazy time."

Over her career, Helm has experienced what she describes as playing in "the oddest to the coolest gigs," so adjusting to something like the pandemic was hard, but an obstacle she fought hard to overcome.

"This is a career that is so satisfying, I just love to sing, and getting to sing for people is incredible," Helm said. "Sometimes I'm in the middle of a show, and I just realize how cool what I'm doing is. I love trying to tell a story and I love trying to move people, and I feel moved myself."

Mystique's first performance with Burlesque-A-Pades in Loveland, the rest of the cast are fan-favorites who have wowed audiences for more than a decade.

"I tried to pick the people who the crowd has connected with the most over the years," Pontani said. "This is a real family team and everyone is excited to be coming back."

The great thing about burlesque, Pontani noted, is it has a little bit for everyone.

"You can expect the unexpected, and it's just fun," she said. "Historically, burlesque is one of America's oldest art forms, and it was all rooted in comedy and satire, and that still exists in it today. There's nothing like it. It's empowering, it's freeing and it spreads love. It's a magical and unique art form."

Just like every show, the audience will get to connect with the performers in a way that they don't typically do for any other live performance—and Pontani promises a night people will never forget.

"Audiences are really going to see the best of burlesque and variety, with a live swinging jazz band, really in the spirit of these kinds of shows were meant to be seen," Pontani said. "Although we did do some things online last year, burlesque is definitely best live on stage."

Enjoy some nourishing soup

KEYS TO BETTER HEALTH
CINDY SANTA ANA



A savory nourishing soup is medicine for the soul these cold winter days. It has a touch of sweetness which makes it quite comforting, but still very healthy. Turmeric has anti-inflammatory properties and contains curcumin. Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and may help fight various degenerative processes in your brain. Double the batch and freeze for busy weekends when you want a nutrient-dense soup to warm you up.

Moroccan chicken & sweet potato soup

INGREDIENTS

- 1 Tbsp ghee or olive oil
- 1 whole cooked chicken, cut up (I use a rotisserie chicken for busy nights)
- 1 large onion, minced
- 1 red pepper, chopped
- 2 tsp turmeric
- 1 tsp cinnamon
- 1 bay leaf
- dash cayenne or paprika (depending on desired heat)
- 2 large sweet potatoes, diced
- 1 jar diced tomatoes, Jovial is a great brand
- 2 tbsp organic raisins
- 2 cups chicken stock or bone broth
- 1 tsp salt (to taste)
- 1 tsp freshly grated ginger
- cilantro, for garnish

INSTRUCTIONS

1. Heat ghee or oil on medium heat. Add onions and peppers, cook 5 min until soft.
2. Add chicken and remaining ingredients (except ginger) and simmer until potatoes are soft (about 40 min).
3. Finish by stirring in ginger and garnishing with cilantro. Enjoy!



What is mindfulness?



By The Contemplative Observers

I am sure if you are reading this article with any interest outside of sheer boredom, you may have asked yourself this very question. The internet, social media feeds, TV ads and magazine articles are covered with images of different people being “mindful”. Why is there always a source of light somehow close behind their heads or a look of sublime peace permeating their faces? Makes you really want to have some of whatever that is, doesn’t it? Doesn’t it seem that the practices are all trying to outdo each other in every article by being ever more loquacious and thought expanding?

So what is mindfulness? Well that’s quite simple when looked at from an outside perspective. It’s a very closely guarded secret in many different disciplines while at the same time not being guarded at all. Are you ready for the secret?

Mindfulness is just that, being mindful of the moment you are currently in.

Here.

Now.

Sounds lame I know.

No pizzazz or grand arching concept to think through tends to be boring to the average American reader that has been conditioned for a short attention span in a materialistic marketplace. Oh, I am sure you’re scoffing at the thought of what I just said. However, let’s play a little mind game. Being here, in this moment sounds so very easy doesn’t it?

How about we do a little practice? Nothing is needed besides yourself and this article you are reading.

Let’s begin.



UNSPLASH

You’re here in your own mind and body. Think of your name, you are that name right? If I say your name it is descriptive of the sum total of your experience, your life, triumphs, pain and daily reality, correct? No? I didn’t think so. Your “life” is a construct made by you of likes, dislikes, experience, genes and the social structure you grew up with. Much like buildings are built using a step-by-step process into something we would recognize as a home, so have you been structured over time. Many things you do are nothing more than root responses and habits you have evolved over time in order for your brain to save precious energy. What are you then if

“you” are not these things? Have you ever, truly stopped to ask yourself, what is “me” and what are these things I am doing without thought? Are they separate? To quote a famous line by Alan Watts, “Who is the thinker behind the thoughts?” Have you ever considered that none of the things you believe matter, actually do? Do they matter or are they “supposed” to matter to this image you have built of yourself?

After all of that wonderful word salad, there may now be that creeping thought, “What does this have to do with mindfulness?” Quite simple, dear reader. In the paragraph above, how many times did you check a ding

on your phone or another noise? How many times did a thought come up about what you were going to do later, or why you’re still reading at this point? Now with that focus, were you actually here? That is what being mindful is-- knowing what it feels like to be in the now and what it feels like when you are not.

Mindfulness is the pause to know the difference.

The Contemplative Observers is the pen name of Michelle Joy, who is the owner of Appalachian Herbs and Aromatics, LLC and practices out of Berryville. She collaborates on these articles with her partner who is a spiritual seeker and mindfulness coach.

S	S	S		T	S		I	T	O	G
E	A	T		B	I		U	N	N	E
S	F	S		M	H	E	H	L	E	B
A	L	E		O	O	M				
C	A	L		H	E	H				C
	A	P		G	A		O	R	O	C
A	H	O					R	E		F
N	H	A					O	L	E	
R	S	O					B	R	T	B
	S	Y					D	A	I	U
N	W	N					A	L	L	R
E	A						H	A	D	H
S	M						C	P	A	S

Solution time: 26 mins.

Answers

King Crossword

Business & Services Directory

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

North's Custom Masonry
Retaining & Decorative Walls
Stonework • Patios and Walkways
Fire pits, Fireplaces & Chimneys
Repainting Brick
Concrete and Paver Driveways

Angie's List member
Call Brian 540-533-8092
Free estimates, BBB, Lic./Ins.

ELECTRICAL

- Install Ceiling Fans
- Recessed Lights
- Under Cabinet Lights
- Change Light Fixtures

No Job is too small!
Licensed & Insured | We accept all major credit cards!

Edwin C. Colque - Master Electrician
703-898-0797

Moving & Storage

Whether the move is big or small - **VA4MOVERS** can move them all!

Now offering cleaning services!
571-535-4650 • virginiaformovers.com

Call Marcia Patch
703-904-1004

North's Tree Service & Landscaping
Family Owned & Operated for over 30 Years
Quality Work Guaranteed
Complete Tree Service
All Phases of Landscaping

Winter Discounts Save 25%!

Gravel Driveways
Honest & Dependable
Brian North, Owner
(540) 533-8092
Free Estimates Lic/Ins

DODSON'S TREE & LANDSCAPING, LLC

TRIMMING & TOPPING, SPRAYING, TREE REMOVAL, STUMP GRINDING, MULCHING, PRUNING, CABLING, FEEDING, LOT CLEARING, FENCING, PAINTING, POWERWASHING, PLANTING, GRADING, SEEDING, RETAINING WALLS, PATIOS, WALKWAYS, TOPSOIL AND GRAVEL.

WE PROUDLY ACCEPT ALL MAJOR CREDIT CARDS.

LICENSED/INSURED OFFICE - (540) 923-4087
FREE ESTIMATES CELL - (540)214-8407

Residential and Commercial

SIGN UP FOR OUR E-DIGEST!

Classified

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

Help Wanted

Urgent.ly seeks Technical Leads, QA in Vienna VA to implement automated test case suite to verify outcomes of features, perform testing. Telecommuting allowed. Apply @ www.jobpostingtoday.com #60946

Software Engineer – Fairfax, VA. Seeking MS in Comp. Sci., Engg, IT or closely rel. field. 1 yr. softw. dev't/engg. exp. req'd. Travel and relocation, as req'd. Mail CV to Attn: HR/Job #0203, Identity Software Solutions LLC, 4000 Legato Rd. #1100, Fairfax, VA 22033.

Accentuate IT Solutions, a leader in Information Technology, has one opening for a Business Operations Manager, in Herndon, VA. Please check our website. Please see our website www.aitslc.com for job duties and requirements. Send resumes Attn: President, at 13800 Coppermine Rd., #248, Herndon, VA, 20171 or email to lakshman@aitslc.com

Software Developers: Degree in Comp. Sc/Eng related. MS (2YRS) or BS (5YRS) exp. Expertise in software eng. syst. analy. & design, data structures & DBMS, syst. software, OOP lang, JAVA/J2EE, Oracle, Oracle e-Business, SQL Server, PL/SQL, UNIX & Windows. Travel/Reloc. Resumes to: PMG Global Corp, 13800 Coppermine Road, Suite 253, Herndon, VA 20171.

AMAZON WEB SERVICES, INC., an Amazon.com company - Herndon, Virginia.

Solutions Architect II. Partner with customers & AWS teams as a prototype developer to craft solutions that address customer use cases & accelerate adoption of AWS. Domestic & int'l travel required up to 25% (AMZ6541).

Multiple job openings. Telecommuting may be permitted. Some positions may require domestic or int'l travel. Apply online: www.amazon.jobs - search by AMZ job #s). EOE.

Director of Finance and Administration for Casepoint LLC in Tysons, VA to direct financial and administrative aspects of the company. Required: Bachelor's in Finance and 5 years of exp in each of the following: finance and administration, ediscovey technology, and government contracting. The position also requires knowledge of US and Indian accounting standards, Quickbooks Enterprise accounting software. Apply at: talent@casepoint.com

Sann IT Solutions, Inc., Herndon, VA based IT svcs co. seeks Web Dvlprs, Soft. Engrs, DevOps Engrs, Java Dvlprs, Soft. Dvlprs. Full details of duties & reqmts available @ http://sannitsolutions.com/index.php/careers/ Send resumes to hr2@sannitsolutions.com & ref Ad# when applying.

CLASSIFIEDS

To place a classified ad or a Business & Services ad, please contact:
Marcia Patch • 703-904-1004
marcia@wspnet.com

Legal Notice

[(Full name(s) of owner(s)):
Chalkboard Woodlawn LLC

Trading as:
Chalkboard Wings & BBQ
8723 Cooper RD
Alexandria, Fairfax County, VA 22309-3906

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

Carville Cross, 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.

3009200 (02-11-22, 02-18-22)

Legal Notice

[(Full name(s) of owner(s)):
Sushi Cho Inc

Trading as:
Sushi Cho
10160 Fairfax Blvd Ste 100
Fairfax, Fairfax County, VA 22030-2062

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

Sang H. Woo, President and Treasurer

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.

3009183 (02-04-22, 02-11-22)

Legal Notice

[(Full name(s) of owner(s)):
El Sabor LLC

Trading as:
El Sabor Mexican Grill
262 Cedar Ln Ste C
Vienna, Fairfax County, VA 22180

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

Serkan Gozubuyuk, 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.

3009179 (02-04-22, 02-11-22)

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, February 14, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Monday, February 28, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

TOWN OF HERNDON FY 2023 – FY 2028 CAPITAL IMPROVEMENT PROGRAM (CIP). The Planning Commission will take public comment on the Town's Capital Improvement Program (CIP) and will consider a recommendation to the Town Manager. The Town Manager will subsequently recommend an operating budget and CIP to the Town Council. The CIP is a financial planning document that establishes a six-year schedule for public improvements and serves as a companion policy document to the Town of Herndon 2030 Comprehensive Plan.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 11, 2022 after 3:00 p.m.

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

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

_____ Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 11 and February 18, 2022

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Town of Herndon Board of Zoning Appeals will hold a public hearing on Thursday, February 24, 2022, at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

BOARD OF ZONING APPEALS, BZA #22-01, 951 Locust Street, to seek a variance from the requirements of Section 78-21(c), Lot Requirements, and Section 78-30.2(g), R-10 Dimensional Standards, in order to allow an uncovered porch to encroach into the secondary front setback. A 35-foot secondary front setback is required in the R-10 zoning district. The applicant is requesting a variance to reduce the setback to 13 feet. The subject lot is a 22,500 square foot lot located at the southwest corner of the intersection of Locust Street and 5th Street and identified as 951 Locust Street. The property is zoned R-10, single family residential. Fairfax County Tax Map Number: 0162 02 0054. Property owner and applicant: Andrew Gannon and Kathryn Gannon.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 18, 2022 after 3:00 p.m.

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

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

_____ Viki L. Wellershaus, Town Clerk

Note to Publisher:
February 11 and February 18, 2022

[(Full name(s) of owner(s)):
Jang Won Centreville INC.

Trading as:
Jang Won Restaurant
13814 Braddock Rd Ste A&B
Centreville, Fairfax County, VA 20121-2455

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

CHANHEE CHOI, PRESIDENT

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

3009156 (02-04-22, 02-11-22)

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, February 15, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, February 22, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

Resolution, to solicit public comment for consideration during the development of the Town Manager's proposed budget for Fiscal Year 2023.

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

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

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

_____ Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 4 and February 11, 2022

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, February 15, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, February 22, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

Ordinance, to consider amending the Fiscal Year (FY) 2022 Adopted Budget for the budgets of the General Fund, Golf Fund, and Capital Projects Funds.

The following appropriations and revenue sources are proposed for amendment:

GENERAL FUND	
Expenditure Appropriations:	
Increase General Fund Expenditures:	
Public Works	\$ 10,495
Police Department	27,864
Parks and Recreation	30,000
Salaries – Market Rate Adjustment	180,000
Total	\$ 248,359
Revenue Budgets:	
Increase State Grant Revenues	\$ 2,614
Increase Proceeds from Sale of Surplus Equipment	50,000
Increase Insurance Recoveries	2,745
Increase Newspaper sales	13,000
Use of Vacancy Savings	180,000
Total	\$ 248,359
GOLF FUND	
Expense Appropriations:	
Increase Golf Course Maintenance Expenses	\$ 255,000
Increase in products for resale	25,000
Total	\$ 280,000
Revenue Budget:	
Increase Green Fees	\$ 280,000
CAPITAL PROJECTS FUNDS	
Expense Appropriations:	
Increase Golf Course Maintenance Expense	\$ 3,050,000
Revenue Budget:	
Use of Bond Proceeds	\$ 3,050,000

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

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

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

_____ Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on February 11, 2022

[(Full name(s) of owner(s)):
Jang Won Centreville INC.

Trading as:
Jang Won Restaurant
13814 Braddock Rd Ste A&B
Centreville, Fairfax County, VA 20121-2455

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

CHANHEE CHOI, PRESIDENT

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

3009156 (02-04-22, 02-11-22)

[(Full name(s) of owner(s)):
3936 Lee Highway LLC

Trading as:
Drapers
3936 Lee Highway
Fairfax, Fairfax County, VA 22030-2417

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On and Off Premises / Mixed Beverage Restaurant (101-150 seats) license to sell or manufacture alcoholic beverages.

Christina Hirachian, Authorized Person

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.

3009181 (02-04-22, 02-11-22)