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Changes made to Fairfax area Meals on Wheels delivery during pandemic

Volunteer opportunities still available aside from delivery

By Laura Scudder FAIRFAX COUNTY TIMES

The Fairfax Area Meals on Wheels program currently delivers meals once a week. However, according to former volunteer Dave Roycraft, it has not always been this way.

According to Department of Family Services Director of Communications Amy Carlini, Meals on Wheels “currently serves more than 500 people per week.” She also noted that, “During the height of the pandemic, demand surged to more than 670 people per week.”

Carlini said that the program currently serves:

Fairfax area residents age 60 and



over and adults with disabilities who cannot shop for or prepare their own meals or have no one available to

prepare meals.

Services are targeted to persons 60 years of age and older and

adults with disabilities with greatest economic and social need and older adults at risk for institutional placement.

Services available to residents of Fairfax County, City of Fairfax and City of Falls Church.

Roycraft said that he, along with about 480 volunteers, used to deliver meals to elderly people in Fairfax County about three times a week. When the pandemic struck, this changed — a change Roycraft thought necessary for the time.

But then, even as pandemic restrictions eased up, the county decided not to return to a volunteer-based delivery system.

“Meals on Wheels moved to a weekly, vendor delivery model

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Faith Alliance for Climate Solutions holds forum on climate crisis



By Michael Marrow • FAIRFAX COUNTY TIMES

Following the wrap of the COP26 summit in Glasgow, where world leaders convened to discuss systemic reforms to combat climate change, a grassroots summit took place virtually here in Fairfax to address local solutions to the climate crisis.

Hosted by the non-partisan Faith Alliance for Climate Solutions (FACS), the Sixth Annual Climate Crisis Forum occurred on the evening of November 17. The event focused on the impact of climate change on youth and future generations, where panelists, including elected officials, discussed the urgency of aggressively reducing carbon and other greenhouse gas emissions.

The earth’s temperature is projected to reach or exceed 1.5°C of warming in the next two decades, according to a new report by the Intergovernmental Panel on Climate Change. The report states that unless large-scale reductions in greenhouse gases are rapidly implemented, the earth is on track to warm greater than 2°C, an ecological disaster that will raise sea levels, ruin crops, and regularly unleash devastating weather.

The earth is already witnessing some of these effects: the hottest year on record was 2020, according to NASA estimates, edging out 2016 as the previous record. In the United States, 2020 also set a record for the

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POSITIVE Vibes By Laura Scudder • FAIRFAX COUNTY TIMES

FCPS math teacher motivates students following pandemic

Thomas A. Edison High School teacher brings reward-for-effort system to the classroom

As she saw children struggling to pay attention and stay on track in class due to the hardships of the pandemic, Fairfax County Public Schools Math Teacher Kelly Cornell created new systems to help students in the classroom.

Cornell is a teacher at Thomas A. Edison High School in Alexandria, and when she noticed that students’ grades were declining, she decided to think of innovative ways to keep them organized and working.

As the pandemic has taken a toll on mental health across the U.S., Cornell noted that she saw a higher level of anxiety in many of her students. To combat this, she created a desk-light system for when students have questions, which “helps ease social anxiety of being thrust back into a room full of peers after two years of online learning.”

“Basically, I’ve attached little red LED lights to each

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PEOPLE & PLACES



COURTESY PHOTO
James C. McKeever, Jr.

FSO mourns the loss of board chairman

The Fairfax Symphony Orchestra (FSO) mourns the loss of its Chairman **James C. McKeever, Jr.**, who passed away October 30, at the age of 75.

“We are deeply saddened by the loss of our dear friend,” said Jonathan Kerr, executive director of the Fairfax Symphony Orchestra. “We are forever grateful for Jim’s leadership and support. His unwavering commitment and dedication to excellence in the arts and music education helped us expand our programs to better serve our community. His love of the FSO was resounding, and his legacy lives on through the music and service of the Fairfax Symphony Orchestra to our region.”

McKeever was president and CEO of McKeever Services Corporation (MSC), a construction consulting firm he founded in 1974. A U.S. Army veteran, McKeever’s firm played a major role in Northern Virginia’s explosive growth over the last four decades.

He also dedicated his life to the arts, believing the arts are vital for a balanced society. He served as a Virginia State Commissioner for the Arts and chairman of ArtsFairfax. He was elected chairman of the FSO Board in 2016. Vice Chairman, Jose Figueroa of Priority One Services will assume the leadership of the organization as chairman.

“The Fairfax Symphony family lost a great leader with the passing of Jim McKeever,” said Figueroa. “He will be greatly missed. Jim’s legacy however will be with us forever and within that legacy is a clear roadmap for the Symphony to follow. We will continue to strive for excellence, creativity, and energy in our future performances. Jim set a high bar for the Board of Directors, and it will be our goal to meet those standards that he strove for all the time. Jim left us the tools with which to continue our mission to support this great orchestra. I invite everyone to help celebrate Jim McKeever’s life.”

Under McKeever’s leadership as chairman, the FSO has strengthened its commitment to artistic excellence, emerging artists, music education, diversity, and financial accountability. Select achievements included: the expansion of the FSO Link Up education program to serve more than 10,000 students in Title 1 elementary schools across our region by going virtual in 2020; the 2017 commission and premiere of a new work titled, Resolutions by Virginia composer Mark Camphouse in honor of Fairfax County’s 275th Anniversary and the orchestra’s 60 th ; the Fairfax County All-Stars

Young Artists’ mentorship program for high school musicians; the collaboration between the FSO and The Fairfax Ballet on their annual performance of The Nutcracker; and the launch of the FSO’s Diversity Fellowship Program supporting university-level student musicians currently under-represented in orchestras today.

“Jim was an inspired leader,” said Christopher Zimmerman, FSO music director and conductor. “He was always clear and consistent in his philosophy of, and belief in, what the orchestra should aspire to, and what it can and should do for its audiences and

the community at large. He was a uniquely generous man and an unfailing gentleman.”



COURTESY PHOTO
Dan Merenick and Katherine Caffrey accepted the award.

Reston Association receives Recreation Award

The Resort and Commercial Recreation Association presented Reston Association with its Excellence in Programming Award last week.

The award was accepted by Dan Merenick and Katherine Caffrey of RA for the Parks & Recreation Department’s “Camps in a Box” program.

During the COVID-19 pandemic, RA sent camp boxes to Reston families. Each box contained nature activities, arts & crafts, science experiments and other fun things for children to do from the safety of their homes.

The award recognizes innovative programs that “contributed to the betterment of the community,” according to the RCRA.



COURTESY PHOTO
Anita Shrestha

McLean Rotary’s First Dignity of Work Award

Under the leadership of President John McEvilly, the Rotary Club of McLean has initiated a new program: The “Dignity of Work” Award.

“This award is designed to recognize and promote the great people working in the McLean community,” said former McLean Rotary President Lynn Heinrichs, who chairs the initiative. Club members nominate and then vote for anyone working in McLean who has impressed them with excellent customer service, courtesy, friendliness, dependability, and integrity.

The first recipients of the “Dignity of Work” Award are **Anita Shrestha**, an employee of Embassy Auto Wash in McLean, and **Milka Taherian**, an employee of the Chesterbrook Safeway in McLean. As a guest at the Club’s luncheon meeting November 9, Taherian was presented with a plaque for “Stellar Performance,” given with appreciation by the Rotary Club of McLean. Shrestha was unable to attend the meeting to receive her award.

McLean Rotary’s “Dignity of Work” Award will be granted quarterly during each Rotary year. McEvilly explained that through this program “the Club hopes to recognize individuals who help enhance McLean’s economic vitality and community spirit through their exemplary vocational efforts, good service, and admirable work ethic.”

New carrier offers ultra-low cost service out of Dulles

Just in time for the holiday season, Las Vegas-based ultra-low-cost carrier Allegiant Air made a splash Friday as

the vacation-focused airline launched year-round non-stop service from Washington Dulles International Airport (IAD) to Jacksonville International Airport (JAX), the first of two Florida destinations the carrier plans to begin serving from Dulles International this fall. Next month, Allegiant will round out its 2021 Dulles debut by launching nonstop service to Sarasota Bradenton International Airport (SRQ), located along the Sunshine State’s Gulf Coast, just before Christmas. Both routes will be served with Airbus A320-family aircraft.

“With the holidays just around the corner, I can’t think of a better time to welcome Allegiant Air to the Dulles International Airport family, as they kick off their new non-stop service to Jacksonville with convenient and affordable options for vacation-minded customers,” said Carl Schultz, acting vice president of airline business development for the Metropolitan Washington Airports Authority.

With its entrance into the Washington, D.C., market, Allegiant Air will soon serve as the sole ultra-low-cost carrier option from Dulles International Airport, offering a comprehensive travel experience including nonstop flights to world-class destinations. Flights from Dulles International to Jacksonville will operate on Mondays and Fridays, while service to Sarasota, which begins December 18, will operate on Thursdays and Sundays.

To book tickets and vacation packages with Allegiant today, visit www.allegiant.com.



COURTESY PHOTO



COURTESY PHOTO



COURTESY PHOTO

Global Seva Fund Inc. hosts annual Diwali Gala

Global Seva Fund Inc. hosted its annual Diwali Gala and Award Banquet at the Hyatt Regency Dulles in Herndon November 20. The cultural program entailed many beautiful and exceptional performances by a series of talented individuals. **Shailaja Chari**, owner of Euphony Music School, her daughter, **Ananya Chilakamarri**, and four-year old **Ishani Witek** all brought their melodious voices to the stage and sang to their hearts’ content. GSF Youth Coordinator/Volunteer **Sheetal Manavi Kumar** concluded the cultural program with a dance performance to “Pallo Latke.”

This Diwali event culminated with an award ceremony to honor three individuals who have made distinguished contributions toward the aspirations of Global Seva Fund Inc. **Nilimia Mehra**, executive producer and President of GTV Network/Fox Five Plus, and **Harsh Sethi**, a prominent businessman and president of the American Hindu Coalition, were both awarded with the GSF Philanthropy

Award. **Alok Srivastava**, technocrat and director of the Virginia Interfaith Center for Public Policy was awarded with the GSF Community Service Award.

Former school board members honored with facilities renaming

The contributions of two former Fairfax County School Board members were recognized at the School Board meeting November 11 when two school facilities were renamed in their honor.

The theater dressing rooms at McLean High School were renamed after **Janie Strauss**, a school board member for the Dranesville District from 1993 to 2019, an avid former educator, and director of the nationally acclaimed Critics Awards Program for High School Theater, known as the Cappies. Her three children graduated from McLean where they were active in the arts and athletics. The McLean High School theater dressing rooms will be known as the “Janie Strauss Dressing Rooms.”

“Janie Strauss has made education her life’s work, as a teacher, through two decades of volunteer service, and as the longest serving woman on the FCPS School Board,” said Tamara Derenak Kaufax, school board member for the Lee District. “She is a model of stability and patience, is respectful and inclusive, energetic and strong, and a trusted counselor and friend.”

Strauss served as the president of the Fairfax County Council of Parent-Teacher Associations and chair of its education and budget committees. She also served on many key education and youth-related committees, including the Fairfax County Public Schools Career and Technical Preparation Task Force, the Division Planning Committee, the Citizens Bond Committee, and the Fairfax Framework for Student Success.

“It has been my honor to serve the children and families of Fairfax County, and to have had the opportunity to be a proud member of the School Board,” said Strauss.

Ilryong Moon, an At-Large School Board member from 1995 to 2019, was honored with a resolution dedicating the main gym at Thomas Jefferson High School for Science and Technology (TJHSST) in his name. The gym will now be known as “Ilryong Moon Gymnasium.”

Moon’s two sons attended TJHSST. He was appointed an at-large member of the School Board in 1995 and in November of that year became the first Asian-American to be elected to a public office in Virginia.

“I truly appreciated that my time serving with Mr. Moon, after eight years of service together, he became such a wise counsel for me,” said Meghan McLaughlin, school board representative for the Braddock District. “One of the things that was so characteristic of Mr. Moon is, not only that he was known for his professionalism, but was the way he treated everyone with respect and dignity. One of the things he tried to teach me over and over again, was to show your praise in public and share your constructive feedback in private,” added McLaughlin.

Moon served as chairman of the School Board in 2006, 2012, and 2013, and three terms as vice chairman in 2005, 2011, and 2018. He led the push by the school board to require full-time certified athletic trainers at each high school, and also volunteered his time for the TJHSST athletic department, handling concessions, working the ticket booth, and serving as an announcer.

“Sports is a universal language. Sports can help our students and members of the community overcome whatever disability they may have. Sports can bring mankind together,” said Moon.



COURTESY PHOTO

A group of volunteers spruced up the cemetery November 13.

Volunteers clean up historic Jermantown Cemetery

A group of volunteers banded together November 13 to complete an astonishingly laborious and thorough cleaning of Jermantown Cemetery.

They sanded and painted fence railings and cleared out a mountain of plant debris and trash and piled it up for a Fairfax County crew to haul away. The pile of debris measured 25 feet long, 10 feet wide and 7 feet tall.

“The huge pile of brush was astonishing that everyone added to as high as our heads the length of a few cars,” said Ned Foster, a member of the Fairfax County Cemetery Preservation Committee. “Doesn’t the newly painted metal fence look great! We even found a new marker under the bushes after a descendant showed where it was,” said Will Rowe, an interfaith co-leader and Booz, Allen Hamilton employee. “Cleared out that foliage around it quickly!”

Despite the cold, much progress was made, including

finding more burial sites marked by small stones on the east side under the holly due to the knowledge of family members who help clear the area.

“On behalf of the Jermantown Cemetery Preservation Society, I want to thank you for the volunteer cleanup work you did at the Jermantown Cemetery,” said Linneal Naylor, vice president of the Jermantown Preservation Society. “Being a volunteer is a demanding task, so thank you for contributing so much of your time, energy, and efforts to it. You did an excellent job and you are so appreciated. Volunteering marks people with caring hearts. Thank you so much for giving yours.”

Special thanks to Jermantown Preservation Society and The Church of Jesus Christ of Latter-day Saints Young Men and Young Women youth group and supporting adults. We especially thank the volunteers who are descendants of many of the deceased in Jermantown. Thanks also to the Racial Reconciliation Group, the Fairfax County Cemetery Preservation Association, the stalwart survey/mapping volunteers from Booz Allen Hamilton, and so many family and friends. There were more than 40 people there on this one acre plot to clean and point out graves. Many graves are not marked anymore. This could not have been done without the support of the eight descendants that came to show us the way and teach us about their worthy ancestors.

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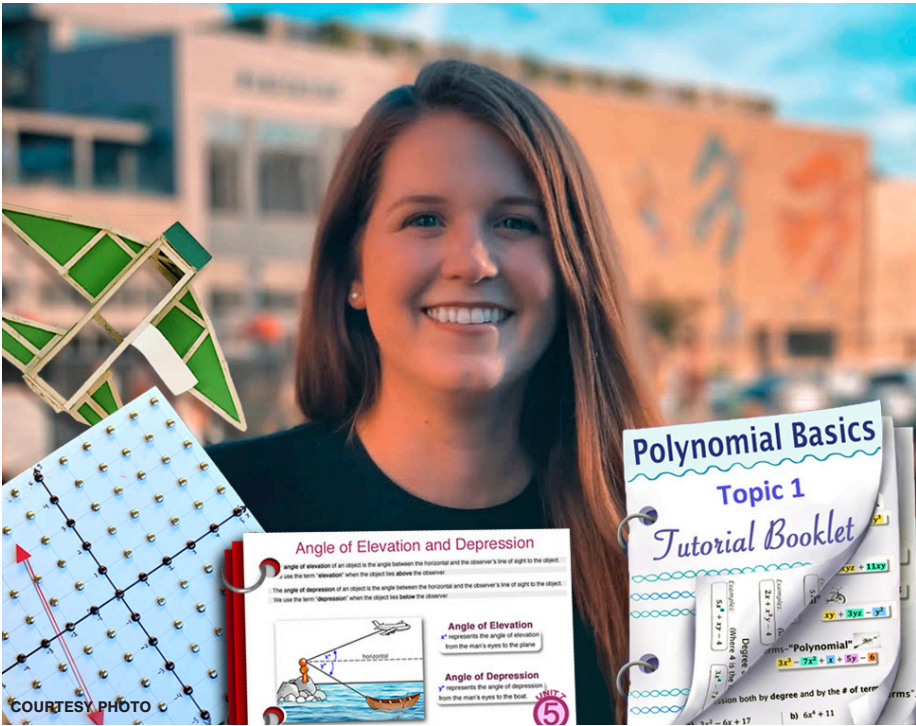
OBITUARIES

In loving memory
Adele Anderson

It is with great sorrow that we announce the death of our mother, Adele Anderson (May 3, 1938 - October 13, 2021), age 83. She was a native of Washington, DC, and passed away after a short illness at Roper-St Francis Hospital in Charleston, SC on Wednesday, October 13, 2021. Her two loving and devoted sons, Edward Price and Richard Price were at her bedside during her final days. She is also survived by her daughter-in-law, Richard’s wife, Dr. Camille Canares-Price. She was the daughter of the late David P. Anderson and the late Jane Walston Anderson of Springfield, VA. A graduate of the 1956 class of Annandale High School, she went on to nursing school and became a paralegal. She organized support groups and counseled many women who struggled with many issues including divorce, marital infidelity, single parenting, and equal pay for equal work. A compassionate listener, she volunteered at the Northern Virginia Hotline on weekends and overnight shifts to anyone in need. She had a lifelong love of dogs and horses, and lived for many years in her retirement on several farms in the Sperryville, VA area, before settling 15 years ago in the small town of Monck’s Corner, SC. She was married three times, each ending in divorce. She greatly admired the late Lowry Miller as a role model for equality, integrity and honor, a high school classmate and lawyer she worked for at the end of her career. She was predeceased by her companion the late Tucker Clark, also an avid horse and dog lover. Interment will be private on November 22, 2021 next to her parents at Fairfax Memorial park with only family present. A celebration of her life will be held on her birthday, May 3, 2022 at Fairfax Memorial Park with family and friends invited.

In loving memory
John Rutland

On Thursday, November 11, 2021 John Rutland, of Centerville, Virginia passed away peacefully at Annandale Healthcare Center where he received skilled nursing care, since August of 2020, for his exposure to Agent Orange during his war-time service in Vietnam. As a recipient of a purple heart and bronze star, John’s motivation to serve his country equally extended to his professional endeavors after the war. John believed in perseverance. John started as Grade 7 and retired as a Grade 13 from the federal government after 38 years at the Department of Justice in human resources management. He was a colorful storyteller that, (sometimes cheekily), described his civil responsibility to fairly qualify and clear countless DOJ officials and employees as, “I got to test everyone in the Department.” As a graduate of San Jose State University (in biology), John’s part-time interest included entomology. In his community, he is a well known as a realtor for Century 21, and later in life, Re/Max. Given his diverse business and community connections, he is best remembered by colleagues, friends, neighbors and family as a passionate “foodie.” John is survived by his newlywed wife, Carolyn Vence (Rutland) of Washington D.C., his two grandsons, Elijah Wilkerson (Rutland), of Baltimore, Maryland, and Jimmie Fennell (Rutland), of Springfield, Virginia. and his daughter, Kristin Rutland.



MATH TEACHER
CONTINUED FROM PAGE A1

desk that can be switched on when students have a question. It's a much more casual way for a student to let me know they're struggling, without drawing the attention of the entire class to them. It also helps with establishing organized procedures for students who are used to having less routine with distance learning," Cornell explained.

In addition to helping to ease anxiety through the LED light system, Cornell also created a prize-for-effort reward system to keep students motivated. While she is still working on it to ensure an objective and equitable implementation, it is something that has been motivating.

"Kids will earn a pretend currency for displays of effort/perseverance irrespective of grade performance. The currency can be exchanged for prizes/privileges. For example, a student can earn anything from snacks, to flexible retakes, a personal calculator, or even a note-taking tablet. It's been a community effort,

as neighbors have pitched in items towards this endeavor," she said.

Cornell also noted that she is planning on incorporating "real-world elements that mirror life outside of high school."

"Kids will be given the chance to vote on a tax rate, which will supply classroom bulk items (which will also be voted on) such as pencils/erasers. I also plan to allow kids to deposit their currency into a pretend interest-accruing bank account (aka a Google Doc), once they earn the minimum amount required to open one," she said as examples of these real-world elements.

Just like in the real world, Cornell has considered incorporating some sort of fine for disruptive or off-take behaviors.

"Students can incur debt, just like in the real world. Unpaid debt can increase through late fees. Once they hit a certain negative balance, they receive a phone-call home," Cornell said.

She also explained that high-performing students are able to earn currency through helping and tutoring others.

For specific mathematical concepts, Cornell

is bringing more hands-on activities to the classroom, including "using concepts learned in geometry to create architecture" and leading models in which students create their own 3D coordinate plan using foam and push pins.

"Kids are really struggling with organization this year. To combat this, I made a bunch of new visual tutorials for organized studying and note-taking," Cornell explained.

When not spending her time teaching and creating innovative new ways for her students to be engaged with the curriculum, Cornell can probably be found spending time with animals. Cornell has fostered 45 dogs within the past two years.

"Kelly Cornell is our resident foster dog mom. She's also an incredible artist and has offered — Kelly's done a lot of work as a volunteer, a lot. She is one of the most selfless people I've ever met, ever. She will offer her time so freely ... she's an incredible, incredible resource to the rescue," said Sarah Yuhas-Schiltz, who owns The Little Black Dog Rescue, where Cornell volunteers.

MEALS
CONTINUED FROM PAGE A1

to ensure consistency and safety during the pandemic. The decision to switch from a volunteer to vendor delivery model for Meals on Wheels was made to ensure continuity of service should a crisis impact our community. The initial impacts of the COVID-19 pandemic revealed a threat to our ability to ensure meals are delivered consistently and in a manner that is safe to both our residents utilizing the service as well as our volunteers. The meal vendor, JDL Ventures, Inc., directly delivers meals to the participants' homes and checks in on each participant in the process. They provide feedback to the DFS case management team if they see anything for which a recipient may need assistance," Carlini said.

Now, Roycraft noted that the Meals on Wheels volunteers have been slated, saying that he's been asking to see the return of this form of delivery service since June.

When he's asked those in charge of this change in the volunteers of Meals on Wheels, he said he hasn't gotten what he feels are sufficient answers as to why the volunteers have been disbanded.

"This has been a very laborious process for me, the county gave lots of reasons why they had to do this," Roycraft said.

What upsets Roycraft the most is that the impersonal touch he believes the new delivery service to have.

For him, fostering connections with those who received Meals on Wheels services was the most important part of the program. It is something that he said

his mom, who is the reason Roycraft became involved in Meals on Wheels, benefited from.

"The core mission of Meals on Wheels is far more than simply being an impersonal once a week, food delivery service. It's the personal interactions between us volunteers and the clients and I can tell you story after story after story after story of the people that ... I've touched and have touched me, and that's the whole purpose of Meals on Wheels. The food is the essential catalyst that gets our foot in the door to talk to these wonderful people. And that's what they're they're totally ignoring. They've blown that away completely. That's gone," he said.

Carlini noted that there are still opportunities for people to volunteer with Meals on Wheels.

"Our MOW volunteers were offered several other opportunities to connect with older adults and adults with disabilities for meaningful social connection in a variety of ways. For example, we've created a new mealtime visitor program. Our valuable volunteers can provide support in one-on-one or group settings," she said. Those interested in volunteering can connect with a volunteer coordinator by calling 703-324-5406, TTY 711.

A 2015 study by Brown University showed that Meals on Wheels helps those who receive services are "significantly more vulnerable than the average American senior."

The study also showed that a senior who receives daily services is more likely to attribute the meals to making them feel safer, report that the meals allowed them to eat healthier, and note that the meals resulted

in less loneliness.

Carlini also noted the importance of the program for seniors.

"Meals on Wheels is an essential component of providing food security to homebound older adults and adults with disabilities in our community. Knowing the older adult population is the fastest-growing population in our area, it is critical that we build effective, efficient, and equitable systems to continue to provide meals to those who need them in our largest local jurisdiction Meals on Wheels program," she explained.

According to the Older Americans Act of 1965, home-delivered nutrition services should provide "on five or more days a week (except in a rural area where such frequency is not feasible (as defined by the Assistant Secretary by rule) and a lesser frequency is approved by the State agency) at least one home-delivered meal per day, which may consist of hot, cold, frozen, dried, canned, or fresh foods and, as appropriate, supplemental foods, and any additional meals that the recipient of a grant or contract under this subpart elects to provide."

The shift to a vendor delivered meal model was and will continue to be supported through the Older American's Act funding and no additional local tax dollars were required or requested to support the transition, according to Carlini.

This information is also listed in the Virginia Department for Aging and Rehabilitative Services under their home-delivered nutrition section.

Those who are requesting or referring Meals on Wheels services, can call 703-324-5409, TTY 711.

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FORUM
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largest number of wildfires. This past year additionally included historic rainfalls across the country and in parts of northern Virginia, causing widespread flooding and several fatalities as well as billions of dollars in damages.

It is necessary to make many changes at the national level, but localities "are profoundly important in the transformation we need to make," said Andrea McGimsey, executive director of FACS. Since the largest source of carbon emissions is transportation, localities can exercise their "core responsibility" of "where and how we build our communities" by designing housing, infrastructure, and other policies to minimize emissions.

McGimsey also said that faith-based organizations can play a special role in working toward solutions for the climate crisis. "The faith community has a voice that crosses partisan lines," she observed.

A former member of the Loudoun County Board of Supervisors, she noted that it was not always easy to be an advocate for climate solutions in the decades that she has been doing the work. "I was very lonely," McGimsey said. Now, she stated, "I'm starting to see changes." A leading example is the recent passage of the Virginia Clean Economy Act, which mandates that utilities be carbon-free by 2050, among other measures.

"In Virginia, we're seeing the impacts," she said. "Virginians get it and they want action."

Much of that action can be advanced independently by local governments, which was noted by

forum panelists and county board chairs Jeff McKay, Ann Wheeler, and Matt de Ferranti of Fairfax, Prince William, and Arlington, respectively.

"If you compare our environmental strategies in Fairfax County from just two years ago to where we are today, it literally is the difference between night and day," McKay said at the forum. He referenced measures like the county's Community-wide Energy and Climate Action Plan, or CECAP, which was approved by the Board of Supervisors this year to put the county on a path to carbon neutrality by 2050.

The initiatives were welcomed by other attendees, who emphasized that bold action is essential. "Climate change is the overarching issue that affects everything," said Nate Bellinger, a speaker at the climate forum and a senior staff attorney with Our Children's Trust, a nonprofit legal group that litigates on behalf of youth to secure a better climate. "We don't have time for incrementalist measures anymore."

In *Juliana v. United States*, Our Children's Trust filed a lawsuit on behalf of several youth plaintiffs in 2015, arguing that current levels of carbon emissions violate the constitutional rights of young people to live on a stable planet. The case suffered a setback after a federal appellate court ruled that remedies the plaintiffs were seeking would be more appropriately addressed by the legislative and executive branches, prompting lawyers to amend their legal complaint.

"We are hopeful that as our amended complaint moves forward, we will be able to get at least declaratory relief," Bellinger said,

where a court would formally recognize that present rates of carbon emissions are unconstitutional. "We are going to fight every step of the way to hold our government accountable and require them to protect the future of today's youth."

Layla Hasanazadah, a student at James Madison High School and a panelist at the forum, noted that "youth are going to be severely impacted" by climate change and will have to "clean up any messes that are made." She underscored that the cost of refusing to draw down carbon emissions far outweighs the price tag for green investments. "If you're complaining about taxpayer dollars now, just wait for the amount of money we'll have to spend in a few years," she said.

"We're not really part of the equation," Hasanazadah added, referring to how young people are often excluded from conversations on climate policies. "We can say things, but not much comes of it. Kids like me are very serious about it. We do know the facts, we are concerned, justifiably."

The two said that taking on the climate crisis that is already well underway is daunting, but there is no other choice but to fight for a better future. "I'm terrified. But I do have hope," Hasanazadah said. "The education is there, people are slowly coming around to the fact that this is an imminent thing."

"There are solutions out there. I refuse to give in to pessimism and feelings of fatalism because that wouldn't be productive for me or the youth I work with," Bellinger said. "I'm scared and I'm worried, but I see a lot of optimism and reasons to be hopeful as well."

Centreville sisters spearhead volunteer glass recycling network

By Michael Marrow
FAIRFAX COUNTY TIMES

It was the height of Covid restrictions, and sisters Caroline and Corinne Sieber were stuck inside. The Siebers, who attend Centreville High School, needed a creative way to spend their abundant free time. The pandemic precluded most opportunities, so they came up with a socially-distanced idea: recycling their neighbors’ glass, much of which was being thrown away.

When recycled in curbside containers with other waste, glass frequently breaks, contaminating other products and posing a hazard to recycling machinery. Citing this and other logistical challenges, Fairfax County discontinued single-stream glass recycling in 2019. In lieu of curbside pickup, purple bins were rolled out in several locations across the county for glass collection, requiring households to travel to recycle their glass.

Many choose to throw it in the trash instead.

“We found it surprising they don’t pick up glass anymore,” Caroline said. The two grew up in Germany, where recycling is much more comprehensive, and were upset that so much glass was going to waste. Assisted by their mother, Barbara, the sisters offered to pick up glass from households in their neighborhood and recycle it for them starting in March of last year. “We needed service hours anyways, so we were looking for opportunities to do that,” Corinne said.

What started as a neighborhood volunteer opportunity – picking up glass from just a few houses – has now blossomed into a full-scale operation. More than a year later, the NOVA Glass Recycling Network has expanded into six neighborhoods, as well as two high schools, Centreville and Fairfax. With the help of new volunteers, the network has made an impressive haul: more than 25,000 glass bottles have been recycled.

“I never expected it to go outside of our neighborhood,” Caroline remarked. “The fact that it has spread to so many neighborhoods and we have so many volunteers, even at different schools, is crazy to me.”

Starting out, the sisters had to contend with smaller difficulties. People would neglect to fully empty their glass, leading the sisters to sometimes spill the contents on themselves. Transporting that much waste was also less than pleasant. “The smell is

horrible,” Corinne said. The early days of the recycling network also had their share of funny moments. “When we first started, a lot of the glass would be placed in black trash bags. So, a couple of my classmates saw me picking up random people’s trash. I got made fun of the next day at school,” Corinne laughed. The tables have turned since. “But then I explained it to them, and now they’re actually working for us.”

Today, the challenges are much larger.

“In the beginning, our main obstacle was getting the word out about our program and what we do,” Caroline said. “The main obstacle now is it takes so long to do it. We have so many houses to go to, we have to schedule volunteers and sometimes take multiple cars and drive several times back and forth.” Regardless, the sisters are excited about the impact they are making. “Either way, it’s worth it. We’re happy we’re doing it,” Caroline added.

“It’s important we recycle as much as possible. There are so many benefits from glass recycling,” Corinne said. The recycling network’s website notes that glass takes approximately 1,000,000 years to decompose, about five times as long since modern humans first walked the earth. It’s part of the reason why the two are dedicated to making the world a “cleaner and greener place,” Caroline said, especially since “recycling is not that common,” particularly in the United States.

Even ostensibly reusable materials can be deceptive. An NPR and PBS Frontline investigation last year found that plastic materials marketed as recyclable overwhelmingly end up in landfills. According to Environmental Protection Agency estimates, less than 10 percent of all plastic produced has been recycled. Glass, however, is often more readily recyclable so long as it is properly sorted from other waste.

The sisters now juggle their other responsibilities alongside the recycling network; among them, sports, extracurriculars and college applications (Corinne is a senior and Caroline is a junior). Even with mounting obligations, the sisters are staying committed to their recycling role, an experience their mother, Barbara, said has “distinguished their passions.”

The two have met with FCPS Superintendent Scott Braband to expand the

recycling network. They are also brainstorming ways to encourage more schools to recycle, like setting up a county-wide glass recycling competition.

The Siebers have even discussed legislative changes with Delegate Dan Helmer. “They set a great example that when you put your mind to making change, organizing people and doing the hard work, you can have an impact on our community,” Helmer said. “I encourage every young person who sees problems to not be frustrated and do exactly as these amazing young women have done.”

The growth of the network certainly exceeded their original expectations. “Everything is pretty overwhelming,” Corinne said. Their success also underscores the difference a few individuals can make.

“I’m really proud of ourselves,” Caroline said. “As a regular person in the United States, I never realized just doing one thing can have so many advantages. Recycling one bottle at a time can make a really big impact.”



Fairfax Water

NOTICE OF WATER RATE AND BUDGET PUBLIC HEARING

December 16, 2021 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 16, 2021, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water’s offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2022, include the following:

- An increase in the Availability Charge from \$4,400 to \$4,510†.
- A decrease in the Local Facilities Charge from \$19,610 to \$19,400.
- An increase in the Service Connection Charge from \$1,430 to \$1,480†.
- An increase in the Account Charge from \$40 to \$41.
- An increase in the Quarterly Billing Service Charge from \$14.85 to \$14.95†.
- An increase in the base Commodity Charge from \$3.33 to \$3.46 per 1,000 gallons of water.
- A decrease in the Peak Use Charge from \$3.90 to \$3.85.
- An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the changes in the Commodity Charge and Peak Use Charge.
- An increase in the Overhead Charges for (Labor) from 102% to 103% and a decrease for (Materials) from 13% to 12%.

†Charges reflect fees associated with a standard 5/8” residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$208 million budget for calendar year 2022*. Water sales are expected to provide \$180.1 million and the remaining \$27.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

	-- \$1,000s --	
Category	2021	2022
Personal Services & Employee Benefits	\$58,379	\$63,585
Power and Utilities	10,597	10,795
Chemicals	7,637	8,688
Purchased Water	6,863	8,013
Supplies and Materials	4,984	5,272
Insurance	1,157	1,214
Fuel	680	753
Postage	585	618
Contractual Services	11,737	12,526
Professional Services	1,254	1,249
Other	2,243	2,740
Sub-Total	106,116	115,453
Transfer to Improvement Fund	(10,763)	(10,949)
Total	\$95,353	\$104,504

* Fairfax Water’s Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes can be viewed on our website at fairfaxwater.org/rates

Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Karen Barnette at 703-289-6029.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:
Fairfax Water • Public Hearing Comments • 8570 Executive Park Avenue • Fairfax, VA 22031

All written comments must be received by close of business on **Wednesday, December 15, 2021** to be included in the record of the public hearing.

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,484,307
Improvement Fund	\$11,000,000
General Fund	\$47,922,000

South County triumphs over Robinson; football semifinals roundup

By Michael Marrow
FAIRFAX COUNTY TIMES

After a quarter of play, and a 14-0 lead, the No. 1 seed Robinson Rams looked poised to knock the No. 3 seed South County Stallions out of contention for the state championship for high school football, a title the Stallions first won in 2019 to emerge as a powerhouse program in northern Virginia.

But the Stallions (10-2) regained their balance, fighting through a punishing back-and-forth game with the Rams (10-2) to pull off a narrow 34-28 victory late in the fourth quarter.

Robinson's historically strong run game was evident early in the match. Senior running back Will Cohen followed blocks expertly set by his offensive line to find an open field, reaching the end zone after two minutes had elapsed.

Well-positioned after blocking a Stallions punt, the Rams did it again. Junior running back Declan Smith ran the ball short of the endzone, punching it in on the next play.

Shaken by their opponents' explosive opening, the Stallions looked ready to fall apart, going three and out yet again. Robinson regained the ball, picked up yards and patiently approached the endzone.

Then, the tempo abruptly shifted in South County's favor. In striking distance, the ball slipped out of Cohen's hands and was recovered by



Colin K

junior defensive back Miles Greer, rejuvenating the beleaguered Stallions. South County was held to a punt, but this time, they subsequently forced Robinson to do the same.

At the opening of the second quarter, South County showed they had formidable tricks up their sleeve. The Stallions ran a triple pass to senior running back Trenton Johnson, who shot all the way up the left side for an 86-yard touchdown and a score of 14-7.

And just like that, South County was back in the game.

For Robinson head coach Scott Vossler, it marked the turning of the tide.

"Once we turned the ball over, the momentum completely changed," Vossler said when asked what went wrong. "We let them back in it."

The Rams quickly started to lose control. A field goal was no

good, giving South County the ball. Aided by a big completion from Stallions senior wide receiver Brock Spalding, Johnson ran the ball in the endzone once again to tie the game up before the end of the second quarter.

Temperatures were falling to near freezing around half-time, though it hardly seemed to deter the fans who showed up. For South County seniors Penelope Organek, Gavin Patterson and Danielle Falcon, the game was a fitting continuation of the Stallions' recent dominant streak they've bore witness to.

"That energy has really carried through our four years," Patterson said. "And it's going to be passed on to the classes that come after us."

Falcon concurred, saying that, "It's something everybody looks forward to."

With the season's

conclusion imminently approaching, Organek noted how "surreal," the end seemed. "It will be very different going to school without football every week," she added.

"Those seniors were really sad that it was their last football game, even though it was a heck of a way to go out," Patterson said of South County's state championship title. "That felt like yesterday for us, and now this is our final run. Four years goes by really fast."

South County's decision to defer to Robinson after winning the pregame coin toss seemed to pay dividends in the third quarter. Three minutes in, Johnson carried the ball for a touchdown once again, overtaking Robinson for a 21-14 lead.

After Robinson senior running back Samuel Gerard capped off carries by Cohen for a touchdown and a score of

21-21, South County returned the favor. Spalding caught a pass and threw off a series of tackles, stunning the Rams and trudging toward the endzone for a score of 28-21.

Just before the end of the third, Robinson matched it with a keeper by quarterback Lucas LoPresti for a score of 28-28.

It all came down to the fourth quarter, where South County soared into the lead with just under three minutes remaining. Arms outstretched, Johnson pulled in a pass from quarterback Jordan Dennis for a 60-yard touchdown. After a risky throw was picked off by Stallions senior defensive back Cy Gay, there was too little time for the Rams to recover, and South County erupted in celebration.

It was a hard-fought win with high stakes, and tempers were flaring: as the teams lined up to shake hands, a scuffle briefly broke out, prompting coaches and police to rush in and restore order.

Once the commotion settled, South County Head Coach Tynan Rolander was still processing the night's events. "That was a hell of a game," he remarked.

"Every time we play Robinson, they always have a wrinkle they haven't shown, that they hold onto for us. Once we made that adjustment going into the second quarter, I think the nerves of the kids settled down and we got into our groove," Rolander reasoned.

"And from there it was a back-and-forth game."

He was quick to credit his players. "I don't think I have a whole lot to do with it. I think it's these kids who are playing very hard for each other," he said.

It was a sentiment Johnson echoed. "It feels great knowing that I could do what I had to for my team. They came out here and they supported me. We all support each other, we all play for each other," Johnson said. "And that's what happens."

Here's a recap of the other semifinal playoff games.

West Potomac at Lake Braddock

In an upset, the No. 6 seed West Potomac Warriors defeated the No. 2 seed Lake Braddock Bruins (9-3). The final score was 31-24. The Warriors (8-4) will face the Stallions in the next round November 27 at South County High School.

South Lakes at Madison

The No. 1 seed Madison Warhawks (11-1) drubbed the No. 5 seed South Lakes Seahawks (6-7) in a shutout 48-0 victory.

Westfield at Centreville

In a rematch for the two rival teams, the No. 2 seed Centreville Wildcats (10-2) came out on top over the No. 3 seed Westfield Bulldogs (6-6). The final score was 28-14. The Wildcats will battle the Warhawks November 27 in the next round at Madison High School.

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All our team members are following COVID-19 infection control protocols, including wearing a mask. Only a limited number of visitors are allowed inside to maintain appropriate social distancing.

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“Dr. Jill Biden” hands out “superstar” stickers for vaccines at a FCPS school

Dear Editor,

On November 8, First Lady Jill Biden attended a vaccination clinic at Franklin Sherman Elementary School, where she handed out “Superstar” stickers to newly vaccinated 5-11 year-olds as part of Fairfax County Public School’s (FCPS) “National 5-11 Vaccination Rollout.” Parents were informed of the event via an electronic newsletter – one of several communications we’ve received informing us about FCPS’s intended insertion as a public health entity with both authority and expertise to administer health care to our children.

Are children who do not receive an “Emergency Use Authorization” (EUA)[1] vaccine not a “Superstar?” Is FCPS seeking to guilt compulsive vaccination by shaming and manipulating 5-year-olds in front of their peers? Isn’t this exactly what we try to teach our children NOT to do?

Why would a body charged with educating our children – ironically, a body that has simultaneously anointed itself an expert on “social and emotional learning” – stoop to a level of leveraging a nationally recognized figure to inappropriately influence their young minds on a topic best directed by their parents and pediatricians? What’s more, the communication sent refers to the First Lady as “Dr. Jill Biden.” While I respect the educational distinction and honor of Dr. Biden, we all know that elementary aged children do not have an appreciation for the difference between a medical doctor and an individual who has received a Doctor of Education (Ed.D.) in educational

leadership. Thus, leveraging “Dr. Biden” as the face of this roll-out feels intentionally deceptive, at best.

It cannot be ignored that at the time of the First Lady’s visit, President Biden’s approval rating had cratered among large segments of voters, residents of Virginia had days before elected Glenn Youngkin to serve as its next Governor – a move largely viewed as a parental protest of objectionable policies implemented in public schools, including policies related to COVID-19. And, the President’s attempt to mandate vaccination is currently ensnared in legal red-tape, likely to be deemed unconstitutional. So, I have to wonder whether FCPS is using our 5-11 year olds as political pawns?

Regardless, it’s important to acknowledge both the risks of COVID-19 to this age group, as well as the risks of vaccination. At the outset, of course, the risks of the virus present only if it is contracted. By contrast, exposure to risks associated with the vaccine are immediate upon injection. FCPS does not provide either of these acknowledgements in any of its communications. Instead, FCPS is providing a one-way narrative of gleeful support for mass inoculation with an understudied drug therapy not fully approved by the Food and Drug Administration (FDA), for a population with extremely minimal risk associated with the virus its intended to prevent.

According to the Centers for Disease Control (CDC):

- Since January of 2020, there have been 700 deaths

associated with COVID-19 for the age group of 0-18. [2]

- That represents less than 1% of all COVID-related deaths within the same time period.

- That said, more than 4 million children have tested positive[3] for the virus since the beginning of the pandemic, which means that the recovery rate for this age group is 99.9825%. [4]

- Moreover, with 74.1 million under the age of 18 in the United States,[5] this means that since the onset of the pandemic, the death rate for this population is 0.00094467%.

- Put another way, those under the age of 18 have experienced a 99.999055% chance of avoiding death from COVID-19 since January of 2020.

- For those with a COVID-19 associated hospitalization, the average length of stay has been 2-3 days and CDC’s own findings admit they “might have been hospitalized primarily for reasons other than COVID-19, resulting in potential overestimations of hospitalization rates.”[6]

Meanwhile, CDC’s own statistical modeling suggests there were approximately 434 child deaths attributable to the flu during the 2020 flu season.[7] Simple math of doubling that number to adapt to the duration of the current pandemic indicates the flu is more deadly for children than COVID-19. Yet, FCPS has never onboarded a “VaxUP” vendor to administer the flu vaccine to children – why not?

Again, these are simple facts. This is not spin. This is data shared directly by the CDC.

According to Pfizer:

- The full prescribing information for the 5-11 population is not available on Pfizer’s website.[8]

- However, according to the fact sheet provided, “the vaccine that is authorized for use in children 5 through 11 years of age includes the same mRNA and lipids but different inactive ingredients compared to the vaccine that has been used under EUA in individuals 12 years of age and older and that has been studied in clinical trials.”[9]

- Postmarketing data demonstrate increased risks of myocarditis and pericarditis, particularly within 7 days following the second dose. The observed risk is higher among males under 40 years of age than among females and older males. The observed risk is highest in males 12 through 17 years of age. Although some cases required intensive care support, available data from short-term follow-up suggest that most individuals have had resolution of symptoms with conservative management. Information is not yet available about potential long-term sequelae. The CDC has published considerations related to myocarditis and pericarditis after vaccination, including for vaccination of individuals with a history of myocarditis or pericarditis.

In the November 8th email, Jill Biden is quoted as stating “this vaccine is the best way to protect your children against COVID-19. It’s been thoroughly reviewed and rigorously tested...” This is terribly misleading. The vaccine was studied in 2,268 children. From those children, Pfizer conducted statistical modeling to project the safety and

effectiveness of the vaccine in the broader population of children ages 5-11.

Even though the FDA’s advisory panel approved the vaccine, they did not do so enthusiastically.[10] During the panel meeting, it was specifically noted that the Pfizer trial was not large enough to detect severe adverse events. One member stated he would prefer it only be given to those most at risk. One member stated he was only voting yes so that “Black and brown” children could receive it. One member stated that although he’d received over 4,000 emails urging him to vote against the vaccine, he was voting yes to give a voice to parents “who are terrified of sending their children to school.” Another member, Dr. Eric Rubin of Harvard University said, “I do think it’s a relatively close call. It’s really going to be a question of what the prevailing conditions are but we’re never going to learn about how safe this vaccine is unless we start giving it.”

To be clear, I am thrilled at the advancement of innovation to fight this pandemic and, like most people, am very ready to embrace its end. However, pressuring parents through overt manipulation of their children to accept something that has not been robustly studied and deemed safe and effective by customary clinical trial standards is grossly irresponsible. The lack of a fair and balanced approach to information dissemination is misleading. From my perspective, the potential risks of COVID-19 do not outweigh the potential benefits of vaccination for my children,

all things considered, at this moment in time.

Bottomline: FCPS has no business jumping into the role of a public health expert or health care provider for my children. Parents have always handled medical care for their children, including vaccinations, with their selected pediatrician or other health care provider. In response to FCPS hosting school-based vaccination clinics:

1. I am requesting advanced notice of any onsite vaccination clinics that will be held at Rose Hill Elementary School, as I will keep them home from school on those days.

- I fundamentally disapprove of putting children in a position to watch their friends receive accolades for receiving a vaccine injection that does not have a fully evaluated safety profile, leverages ingredients that haven’t been studied in any of the previous trials, and doesn’t even have an available label for parents to read.

- Further, I am uncomfortable with the risk of inappropriate vaccination of my children – this has already taken place in other parts of the country.[11]

2. I do not consent for any of my children to be vaccinated by any employee or contractor of FCPS.

To close, I again implore this body to focus on the priority squarely in your charge: delivering a quality education to our children. Leave the rest to the people best positioned to make the decisions: PARENTS. Please, stop prioritizing activism over education.

Tiffany McCaslin

Equity also for high achievers

Dear Editor,

In the short story “Harrison Bergeron,” by Kurt Vonnegut Jr., society has reached a state of perfect “equity.” People with any above-average traits are assigned handicaps to normalize them. Strong people are loaded down with extra weight to negate that advantage. Beautiful people are fitted with ugly masks or prosthetic crooked teeth. Intelligent people wear headphones that produce jarring noises to disrupt their cognitive processes. The title character is so exceptional in so many ways that he bears extreme versions of all these burdens, and when he throws them off, he is

summarily executed.

Humans fortunately do not live in the Vonnegut world, but this nation is creeping closer to it rather than addressing the horrific challenges head-on. Increasing divisiveness in nearly every quarter is deeply disturbing and is ripping apart this nation’s delicate cohesiveness.

No one would dream of failing to nurture those who excel in athletics. Talented athletes often are identified as early as middle school, then tracked, coached, and time and money invested to assure they reach their potential. However, rather than educating children to their potential, an increasing number of school systems,

educators, and elected officials want to raise the academic floor but not the ceiling. Striving to lift low-performing students is both admirable and necessary but failing at the same time to raise high-performing students to higher standards is short-sighted and ultimately destructive. We know how to do both. And knowing absolutely that it’s possible, how can a society claim that it is not our responsibility to do so?

Under the aegis of “equity,” we see initiatives proposed, or even implemented, to make it difficult or impossible for truly exceptional children to advance academically beyond grade level. Gifted

programs, focused on identifying, encouraging, and advancing our best students, are sometimes accused of reflecting racism and white privilege.

Rather than lowering the bar and ignoring how important to this nation’s future our truly talented children will be, doesn’t it make more sense to invest in moving everyone up? Particularly important is early identification of the brightest, most talented children in underrepresented groups and developing programs that produce equity of results across all students, including the best and brightest. Everyone, including exceptional students, has the right to

measure themselves against what they can achieve. Frankly, if we can identify, track, and develop a potential NBA or NFL recruit while he or she is in elementary or middle school, why can’t we do the same for a potential Nobel Prize winner?

Some studies that show putting all ability levels together in classes leads, on average, to academic benefits. But closer analysis demonstrates that benefits accrue to everyone except the high achievers. This is a false choice. Ways must be established to meet the needs of all students.

Is it difficult to give students the education that serves to maximize their potential? Certainly—there

will always be challenges. But, given the future challenges the US and the world will face, today’s children are tomorrow’s problem solvers. The US cannot lead, indeed cannot compete, without developing our exceptional talent. We know from experience that educated high achievers have solved what are seemingly unsolvable problems. We need to carefully consider the potential impact of failing to develop a generation’s worth of talent, while other countries focus meticulously on leveraging theirs.

*Joann P. DiGennaro,
President
Center for Excellence in
Education*



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Feeling a bit sluggish after over-indulging over Thanksgiving? Consumer Reports states that the typical Thanksgiving meal is around 3,000 calories and 159 grams of fat! Don't worry if you ate more than you should and don't feel guilty about it either. I hope you enjoyed it! But, do take action today to control your blood sugar and prevent holiday weight gain.

Start your morning with this refreshing tonic:

Morning Cleansing Tonic

- 8 oz of filtered water (water can be room

temperature or hot)

- Juice of ½ lemon
- Slice of ginger root

Pour water over lemon juice and ginger root. Let steep for 2-3 minutes and enjoy.

Then, after your water, enjoy light exercise such as a walk outdoors, light weight-resistance exercises, Pilates, yoga or a swim if you have a gym with a pool. Light rebounding is also wonderful exercise. Twenty to 30 minutes of gentle exercise is perfect for moving the lymphatic system.

Your meals for the next few days should be light and cleansing. Some examples include a green smoothie with a sprig or two of cilantro, which is

very detoxifying. Enjoy green salads with lots of fibrous vegetables like purple cabbage, broccoli, kale and sugar snap peas. Use olive oil and apple cider vinegar or lemon juice as a simple dressing.

Go easy on the leftovers. If you cooked and your fridge is full of leftovers, consider having the neighbors over to help you finish up your stash. Instead of turkey sandwiches, consider eating it with a salad or topping a baked sweet potato with turkey and cooked greens.

Pecan and pumpkin pie are the biggest fat and calorie-offenders, so consider only making one or giving some to

neighbors. Cut yourself a tiny sliver and really savor and enjoy your slice. Skip the whipped cream, especially the ones in the plastic tub (containing more chemicals than food ingredients).

Make sure you increase your water intake which can flush the bowels, move out toxins and hydrate you if you over-indulged in alcohol or caffeine.

Keep moving throughout the day. A couple of swift walks can be invigorating and if it's sunny, can provide some nice Vitamin D as well.

If you need help through the holidays or afterwards, let's chat. I'm here for you.



UNSPLASH

Inova announces new partnership with DispatchHealth to provide in-home, same-day acute care

Courtesy of Inova Newsroom

Inova is launching an extension of its acute healthcare services with DispatchHealth, the nation's first comprehensive in-home medical care provider. This partnership brings on-demand medical care in the comfort of a patient's home for urgent illnesses and injuries that do not require an emergency room visit.

Inova will be leveraging DispatchHealth's complete platform which delivers, provides, and coordinates medical care to patients for a wide range of injuries and illnesses, to include:

- Viral infections including COVID-19 and Influenza
- COPD exacerbations
- Congestive heart failure
- Minor fractures, sprains, strains, and bruises
- Pneumonia
- And more.

"Inova is excited to launch this new integrated care delivery solution that will provide expanded access for patients seeking acute medical care from the comfort of their homes 365 days a year," says Toni Ardabell, MSN, MBA, Chief of Clinical Enterprise Operations. "This partnership with DispatchHealth complements Inova's existing urgent care, primary care and emergency services in

Northern Virginia."

To request care, patients can call 571-393-1944, visit DispatchHealth.com or access a free mobile app, with no referral needed. Once requested, an emergency care trained DispatchHealth medical team that includes a nurse practitioner or physician associate, along with a medical technician, will arrive at the patient's home equipped with the necessary tools and treatments to treat the patient in

the home, including on-site diagnostics. DispatchHealth partners with most major insurance companies and handles billing directly with those companies.

For life-threatening and time-sensitive injuries and illnesses, patients should call 911 or go to the nearest emergency room. DispatchHealth shouldn't be used in a life-threatening emergency, and it doesn't replace a primary care provider.

"DispatchHealth's proven value-based care approach redefines what is possible for a patient's health care journey and empowers health systems to go beyond traditional care settings," said Dr. Mark Prather, CEO and co-founder of DispatchHealth. "We are pleased to partner with Inova to bring high-quality care to patients with the proven convenience of effective care in the home."



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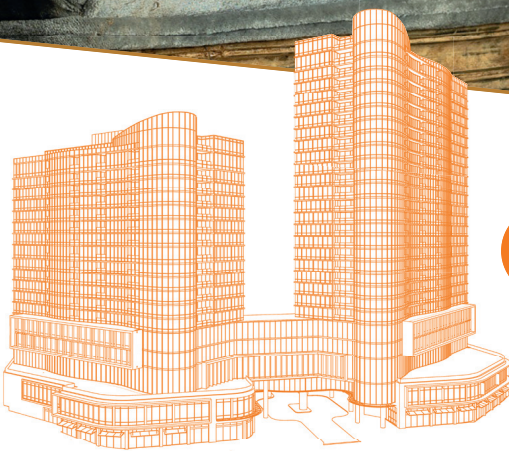
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Sarah Borges

heads back to Jammin Java

THE SINGER WILL PERFORM NEW SONGS OFF HER UPCOMING ALBUM

BY KEITH LORIA • SPECIAL TO THE FAIRFAX COUNTY TIMES



COURTESY PHOTO

Singer Sarah Borges burst onto the music scene in 2005, leading her band, Broken Singles, to quick critical success. Although she was known more as a rocker in those early days, Borges transitioned closer to a country sound, creating a fun hybrid of alt-country rock with her recordings.

Her “Love’s Middle Name” album and “Good and Dirty” EP are prime examples of Borges’ incredible skill for penning emotional lyrics, and the singer continues to mature musically with every album.

Borges and the Broken Singles will play at Jammin Java December 1, featuring

D.C.-based Eric “Roscoe” Ambel, her longtime producer who was a founding member of Joan Jett and the Blackhearts.

“He’s on guitar, which always makes for a good show,” Borges said. “We’ll trade songs back and forth. I’ll sing a number of my songs, and some that he wrote.”

Also in her band on the night will be Keith Voegel of the Bottle Rockets on bass and Kenny Soule on drums.

“The show will be a mix of my records with some covers,” Borges said. “There will also be some new songs from the record I have coming out early next

year.”

She’s thrilled to be back on stage, especially after such a depressing 20 months. It started when she contracted COVID-19 early on, which only made losing out on performances that much harder.

But Borges stayed productive, writing and recording that new album, which is slated to be out next February.

“We’re in the finishing stages now,” she said. “I would write a song at home, then send off to Roscoe, and he would send me a drum track, and I would play my guitar along to that. I’d do a lot of singing in my closet because I didn’t have a vo-

cal booth at the studio.”

The mood of the new songs were definitely influenced by the world around her. So, it wasn’t just the way she recorded that was different, but the subject matter as well.

“Probably more than half of the record aren’t love songs, and that’s the first time I haven’t done that consciously,” Borges said. “There are a couple of songs on there that really were about how I was feeling the first few months of lockdown. When you spend that much time alone, you do get introspective and maybe stretch your brain in ways you hadn’t before. When we look back in a few

years, we’ll know this was a pandemic-era record.”

Like most parents, she also homeschooled her child last year, which she called “equally as hard” as making a record.

After 15 months off, Borges returned to the stage in September, and noted it’s a totally new landscape, and she’s trying to navigate the minefield of opposing views around the country.

“We love it when a club lays it out for you out front, requiring masks and proof of vaccination, so we’re happy with Jammin Java and its efforts to keep everyone safe,” Borges said. “The club has always treated us great, and I just love playing

there.”

Borges knew early on she wanted to perform, doing chorus and drama club in school. As a shy only-child, she found it a great outlet for expressing herself.

“When it got to be the time to go to college, indie-rock was really big at the time, and it made you feel that anyone could be in a band, myself included,” she said. “I started going for it when I was about 17 and just kept going. It’s helped me become more confident and grow as a person outside of playing on stage.”

Once she switched to her more Americana style

See BORGES, Page B4

ENJOY HOLIDAY PERFORMANCES AT CAPITAL ONE HALL



COURTESY PHOTO

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Capital One Hall will celebrate its first Christmas season with a slew of performances designed to get people into the holiday spirit.

And even before the productions begin, the decorated venue will open its doors to families on December 1 from 2 to 6 p.m., to take photos next to its 24-foot Christmas tree or 6-foot Menorah, and enjoy some holiday music and treats.

Things kick off with a new musical, “The Elf on the Shelf—A Christmas Musical” for a one-day performance on November 28 at 3 p.m.

Featuring an original story and score, dazzling sets and costumes, plus heartfelt moments that will bring the family together, this joyous and uplifting celebration will leave audiences captivated by the splendor of the

season.

Emma Benson is one of the performers and helped originate the show from the ground-up and is excited to be back.

“It’s an inside look at Santa’s scout elves, who are the elf on the shelves that we all know and love,” she said. “It’s a look at how they get their magic and are assigned to different families and going around the world to spread Christmas cheer.”

The musical also follows one particular family who is having a hard time and how the Elf on the Shelf can spread magic and help in their home.

“Elf on the Shelf” has a kick line, lavish sets and beautiful music, and is akin to an old-fashioned, razzle-dazzle Broadway musical.

“It may seem like a kid show, but it’s something that people of all ages will enjoy,” Benson said. “The music is all original by Broadway book writers and score writers, with choreography by a

Broadway veteran, so it is a very high caliber show.”

The Elf on the Shelf became a Christmas tradition around 2005, and is a big tradition to many millennials and their families. This musical celebrates the lure and fun of that tradition.

“This is a great way to bring some joy to people who may have had to put Christmas on hold last year, and a wonderful way to celebrate,” Benson said. “It’s a spectacular day people won’t forget.”

Then, on December 2, some of the world’s greatest entertainers head to Capital One Hall to perform in “A Magical Cirque Christmas,” a spell-binding production that combines the incredible feats that Cirque is known for, with the magic of the holidays.

Hostess Lucy Darling takes audiences through an evening of dazzling performers and breathtaking cirque artists, accompanied by live Christmas music.

See HOLIDAY, Page B4

HOT LINKS BY COLLIN COPE

Mosaic Holiday Tree Lighting Ceremony • 7 p.m.
Free • November 26

This November 26 starting at 7 p.m., experience the magic of the annual tree lighting ceremony in Merrifield’s Mosaic District. Bring out the entire family for a night of fun including a meet-and-greet with Santa, as well as a screening of *Dr. Seuss’s How The Grinch Stole Christmas*. The event will be free to attend, with more information available at <https://bit.ly/3qZMXmh>.



Flying Squirrels Gliding In Tonight
November 28
\$7

This November 28 at Hidden Oaks Nature Center, witness flying squirrels as they fly throughout the park. Join a local naturalist from the facility who will explain the unique attributes of this animal’s flying phenomena. The event will run from 6:30 to 7:30 p.m. and again between 7:30 and 8:30 p.m. Admission will be \$7 per person and more information can be found at <https://bit.ly/3xdzpVc>.

Nature Night at The Winter Walk of Lights
December 2 • \$15

This December 2, experience Meadowlark Botanical Gardens’ Nature Night at their Winter Walk of Lights. Naturalist Matt will return to the Gardens this year with a collection of reptiles and other fascinating animals, which attendees will have the opportunity to visit and admire. Nature Night will run from 5:30 until 9 p.m. and tickets for the walk start at \$16. For more information, please visit <https://bit.ly/3qVSUAN>.



COURTESY PHOTOS

A magical performance at South County High School

By Diego Salazar Jara
JUSTICE HIGH SCHOOL

Welcome fellow wizards to the famous school of magic for the Smarts, Braves, Snakes, and the Puffs. South County High School’s production of “Puffs (Two Act Edition for Young Wizards)” shows what it means to be a part of the Puff house and the joy of their famous Puff “Hi!!!”. “Puffs (Two Act Edition for Young Wizards)”, written by Matt Cox, first premiered in 2015 and has run off-Broadway until 2019.

“Puffs” tells the story of a lesser-known orphan, Wayne Hopkins, and his friends, Megan and Oliver, as they grow to become great wizards while living in the shadows of the other houses. In their seven-year adventure, Wayne and friends learn how to cast spells, go to Halloween dances, and try to get third place at the House Cup, all while discovering what makes a Puff special.

Noah Pflugrath, who played Narrator, was able to



CHRISSY LYON WITH LYON PHOTOGRAPHY

Alex Skog, Zach Patel, Kyra Charters

set the mood and encapsulate the magical tones of the show from the very start as the story’s narrator. Although playing a character without much to play from, Pflugrath was able to personalize his character and fit right in with the others. Zach Patel, who played Wayne Hopkins, had a fascinating interpretation of Wayne and created many

dynamic relationships with the other actors. Patel was also able to demonstrate Wayne’s character growth and range of emotion in the show, going from an enthusiastic teen wizard to a more somber attitude, and finally to a grown proud Puff.

Another memorable character was Cedric/Mr.Voldy, played by Rae Eppard.

Between the inspirational and joyful Cedric, along with the evil but comedic Mr.Voldy, Eppard was able to portray two different but equally engaging characters with many memorable moments. The ensemble as a whole was united and had great energy throughout. Between the unique and fun members of the Puff House to the talented

and synchronous movements of the Bathroom Ballerinas, each actor worked together to create a powerful and magical world, showing how even an underdog can be a hero.

The technical aspects of the show were well executed and each helped set the magical tones of the show. The lighting, led by Sarah Khalil, was used to create

many of the magical spells as well as setting the atmosphere of each moment. This was shown with the use of quick light cues when casting a specific spell as well as the use of green light for Mr. Voldy to convey the evil character. The transitions from brighter yellow hues to darker blues also visualized the growth in the story, making each moment more impactful. Another aspect that helped create the magical tones were the unique and innovative props, led by Emma Skog. Between the cup of fire, Leanne’s teddy bear, and the grand dragon egg, each prop was creatively made and added depth to the characters and story.

As a whole, South County’s talented cast and crew worked together to create an inspirational and magical piece that redefines what makes a hero. Being a Puff is something any wizard should be proud of, so remember to give a confident Puff’s “Hi!!!” when watching South County High School’s “Puffs (Two Act Edition for Young Wizards)”.

Into the Woods

By Kaiya Mayhew
QUINCE ORCHARD HIGH SCHOOL

A narrator sits down, opens a book, and begins to tell a story - one where Little Red Riding Hood lives in the same world as Cinderella. The fate of a baker and his wife rests in the hands of Mother Gothel, and Jack’s beanstalk might inadvertently cause Rapunzel’s death. Rewind - don’t these characters belong to different tales?

These characters’ stories came to life together in Thomas Edison High School’s performance of Into the Woods. This fast-paced musical, written by Steven Sondheim, followed the story of a baker and his wife as they gathered various materials for a spell that would remove a curse and grant them a child. The characters entered the woods and traversed a world of interconnected fairy tales, exploring the question: What happens beyond the happily-ever-afters?

Edison High School gave this musical a beautiful performance, keeping up with the fast pace while retaining the show’s whimsical elegance. Many vocalists delivered enchanting performances, expressing lightheartedness, despair, and a range of emotions in between. Multiple aspects of the performance worked fluidly together to provide the audience with a truly immersive experience.

Campbell Wood, playing the Baker, created a sincere, endearing character who was clearly set on his goal of building and caring for a family. Anastasia Tuffin, playing the Baker’s



GELLA MADAMBA

Campbell Wood, Anastasia Tuffin, Kailee St. John, Tiffany Thomas, Charlotte Chozick

wife, portrayed a young, kind woman who was never completely content with her life. Wood and Tuffin exhibited incredible chemistry on stage, notably in the song It Takes Two. Additionally, both actors excelled in presenting their character’s emotions as they developed, going from hopeful to bitter to remorseful.

Another spectacular performance was that of Jada Paul, who played the Witch. Paul displayed impressive emotion in The Last Midnight. Additionally, Henry Mason and Natalie Laclède, playing Jack and Red Riding Hood, portrayed their characters’ younger ages in a comical yet sincere way. The Princess (Jackson Whalen and Max Heltzer) delighted the audience with their humorous performance of Agony. Vocalists such as Maya Pattison (playing Rapunzel) and Joanna Madamba (playing Cinderella) gave skillful, enchanting performances that drew the audience in. With masks, it can be difficult to communicate emotion, but the ensemble

made up for this with expressive body language. The timing of the entire cast was on point, especially in songs like Your Fault.

One notable scene involved the use of curtains to create Granny’s bedroom. Lighting (Aiden Yancy, Melanie Landis, and Kiara Frey) indicated the time of day, and a gentle blue color added sincerity to the sadness of the second act. Abruptly turning off the lights at a character’s death emphasized the impact of the deaths. Creative use of sound (Cesar Canales, Aiden Yancy, Aemiliana Cruz), such as the baby crying or the giant’s footsteps, helped the audience clearly envision what they could not see.

Thomas Edison High School gave an overall beautiful performance of Into the Woods, expressing humor, happiness, grief, and hope to communicate a final message that “children will listen.” As the lights went the set faded, the narrator closed the book, concluding the whimsical, sentimental tale of Into the Woods.

King Crossword

ACROSS

- 1 Paid (up)
- 6 Tennis star Graf
- 12 False
- 13 Sounded content
- 14 Warm, as leftovers
- 15 Not certain
- 16 Cruise stop
- 17 Farm unit
- 19 Garden of Food Network
- 20 Austen novel
- 22 Perched
- 24 Recede
- 27 Force
- 29 Pleasing
- 32 Symbolic first step toward getting hired

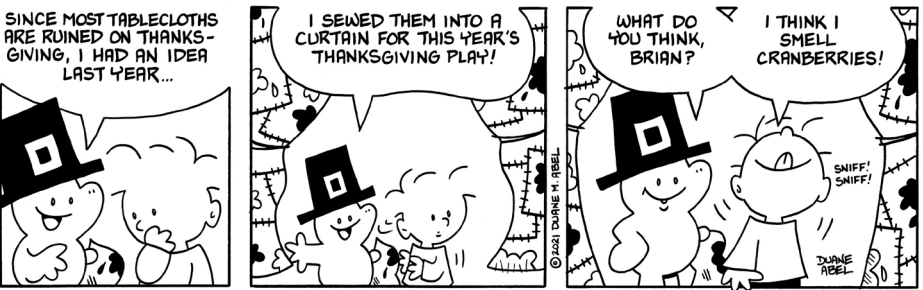
	1	2	3	4	5		6	7	8	9	10	11
12								13				
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24	25	26		27			28		29		30	31
32			33					34				
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		38		39		40			41			
42	43			44	45				46	47	48	49
50			51				52	53				
54							55					
56							57					

DOWN

- 1 Grieg's "— Death"
- 2 Actress Patricia
- 3 Private pupil
- 4 Sch. URL
- 5 "Feel-good" brain chemical
- 6 Incite
- 7 Jukebox picks
- 8 Hosp. areas
- 9 Fulfillment
- 10 Office plant
- 11 Notion
- 12 Greek consonant
- 18 Bach's "Coffee —"
- 21 1501, in Roman numerals
- 23 Moreover
- 24 Newt
- 25 Large snake
- 26 Ornamental garden trees
- 28 Best-selling Michael Jackson album
- 30 Bill's partner
- 31 Work unit
- 33 Spanish aunt
- 34 Sprite
- 39 Potpourri output
- 41 Swift
- 42 Met melody
- 43 Sticky substances
- 45 Praiseful pieces
- 47 Curved lines
- 48 Presidential power
- 49 TV spots
- 51 Dead heat
- 53 Epoch

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ZED by Duane M. Abel



www.corkeycomics.com

Keeping people and pets together

Courtesy of Family Features

The bond between people and their pets has never been stronger. Eighty-one percent of pet parents said the increased time together during the pandemic made their four-legged friends feel even more like family, according to the Mars Petcare “Keeping People

and Pets Together” Report, which examined the relationships pet parents developed with their pets in 2021 as well as their hopes and concerns for the year ahead. It also highlights findings from the first-ever State of Pet Homelessness Index, which measured the scale of pet homelessness to help find ways to solve the problem. Learn more at [BetterCitiesforPets.com](https://www.bettercitiesforpets.com).

The Bond Between Pets and Pet Parents is Stronger than Ever

Mars Petcare released the first State of Pet Homelessness Index along with a new “Keeping People and Pets Together” report showing people want more time with their pets but there are still barriers keeping them apart.

The pandemic strengthened pet parents’ emotional bond with their pets.

81% feel the increased time together made their pets feel more like family.

90% want to sustain the quality time with their pets when the pandemic subsides.



63% would feel more comfortable at a social gathering if they were able to bring their pets.

Younger pet parents want to put their furry friends first during work ...

64% of Gen Z and **56%** of Millennials would switch jobs or reduce hours to sustain the increased time with their pets.

94% of Millennial pet parents say pet time during the workday is especially important.

... and have pets by their side while traveling.

77% / 84%
Gen Z Millennial
pet parents are likely to bring their pets when they travel.

85% / 80%
Gen Z Millennial
pet parents prioritize finding pet-friendly accommodations.

The State of Pet Homelessness Index shows continued challenges to pet ownership.

The U.S. scored 6.4 on the Index, where 10 means no homelessness.

5.9
U.S. Score
All Pets Wanted

6.3
U.S. Score
All Pets Cared For

7.2
U.S. Score
All Pets Welcome

6.4
U.S. Score
TOTAL

48%
of respondents believe it's hard to find rental housing that allows dogs.
38% say the same about cats.

33%
of respondents familiar with shelters would not consider adopting from one.

Mars Petcare and its family of brands continue to introduce programs that help ensure more pets are wanted, cared for and welcome in support of the company's global purpose: A Better World for Pets. To learn more and find out how you can get involved, visit [BetterCitiesforPets.com](https://www.bettercitiesforpets.com).



FROM THE DOG'S PAW

Twelve paws of Thanksgiving

By Noah! Abby! Samson!
SPECIAL TO THE FAIRFAX COUNTY TIMES

“Woofs! Abby and Samson, it's THANKSGIVING!”

“Woofs? What's Thanksgiving?”

“Purrs, it's a time when we paws to celebrate why we are thankful. Meows, the tradition started many years ago. Before you were adopted Abby, Noah, and I barked and meowed what we are thankful for with our humans.”

“Arfs! This is my first Thanksgiving, and I have quite a bit for which to be thankful.”

“Purrings, we all do, Abby, and we should remember that all year long, not just at Thanksgiving.”

“What are you thankful for, Abby?”

“WOOF! I am pawsitively thankful for the volunteers at the Homeless Animals Rescue Team (HART) (www.hart90.org)! Paws, HART took my mama to the rescue even though she was pregnant. They provided her with a safe pawlace for me and my siblings to be born. Barkingly, then gave us a home with great foster humans who took care of us until we were adopted. I was fed, given a warm pawlace to sleep, and even toys to pawlay with. I am very thankful that I wasn't born outside on the side of the road somewhere.

WOOF! I am thankful for the two humans who adopted me, allow me to live in their home, and provide me veterinary care, food, water, and toys. Arf, though you were right, Noah, about the skinny guy being a bit weird!”

“Meows, I have a lot to be thankful for too. My previous human wasn't friendly to me, so I became shy, especially around men. I would run and hide whenever Dad came around. Paws, knowing the challenges which could lay ahead, Dad and Mom adopted me, provided me a safe pawlace to get myself together, food, toys, water, and great-tasting treats. I am thankful Dad has been very patient with me. Over the years, I have been able to love him and Momma. Meows, when we moved to the country, even though they had all their stuff to move, they were most concerned about me and helping me adjust to new surroundings. I was a bit scared of all the noise and new surroundings, but I am thankful it was all good.

Purrs, I am thankful for the lady who discovered I was losing my home. She gathered me up, grabbed my things, and for the meowingly grand volunteers at Saving Future Feral Cats (www.saving-futureferalcats.org). Though they special-

ized in feral cats, they took me into their loving arms and helped me find a great home.”

“Woofs, as the senior dog in this family, barks, I have quite a bit to be thankful for this year. Barks, I haven't been feeling well and been a challenge to my humans to help me feel better. They did what they could, taking me to the veterinarian and doing their best to follow her instructions. I am thankful for the pawsome veterinary technicians and Veterinarian Dr. C. Ululani Medici at Ohana Veterinary Care for all they did to help me feel better. Dad and Mom even canceled a cruise because they were concerned for me. Barkingly, I am thankful for Dad allowing me to walk him nearly three miles daily without fussing- he's got that belly-thing going on, you know.

I am thankful the volunteers at Pet-Connect Rescue (www.petconnectrescue.org) and Pilots N Paws (www.pilotsnpaws.org) rescued me as a stray. They brought me to Maryland and spiffed me up so I could find a family. It wasn't long before I found my humans and began a pawsome life with them.

Over the years, I have had quite a bit of fun living with our humans. I've exercised Dad, helping keep his blood pressure down, gone railfanning, traveled, cuddled, and loved on Mom.

“Woofs, Noah and Samson, I forgot to bark how thankful I am for pawsome new friends, Carly, Max, Mojo, Ruby, Gus, and Buddy, who have barked and woofed welcoming us to the neighborhood, running the fence with me, and pawlaying in the yards. Gus and Buddy always greet me with loud barks when Dad and I walk by. They made me feel welcome.”

“Barks, Abby and Samson, don't forget to be in the kitchen when dinner is ready for the annual 'accidental drop' of a piece of turkey!”

WOOF! MEOW! WOOF! May you have a barkingly blessed Thanksgiving!

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.

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celebrity
extra

by Dana Jackson



Gary Cole on “NCIS”

MICHAEL YARISH/CBS

Q: What is the TV show from a few decades ago that had supernatural elements and was set in a small Southern town? It only lasted one season. I feel like it would do really well if it had come out today instead. – C.W.

A: My first guess would have been “Midnight, Texas,” but that premiered on NBC in 2017. It starred Francois Arnaud (“The Moodys”) and was based on a series of books by Charlaine Harris of “True Blood” fame. However, back in 1995, there was a show called “American Gothic” that better fits your timeline. It starred Gary Cole as a demonic sheriff of a small South Carolina town and Sarah Paulson as a ghost. Lucas Black played her younger brother.

The series was created by Shaun Cassidy (yes, that Shaun Cassidy of the

“Hardy Boys”) and was a hit with critics, but it was canceled by NBC after just one season. Incidentally, Cassidy has gone on to be quite a successful producer, having consulted on the current hit medical drama “New Amsterdam” as well as the long-running police drama “Blue Bloods.”

“American Gothic” was Paulson’s first major television role, but she’s now known for being producer Ryan Murphy’s muse in his “American Horror Story” and “American Crime Story” franchises. Cole, who recently joined the cast of “NCIS,” taking over for the legendary Gibbs (Mark Harmon), told Entertainment Weekly magazine that Sheriff Buck is the role he’d most like to revisit.

Q: When is “This Is Us” coming back with new episodes? I heard

this will be its last season. Say it isn’t so! – R.B.

A: “This is Us,” the show everyone loves to cry to, returns for its final episodes beginning Jan. 4. It gets a head start before the 2022 Winter Olympics airs on NBC in February. The last new episode of “This Is Us” was in May, where it jumped four years ahead with a shocking wedding.

Season six will consist of 18 episodes. According to the Hollywood Reporter, the show’s creator, Dan Fogelman, has promised that there will be “no looming questions when we get through the end of next season. Everything will be resolved.”

Justin Hartley, who plays Kevin on “This Is Us,” has already landed a pilot for a new series, “The Never Game” on CBS. It’s still in development, but it’s based on the novel of the same name by Jeffrey Deaver, so it looks promising.

Q: I was so sad to see the character of Dean written out of “Station 19” recently. Why would they get rid of him? – D.C.

A: According to Deadline, Okieriete “Oak” Onaodowan approached producers about leaving the show as Dean Miller at the end of season four, but the parting was amicable. He simply wants to stretch his wings after five years of playing a firefighter on the Seattle-based drama. Prior to “Station 19,” Onaodowan played the dual roles of James Madison and Hercules Mulligan in the Broadway hit “Hamilton.”

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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HOLLYWOOD

by Tony Rizzo

Ryan Gosling began his career on “The Mickey Mouse Club,” but we’d never have expected him to play “Ken” to the sexy Margot Robbie’s “Barbie.” Now that Disney owns Mattel, he’ll be back in the “club.” His last film, “First Man” (2018), barely broke even, but he’s since filmed Netflix’s most-costly film ever, the action thriller (with a \$200 million price tag) “Gray Man,” co-starring Chris Evans, Ana De Armas and Billy Bob Thornton. Will Ken’s missing equipment be restored for the Disney movie, or will Barbie dump him again?

Margot Robbie is still one of the busiest actresses in films. She stars in the still-untitled David O. Russell film with a magnificent cast, including Christian Bale, Rami Malek, Robert De Niro, John David Washington, Zoe Saldana, Mike Meyers, Michael Shannon and Chris Rock. She also toplines “Babylon,” as silent-film legend Clara Bow, co-starring Brad Pitt, Toby Maguire and Jean Smart (due Christmas 2022), and she’s in the all-star ensemble of Wes Anderson’s latest, “Asteroid City,” with Tilda Swinton, Bill Murray, Adrien Brody, Tom Hanks, Scarlett Johansson, Bryan Cranston and Jeff Goldblum. Anderson’s recent release, “The French Dispatch” (made two years ago and pulled from theaters), got positive reviews from 74% of respondents on Rot-



DEPOSITPHOTOS

Margot Robbie

ten Tomatoes.

The current release of “Dune” was successful enough to get the green light to start pre-production on the sequel, “Dune: Part Two.” The original David Lynch “Dune” (1984) tried to tell the entire story in one film, but making it a huge two-part screen epic seems to have worked for this one. It grossed \$41 million in its first weekend and pulled in nearly 2 million viewers on HBO Max at the same time.

Sure as shooting, the upcoming film “My Son Hunter” won’t be favorable to either President Joe Biden or his son Hunter. Robert Davi -- who acted in “Showgirls” (1995) and “Predator 2” (1990), to name two of his more than 100 films -- has cast John James (Jeff Colby on “Dynasty”) to play President

Biden, while British actor Laurence Fox (son of James Fox) plays his son Hunter. The film purports to be about sex, power, drugs, money and alcohol, based on claims the anti-Biden media has been pushing since before the election.

They raised the money to make the film from a GoFundMe campaign, since it was unlikely any legitimate film studio or production company would make it. Even more suspicious is that they’re shooting the film in Serbia. Seems logical when you remember Serbia was up to its eyeballs in the non-existent scandal they were only too happy to perpetuate. Is this film destined to be R-rated for, uh, political reasons?

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“Cusp”

“There is no normal in teenage years,” laments a 16-year-old girl in this Showtime Original documentary. It’s raw and honest look at the very real, very adult situations and decisions three small-town Texas teen girls face as they simply try to grow up at their own pace while surrounded by toxic masculinity. A Sundance Film Festival award winner, “Cusp” is a timely film that addresses the difference in perceived versus actual maturity of young women, and the pressures, fears and consequences that result. (Premieres Nov. 26 on Showtime)

“Madagascar: A Little Wild Holiday Goose Chase”

The DreamWorks-produced animated gang is back for some adventure and merriment in this TV holiday special. Led by Melman the giraffe, the animal friends set off on a mission to help their new goose friend, Hank, reunite with his family. But it’s New York City, where nothing is simple and there are lots of distractions. Will young Alex the lion, Marty the zebra and Gloria the hippo be able to find Hank’s worried flock in time for Christmas? (Premieres Nov. 26 on Peacock)

“Love Hard”

A better title might have been “How to Lose a Guy Who’s Just Not That Into Love, Actually, You Crazy Ex-Girlfriend,” because the creators basically took plotlines, dialogue, jokes and characters from previous movies and series, and strung them together like a



SHOWTIME

Scene from “Cusp”

strand of popcorn Christmas tree garland. Even the title is a rip-off. It’s a story of internet dating, catfishing, lying, posturing, jealousy and family, all with a wintry holiday theme. The characters are dreadfully self-unaware, and the movie is wholly predictable and formulaic, and yet it hit Netflix’s No. 1 trending spot. I’m not saying don’t watch it, just don’t expect any originality. (Netflix)

“Ride the Eagle”

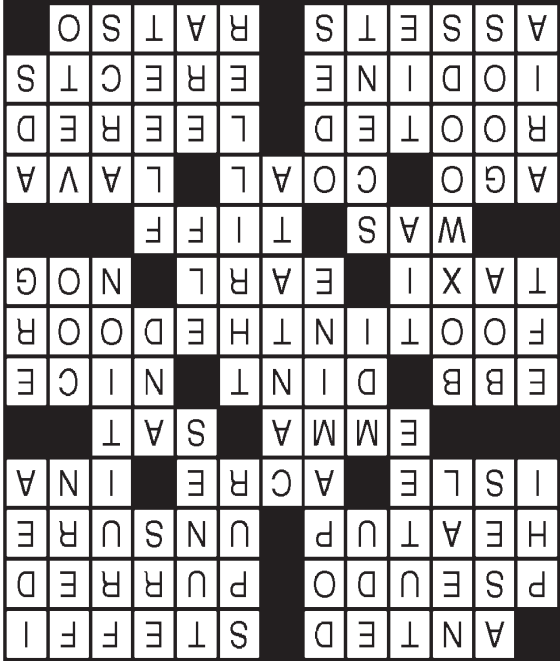
Ever since “Brewster’s Millions,” I have loved movies involving inheritances-with-a-catch. We all dream of a windfall from a rich relative, but isn’t it more exciting when there’s a creative task to complete before receiving the handsome reward? Susan Sarandon’s character, Honey, believed this, so she videotaped her final farewell to her son, Leif (played by Jake Johnson, who also wrote the script). Honey bequeaths her mountain cabin to Leif, but there’s a catch. She realized she hadn’t taught him enough

important lessons while he was growing up, so she created some tasks and adventures intended to make up for that. While completing them, Leif meets Honey’s love-interest, Carl, played by J.K. Simmons, who expectedly throws in a few truth zingers about Honey. It’s a sweet, funny and only occasionally sad story, but in a heartwarming way. (Prime Video)

“Paradise PD”

Imagine a gaggle of bumbling, inept police officers similar to the “Reno 911” television series, but animated and therefore exaggerated in their respective idiosyncrasies and disgusting habits. Add an awkward father-son relationship causing much shenanigans, a cocaine-snorting police dog and occasional song-and-dance numbers. Now in its third season, “Paradise PD” is touted as an irreverent adult cartoon. This means it is NOT for the kids because it’s really crass, though the humor is not particularly clever. (Netflix)

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Solution time: 21 mins.

Answers

King Crossword

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Help Wanted

Help Wanted

Legal Notice

Legal Notice

Legal Notice

Tax Manager @ BDO USA, LLP (McLean, VA) F/T. Cndct revw of tax retrns & rsolve all tax issus with clnts. Pstn reqs Mast's deg. or frgn equiv. in Acctng. or rlt'd & 1 yr of exp in the job offd, as Tax Sr, Tax Cnsltnt or rlt'd. Must have exp w/ flwng: Tax planning, recommendation of tax strategies & tax prep projects, incl budgeting & planning; Using tax compliance process s/ware GoSystems; Corp taxtn & partnerships; & Mngng tax prof'ls. Mst hv CPA or suffct edctnl/exp rqrmtnts (as detrmnd by State Board of Accountancy) to recve CPA or IRS Enrolled Agent ("EA") license or suffct edctnl/exp rqrmtnts (as detrmnd by the IRS) to recve EA license w/n 18 mnths of hire or promo. Mail resume to: T. Brown, HR, BDO USA, LLP; 615 South College St, Ste 1200, Charlotte, NC 28202. Indicate job title & code "HP-VA" in cvr ltr. EOE.

Servicesnow Administrators (Developers) sought by Cyber Technology Innovations LLC in Vienna, Virginia to implement Servicesnow software platform for IT service management, and ensure system is updated and maintained. Must have relevant education and experience. Send 2 resumes & cover letter (no calls) to Seeman Saeed, 2112 Gallows Rd, Ste B2, Vienna, VA 22182. REF# 1210.002.

Gorove/Slade Associates, Inc., a Chantilly, VA company, is looking for a Transportation Engineer with:

- Bachelor of Technology in Civil Engineering;
- Must have completed two semesters of Masters level coursework in roadway capacity analysis, traffic signal systems, traffic modeling, and traffic simulation.

Please send resume to Tushar Awar, Gorove/Slade Associates, Inc., 3914 Centreville Road, Suite 330, Chantilly, VA 20151. Refer to Job #PP21 in your cover letter.

Technical Managers sought by Urgent.ly in Vienna, VA. Assess need for qualified software professionals. Manage team of 15 engineers, vendors. Manage solution delivery in AI and ML Apply @ [#77974](http://www.jobpostingtoday.com)

Soft. Developer (11082021): Ampcus, Inc. seeks SD to design, develop, & test applns using agile methdlogy. Visit <https://www.ampcus.com/jobs/> for reqmnts & to apply online. Or email resume to jobs@ampcus.com. Or mail resume to 14900 Conference Center Drive, Suite# 500, Chantilly, VA 20151. Roving job. Relocation may be reqd. EOE.

Financial Analyst sought by Tiber Capital Group (Washington, DC) to oversee acquisitions of single-family properties, analyze finl data & work w/ brokerage team. Req. Bachelor's in Finance, Acctg, Real Estate & 36 mths exp. Remote/work-from-home position. Send resume Attn: HR, 4645 Hawthorne Lane NW, Washington, DC 20016.

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

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NORTH CAROLINA WILKES COUNTY

IN THE GENERAL COURT OF JUSTICE - DISTRICT COURT DIVISION - FILE NO.: 21 CVD 222

MARY C. MITCHELL, Plaintiff,
v.
TIMOTHY D. MITCHELL, Defendant.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION TO: Defendant, TIMOTHY MITCHELL. Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: An action for CUSTODY. You are required to make defense to such pleading not later than the 22nd day of December 2021, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought. This the 14th day of September 2021. Rivenbark & Brooks Attorneys at Law By: Andrew C. Brooks, NC State Bar # 46663, 659 West King St. Boone, NC 28607, (p) 828.263.0505, (f) 828.265.0764, andy@rivenbarkdaw.com ATTORNEY FOR PLAINTIFF
Published in the Fairfax Times: November 12, 19, and 26, 2021.

Senior Engineer – Wireless sought by DISH Network, LLC in Herndon, VA. Build & maintain the architecture of RAN Components of the Standalone 5G Cloud Native n/work & provide Subject Matter Expert knowl. to the downstream teams; analyze 3GPP specs & evaluate how DISH RAN Vendors comply to 3GPP reqmts; perform analytical studies of the RAN features & evaluate their application & benefits for DISH wireless n/works; research & evaluate emerging technologies in Wireless industry & translate their application in an operation envrmt & user exp; work w/ Sr. RAN Engrs & help dvlp feature reqmts for 5G radio; work on RAN test & validation processes, test cases, & testing of the RAN features & application in lab & field. Req's Master's deg in Electronics Engg, Telecommunications, Electronics & Telecommunications Engg, or closely rtd field & 2 yrs of exp in job offd or as Telecom Dsgn Engr II; OR a combo of BS in same fields + 5 yrs progressive post-baccalaureate exp; or any suitable combo of education, training, &/or work exp. Req's 2 yrs of exp creating & coord'g detailed 4G reqmts; performing radio load functional testing; using Radio Access Network (RAN), VoLTE, mMIMO, 4GLTE, 5G, & UE. Drug screen & background check req'd. Rate of pay: \$156666.00. Benefits info available at careers.dish.com. Apply at careers.dish.com. Ref: 2021-59048

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Marcia Patch • 703-904-1004
marcia@wspnet.com

[(Full name(s) of owner(s))]: 
Thai Pot Shabu LLC

Trading as:
E Saan Thai and Sushi
1106 Herndon Parkway
Fairfax, Herndon, VA 20170-5577

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

James Patrick Malone, 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.
3008983 (11-26-21, 12-03-21)

NOTICE Public Safety Menace

Property: 6001 Brookland Road., Alexandria, VA 22310, Tax Map Parcel ID # 0814 08 0055
Condition: Tree is in danger of falling that might endanger the safety of the public.

Required action to eliminate condition that constitutes a public safety menace: Removal of the tree.

Fairfax County Chapter 46 authorizes the removal of a public safety menace at the owners expense, after notifying the owner by certified mail and by a notice published once a week for two successive weeks in a newspaper having general circulation with the County when the owner fails to take the required action. The owner has a right to request a hearing. The request for a hearing shall be in writing to the Director of Health, Fairfax County Health Department, 10777 Main Street, Fairfax, Virginia 22030.

Failure to contact the Director of Health by (date 28 days after first publication) or correct the Condition, the Health Department will order the condition eliminated and any costs or expenses that remain unpaid shall constitute a lien against the property.

[(Full name(s) of owner(s))]: 
Vienna Yamachen Inc

Trading as:
YamaChens Sushi
320 Maple Ave W
Fairfax, Vienna, VA 22180-5612

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

Si Liang Chen, Owner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.
3008966 (11-19-21, 11-26-21)

[(Full name(s) of owner(s))]: 
The Qui Group, LLC

Trading as:
The Qui Korean BBQ
10160 Fairfax Blvd., Suite 118
Fairfax, Reston, VA 22030

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

Ju Hyun Shin, 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.
3008945 (11-19-21, 11-26-21)

**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, December 6, 2021 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Monday, December 13, 2021 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

SPECIAL EXCEPTION – SE #21-03, 1315 and 1317 Monroe Street, a special exception to allow for development within the FPO, Floodplain Overlay district. The project proposal is to demolish the existing single family dwelling and construct a new single family dwelling on 1315 Monroe Street and to construct a new single family dwelling on the undeveloped lot at 1317 Monroe Street. The total area of both lots is approximately 1.06 acres. The property is zoned R-10, Single Family Residential district, and is designated in the Comprehensive Plan as “Neighborhood Conservation.” The property is located at the northwest corner of the Monroe Street and Grant Street intersection. Fairfax County Tax Map Numbers 0102 02 0001B and 0102 02 0001C. Agent: Anwar Maharmeh, P.E., MTES Engineering Services. Owners: Dina Abdel-Hamid and David Hava.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning December 3, 2021 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 November 26 and December 3, 2021

**TOWN OF Herndon VIRGINIA**

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the of the Town of Herndon will hold a work session on Wednesday, December 1, 2021, at 7:30 p.m. in the Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, December 15, 2021 at 7:30 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR BUILDING ALTERATION, ARB #21-024, to consider an application for the addition of an exterior door at 510 Spring Street, Suite 21, Herndon, Virginia, further identified as Fairfax County Tax Map 0162-02-0156J and located on the east side of the Spring Street and Van Buren Street intersection. The property is zoned as O & LI, Office and Light Industrial, and consists of 196,100 square feet of land. Owner: Nova Realty Holdings Inc. Applicant/Agent: Kayvan Mehrbakhsh.

APPLICATION FOR BUILDING ALTERATION, ARB #21-025, to consider an application for a modification to an existing structure located at 492 Elden Street, Herndon Virginia, further identified as Fairfax County Tax Map 0162-24-F and located approximately 850 feet northeast of the Elden Street and Grant Street intersection. This property is part of the Herndon Centre shopping center, is zoned as PD-B, Planned Development-Business, and consists of 227,836 square feet of land. Owner: Stuart II Project, LP, Stuart II/AJD Corp. Applicants/Agents: Roni Robbins & Ted Satterthwaite, A.J. Dwoskin & Associates.

APPLICATION FOR SIGNAGE, ARB #21-026, to consider an application for an exterior wall sign located at 492 Elden Street, Herndon Virginia, further identified as Fairfax County Tax Map 0162-24-F and located approximately 850 feet northeast of the Elden Street and Grant Street intersection. This property is part of the Herndon Centre shopping center, is zoned as PD-B, Planned Development-Business, and consists of 227,836 square feet of land. Owner: Stuart II Project, LP, Stuart II/AJD Corp. Applicants/Agents: Roni Robbins & Ted Satterthwaite, A.J. Dwoskin & Associates.

APPLICATION FOR SIGNAGE, ARB #21-027, to consider an application for an exterior wall sign located at 12950 Worldgate Drive, Herndon, Virginia, further identified as Fairfax County Tax Map 0163-02-0028B and located on the north side of Worldgate Drive, approximately 950 feet southeast of the Elden Street and Worldgate Drive intersection. This property is zoned as PD-W, Planned Development-Worldgate, and consists of 170,895 square feet of land. Owner: Jon Cummings, 38 WP2D1 Owner LLC. Applicant/Agent: Anthony Bashorun, Signorama.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning November 24, 2021 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 items are invited to attend the public hearing and to state their opinions. Individuals may submit comments to hdrb.arb@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 November 26 and December 3, 2021