FAIRFAX COUNTY TIMES

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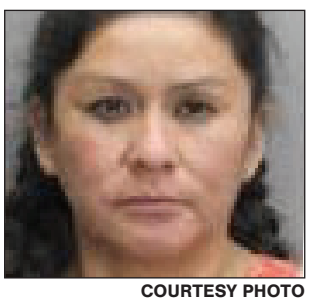
BROADWAY STAR NORM LEWIS HEADLINES SIMPLY SONDHEIM

Page B1



Friday - AM Clouds / PM Sun **High:** 50° **Low:** 26° | *Saturday - Partly Cloudy* **High:** 47° **Low:** 37° | *Sunday - AM Snow Showers* **High:** 48° **Low:** 23°

THIS WEEK INSIDE:



COURTESY PHOTO

Alexandria woman charged after DWI

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CBS

Queen Latifah stars in reboot of 'The Equalizer'

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BIG STOCK

4 ways to manage blood sugar

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UNSPLASH

Valentine's Day with your dog and cat

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BRAND POINT MEDIA

5 tips to up your big game experience

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25¢ NEWSSTAND PRICE

Celebrating Black History Month



CHRIS CRUZ FOR VISIT ALEXANDRIA

By Brooke Lewitas
FAIRFAX COUNTY TIMES

The tradition of Black History month started in 1970 after being proposed by Black educators and students at Kent State University. It was intended as a way of remembering important people and events in the history of the African diaspora. A major part of the month is the recognition that Black history is deeply intertwined with American history, especially here in Fairfax and the DC area. There are many ways to honor the month and the history of Black Americans right here in Virginia.

Visit Landmarks

The 1867 Loving v. Virginia Supreme Court case that legalized interracial marriage is commemorated in Old Town Alexandria on the corner of King and N. Pitt Street. Visit the mini kiosk located around the corner from the law firm that represented Mildred and Richard Loving.

While you're in Old Town Alexandria, head over to Duke Street to walk the Black History Trail, starting with a tribute to two sisters who escaped slavery, were held in Alexandria's Bruin Slave Jail, and later became abolitionists.

In 1833, freed slave West Ford established the town of Gum Springs. It became a haven for formerly enslaved people and developed into a thriving community. You can visit the town and its Museum and Cultural Center to learn more about one of the oldest African American towns in the country.

The NAACP was found in 1909 with the mission to work for political, educational, social, and economic equality of Black Americans. The first rural branch was in the City of Falls Church, where you can visit a fifteen-foot monument that honors the men and women who worked to create the branch.

Take a Virtual Tour

The National Museum of African American History and Culture is dedicated to the documentation of African American life, history, and culture. Although temporarily closed due to COVID-19, there is a multitude of virtual exhibitions and online connections to explore and learn more.

The Smithsonian's National Air and Space Museum offers a unique Steven F. Udvar-Hazy Center, which explores the contributions Black people made to air and space expeditions. The museum is closed but they are offering several online exhibits.

Challenge Yourself

On February 6, from 1:00-2:00 p.m., the Potomac Library will be hosting a virtual Black History Month Trivia event. Top scorers can win prizes!

Make it Year-Round

To stay up to date on Black history year-round, follow @FairfaxNaacp on Twitter or Facebook.

POSITIVE VIBES with Brooke Lewitas



Fairfax Rehabilitation and Nursing Center residents create vision boards

Staff finds new and innovative ways to engage residents amidst covid restrictions



COURTESY PHOTO

Resident Barbara Lowry shares her 2021 Vision Board

The last eleven months have been difficult for everyone, but senior citizens especially. The residents of Fairfax Rehabilitation and Nursing Center have been restricted to their rooms, and not permitted visitors in order to keep them safe.

"Some of our residents have really struggled with dealing with the isolation that this virus has caused and it tends to cause them to have negative thoughts and not see any positivity for the future. We had to become very creative with keep-

See VISION BOARDS, Page A4

Fairfax approves application for transportation projects

Funding will be used for multi-modal projects to increase travel options

By Rick Horner
FAIRFAX COUNTY TIMES

The Fairfax County Board of Supervisors recently approved an endorsement of an application the County that seeks funding from the I-395 Express Lanes for transportation projects for the 2022 and 2023 fiscal years.

The application will endorse three projects, two which are being recommended by the Northern Virginia Transportation Authority which are designed to increase travel options on I-395 and I-95 in the Fairfax County area. The application also endorses a project being submitted by the Northern Virginia Regional Commission which could be a benefit to the County.

The first item will be for the renewal of existing funds for Fairfax Connecter Route 396 which provides bus services from the Gambrill Road and Backlick North Park and Ride lots to The Pentagon. According

See TRANSPORTATION, Page A4



HOWARD P / UNSPLASH



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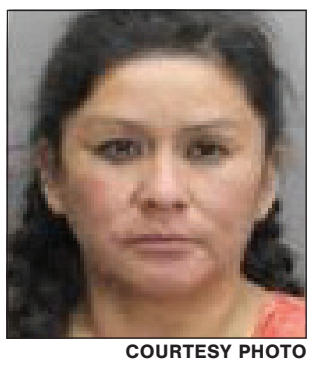
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PUBLIC SAFETY NOTES



COURTESY PHOTO

Ely Cruz Chavez.

Alexandria woman charged after DWI

An officer attempted to stop a 2012 Nissan Sentra for a traffic violation at Columbia Pike and Malibu Circle Jan. 23 at 1:11 a.m.

The driver initially pulled over but then drove away, resulting in a pursuit. The driver, Ely Cruz Chavez, 34, of Alexandria, stopped down the road and was taken into custody. She was charged with driving while intoxicated and speed to elude.

Dulles CBP arrests Nebraska man wanted for sexual assault of a child

U.S. Customs and Border Protection officers at Washington Dulles International Airport arrested a Nebraska man Jan. 29 on a warrant related to charges of three counts of first degree sexual assault of a child.

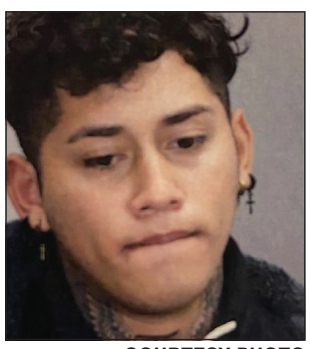
Officers arrested Kokou Domkpo, 42 years old, a Togolese national and United States lawful permanent resident living in Omaha, Neb., before he boarded a flight to Ethiopia. Dompko, was wanted by the Douglas County Sheriff's Office in Omaha.

CBP officers confirmed that the Douglas County warrant remained active and verified Domkpo to be the subject of the arrest warrant.

CBP officers turned Domkpo over to Metropolitan Washington Airport Authority (MWAA) Police to initiate extradition proceedings.

"This arrest illustrates how Customs and Border Protection's unique border security mission supports our law enforcement partners by intercepting dangerous wanted fugitives allegedly fleeing prosecution and helping to return them to face their charges," said Keith Fleming, acting director of Field Operations for the Baltimore Field Office.

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



COURTESY PHOTO

Joel Serrano Chicas.

Sexual assault suspect taken into custody

Joel Serrano Chicas was taken into custody Jan. 28 in the City of Falls Church.

Serrano Chicas was allegedly involved in two sexual assaults in the Mason Police District.

A victim came forward in December to report she was sexually assaulted in April. The assault took place in the stairwell of an apartment complex in 6100 block of Leesburg Pike in the Falls Church section of Fairfax County. Earlier this month, a second victim came forward to report a sexual assault that occurred Jan. 3 at the same location. In both assaults, the victims were lured to the location through social media chatrooms. Both investigations revealed 21-year-old Joel Serrano Chicas was responsible for the assaults. Warrants were obtained Jan. 23 for indecent liberties with a minor and rape.

Additionally, detectives are still asking anyone who may have had inappropriate contact with Serrano Chicas to contact the Major Crimes Bureau detectives at 703-246-7800, option 3.

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

Improperly discarded ashes cause of house fire

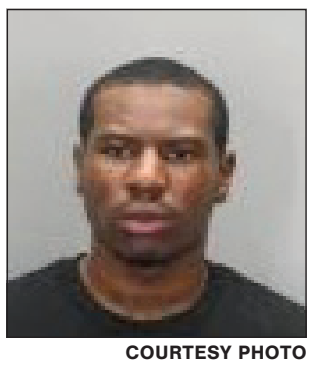
Units from Fairfax County Fire and Rescue Department, Arlington County Fire Department and the City of Alexandria Fire Department were dispatched for a reported house fire in the 5900 block of Colfax Avenue in the Bailey's Crossroads area of Fairfax County January 27 at approximately 10:18 p.m.

Crews arrived on the scene of a two-story, single-family home with smoke visible from the attached garage. The fire was quickly extinguished. It was contained to the garage. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. Working smoke alarms alerted the occupants to the fire. The occupants self-evacuated and then called 9-1-1.

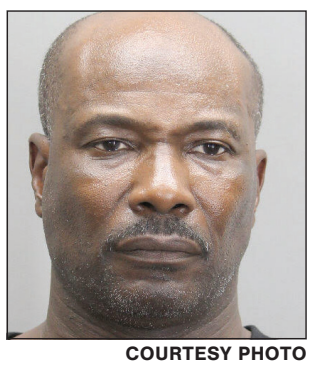
Fire Investigators determined that the fire was accidental in nature and started in the attached garage. The fire was caused by improperly discarded woodstove ashes that were placed in the garage.

Two occupants were displaced because of the fire. Red Cross services were offered and declined. Damages as a result of the fire were approximately $5,000.



COURTESY PHOTO

Percy Brown.



COURTESY PHOTO

George Shaw Jr.

D.C. and Maryland men arrested after pursuit, collision with police

An officer attempted to stop a 2003 Mercedes-Benz for recklessly driving through the parking lot at 2051 International Drive Jan. 22 at 12:16 p.m., but the driver refused, resulting in a pursuit.

Officers determined the car had been stolen and was just involved in the commercial robbery of Saks Fifth Avenue. During the pursuit, the car crashed into a police cruiser and two men tried to run away but were both caught by officers nearby.

The driver, Percy Brown, 26, of Washington, D.C., was charged with robbery, receiving stolen goods, and speed to elude. The passenger, George Shaw Jr., 48, of Maryland, was charged with petit larceny third offense, receiving stolen goods, and obstruction of justice.

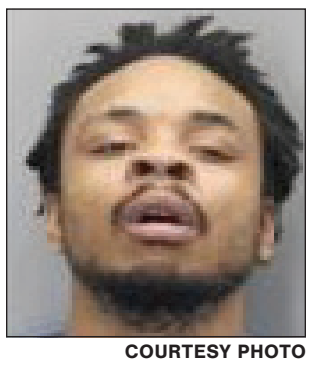
Detectives call for witnesses after pedestrian hit-and-run death

An 81-year-old woman has died as a result of injuries sustained from a hit and run crash that occurred Jan. 27 in the 7200 block of Lee Highway in the Falls Church section of Fairfax County.

Officers responded just prior to 9 p.m. for the report of a person lying in the roadway. When officers arrived, they found Raymunda Garcia-Hernandez, of Falls Church, in the westbound lanes. Rescue personnel pronounced her deceased at the scene.

Detectives from the Crash Reconstruction Unit have preliminarily determined that Garcia-Hernandez was crossing Lee Highway, outside of a crosswalk, when she was hit by an unknown vehicle. The striking vehicle did not stop and has not been located. The investigation remains active.

Anyone with information about this crash is asked to contact the Crash Reconstruction Unit at 703-280-0543.



COURTESY PHOTO

Darius McKnight.

D.C. man charged after fleeing police

A man forced entry into Eyetown at 6506 Loisdale Road and stole merchandise Jan. 24 at 11:33 p.m.

Responding officers saw Darius McKnight, 27, of Washington, D.C., exiting the store and ran after him before taking him into custody. He was charged with burglary, possession of stolen property with intent to sell, grand larceny, fleeing from a law enforcement officer and possession of burglarious tools.

Reston men charged with multiple offenses after traffic pursuit

An officer attempted to stop a 2007 Ford Focus for a traffic violation at Grove Street and Herndon Parkway Jan. 23 at 5:12 p.m.

The driver initially pulled over but then drove away, resulting in a pursuit.

The driver, Chris Kpadeh, 20, of Reston, stopped down the road and was taken into custody. He was charged with reckless driving, speed to elude, and driving on a suspended license. A passenger, Mohamed Abdalla, 21, of Reston, was charged with two counts of possession of a concealed weapon and possessing a magazine for a firearm with the capacity of 20+ rounds.





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PEOPLE AND PLACES



COURTESY PHOTO

La Tika Jeffery.

Youth advocate receives 2020 Adoption Excellence Award

Fairfax County Youth Advocate **La Tika Jeffery** was recognized as a 2020 Adoption Excellence Award Honoree at the Children's Bureau's online celebration of National Adoption Month in November.

Jeffery has continued to directly impact youth in foster care through mentorship. She also supports the child welfare system through her advocacy, public speaking, and participation on various national and international committees and panels.

Jeffery was in foster care as a teenager, and was adopted at age 21. She is a member of the AdoptUSKids speakers bureau, and she uses this platform to share her experiences as a youth in foster care to advocate for the interests of current youth in care, and to encourage adoption as a permanency solution for youth. She has been involved in a variety of media interviews, conferences, panels, webinars, and Facebook Live events.

She shares her story with great courage and vulnerability in a way that impacts each of her audiences.

"Having worked with La Tika a little bit myself, I don't think she says 'no' to anybody when you ask her to help you with something," said Lynn Johnson, assistant secretary of the Administration for Children and Families. "She's always saying 'yes,' and I thank her for that."

As a Fairfax County youth advocate, Jeffery works to improve the foster care experience for current and future generations of youth in foster care through cultivating and increasing their opportunities to achieve permanency.

Reston named best place to work from home

Reston has been named tops in the country in Money magazine's "10 Best Places to Live if You Work from Home" survey.

The results, published in January, rated localities on cost of living, safety and the quality of education in each area. Also considered were the number of residents who worked from home pre-pandemic and spaces that "prioritized a good at-home setup," with room for each at-home worker; access to necessities like daycare and pharmacies; and sufficient internet access.

Hunter Mill District Supervisor Walter Alcorn said he was delighted by the designation, sharing the announcement at the Jan. 26 Board of Supervisors meeting.

"The foundation of Reston put in place almost 60 years ago by the visionary Robert E. Simon, Jr. remains in place today," Alcorn said. "It is a great place to live work and play. And, of course to work from home. I am very happy that we're seeing that recognition at a national level."

The article also cites Reston for its 55 miles of paved pedestrian trails and pathways and many parks, golf courses, lakes and green spaces nearby for residents. Reston's ample retail and dining options were also noted, with Reston described as being "practically designed with the remote employee in mind."



COURTESY PHOTO

Gerry Pannoni.

South County coach selected 2020 National Coach of the Year

South County High School football coach **Gerry Pannoni** has been selected by the Coaches Association of the National Federation of State High School Associations (NFHS) as the national football coach of the year.

Pannoni is one of 23 high school coaches from across the country to be recognized in boys sports and girls sports.

Pannoni earned national coach of the year honors after guiding South County to an undefeated 15-0 record and the 2019 Class 6 state championship with a 14-13 win over Oscar Smith High School in the finals. He also led his first South County team to a 11-4 record and a state runner-up finish in 2011. Entering his tenth season at South County, Pannoni has led the Stallions to an overall 84-31 record, a winning percentage of 74 percent.

Winners of NFHS awards must be active coaches during the year for which they receive their award. This year's awards recognize coaches for the 2019-20 school year.

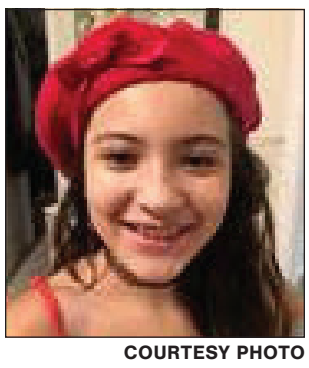
55 FCPS students named as candidates in U.S. Presidential Scholars Program

Fifty-five seniors in Fairfax County Public Schools (FCPS) are among a group of more than 4,500 candidates in the 2021 U.S. Presidential Scholars Program.

The candidates were selected from nearly 3.6 million students expected to graduate from U.S. high schools in 2021.

The following students were nominated from Fairfax County:

Rachel S. Chae and **Robert T. Schroder** of Centreville High School; **Maxwell J. Miracle, John T. Child** and **Tryn Dunne** of Falls Church HS; **Rishav Shreeram** of Marshall HS; **James M. Laun** of Robinson Secondary School; **Stephen K. Draughn, Tianyi Wu, Stephanie Zhang, Joshua W. Jones** and **Otto R. Janke** of Langley HS; **Jungmin Kang** of McLean HS; **Carole Yin** of Oakton HS; **Robert N. Long** of South Lakes HS; **Minjoo Song, Anais D. Beauvais, Gideon D. Fenster, Ankit Khandelwal, Anthony J. Wong, Emma N. Barnes, Patrick C. Gilles, Sean X. Nguyen, Andy He, Sophia J. Evanisko, Zachary Kwon, Arjun Aggarwal, Anuraag Kaashyap, Vance E. Kreider, Erin L. Li, Rohan Mishra, Shan Lateef, Justin J. Choi, Tammy Y. Ding, Aaliya Hussain, Austin J. Shi, Alexander L. Talamonti, Kevin Y. Zhang, David W. Xiang, Kaleena R. Roeva, Helena E. Liu, Olivia Y. Ma, Jason Wang, Julia A. Kao, Kamal Amirneni, Emily M. Song, Zoe A. Lu, Daniel Zeng, Atinsai K. Kolli, Sahiti Rachakonda, Alex Y. Zhang,** and **Rubaiya R. Emran** of TJHSST; **Margaret B. Berberian, Nathaniel G. Close** and **Alexandra D. Cooper** of Woodson HS; and Eun Gi Choe of Westfield HS.



COURTESY PHOTO

Aviara Padgett.



COURTESY PHOTO

Jackson Dominski.

Metropolitan School of the Arts' announces Martin Luther King, Jr. Day project winners

Metropolitan School of the Arts (MSA) announced **Aviara Padgett** (grade 4) and **Jackson Dominski** (grade 6), both of Alexandria, as its inaugural winners of its Metropolitan Anti-Bias Committee's (MABAC) Martin Luther King, Jr. Community Service Project Activity.

The project was open to all MSA students to submit and enter a raffle for a $100 gift card. The winning projects included Dominski's creative music, and Padgett won for her poem, "We are All Humans". Go to www.metropolitanarts.org for more information.

The Metropolitan Anti-Bias Committee (MABAC) is a newly formed group of MSA parents, faculty and alumni who are dedicated to developing and implementing strategies to foster a culture of diversity, understanding, equity, anti-bias and inclusion across the MSA community. The committee is made up MSA parents, board members and faculty, to include: **Betsy Applebee**, MSA board member; **Matt Bassett**, MSA Academy theatre department chair; **Ashley Broadway-Mack**, MSA parent; **Jon Hamilton**, MSA faculty; **Roger C. Jeffrey**, MSA Academy dance department director and MABAC co-chair; **Roxanne King**, MSA alumnus and faculty; **Shavaughn Priestly-Smith**, MSA parent; **Arjuna Rivera**, MSA parent; **Phara Rodrigue**, MSA parent and MABAC co-chair; as well as, **Rae Vann**, MSA parent and MABAC co-chair.

The MABAC mission is to intentionally foster diversity, understanding, equity, anti-bias, and inclusion in every action and area of MSA in order to provide an environment of excellence in which each student, faculty, staff, family, and community member is able to nurture self and group identities while cultivating empathy and respect for differences; promote critical thinking skills about bias; and foster courage to stand up against discrimination.

MSA also sponsored a professional development opportunity for faculty and staff led by Theresa Ruth Howard, a former member of Dance Theater of Harlem, founder of Memoirs of Blacks in Ballet (MoBBallet), and diversity strategist and consultant to discuss racial equity in ballet.

"Our MLK service projects and our commitment to anti-bias education was truly a call to action to do more, and we're so proud of the MSA community for uniting to support this effort," said Sara Hart, co-executive director of Metropolitan School of the Arts in Alexandria.



COURTESY PHOTO

Matt Ravenstahl.

South Lakes HS art teacher named 2021 Southeastern Region Secondary Art Educator

Matt Ravenstahl, who teaches art at South Lakes High School, has been named the 2021 Southeastern Region Secondary Art Educator by the National Art Education Association (NAEA). Ravenstahl will receive his award at the virtual 2021 NAEA conference in the spring.

Ravenstahl, who serves as Fine Arts Department chair at South Lakes, has taught at the school since 1994. He teaches Visual Arts and Theory of Knowledge as part of the school's International Baccalaureate diploma and middle years program and has taught beginning and advanced painting and drawing at the FCPS Summer Institute for the Arts since 2009.

In nominating him for the award, five art department colleagues said this about Ravenstahl, "Dr. Ravenstahl is passionate about teaching because he is the quintessential lifelong learner. He achieved his MFA and 10 years later, his doctorate, all while teaching full time. The theories that he explored in his dissertation have directly and positively impacted his approach to student learning…Whether it's finding ways special education students can innovate, or by incorporating visual art into Theory of Knowledge (an academic philosophy class), the results are often surprising and always positive."

Art resource teacher Susan Silva adds, "He personifies the artist teacher researcher…The perfect combination of passion, energy, and rebellion all to benefit the students. His reach starts at South Lakes High School and easily stretches throughout the county and beyond… His students come out of his class with an ability to think deeply and use their analytical skills to problem solve. He challenges the students to be the artists and thinkers they are meant to be."

"Matt is so approachable that students feel a deep comfort in his class and therefore feel empowered and safe to take risks with their artwork," says South Lakes High Systems of Support advisor Christine Kelley. "In addition to being a skilled art teacher, Matt Ravenstahl excels at creating a safe classroom for all students. His ability to connect with students transcends art. Matt pays attention to his students. He knows each one so well that he can detect when a student is not doing well. Students often feel comfortable sharing information with him and then Matt is adept at finding the resources in our school that are available to the student. He follows up to make sure his students' needs have been addressed. Matt is more than a teacher of art, he is a teacher of students."

Ravenstahl has also taught at the college level and works with the International Baccalaureate Organization as well as serving on the FCPS Advanced Academics Board, designing and providing training for teachers. Ravenstahl has also been a frequent presenter on art education at national and international art education conferences.

In 2019, he was named Virginia Art Educator of the Year by the Virginia Art Education Association and in 2018, was recognized as the Secondary Educator of the Year by the Fairfax County Special Education Parent Teacher Association. He was also recognized in 2002 by the International Sculpture Center as Outstanding K-12 Sculpture Teacher.

Ravenstahl graduated from Indiana University of Pennsylvania with a bachelor of fine arts in sculpture and bachelor of science in art education. He earned a master's degree in fine arts from the University of Maryland and a doctorate in education from the University of Durham (United Kingdom).



Tall Oaks – Fighting COVID One Shot at a Time!

We are so excited that the COVID-19 vaccine has finally arrived. Many of our residents and team members have already received their vaccination. The amazing 95% efficacy rate of the vaccine means that we can look forward to a brighter – and healthier – tomorrow, which is great news for 2021!

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COURTESY PHOTO

Fairfax County Public School students arrive at George Mason University's Center for the Arts for the Fairfax Symphony Link Up culminating concert.

FSO receives 2021 Dominion Energy Artstar Award for virtual Link Up program

Courtesy of Fairfax Symphony Orchestra

The Fairfax Symphony Orchestra has been named a 2021 Dominion Energy ArtStar for its innovative music-learning program, Link Up, in partnership with Carnegie Hall.

Five nonprofit arts organizations were honored at the Virginia Commission for the Arts, Art Works for VA virtual conference from Richmond as 2021 Dominion Energy ArtStars for inspiring people of all ages in creative endeavors. The organizations represent five regions across Virginia with annual operating budgets under $1 million. Each received a $10,000 grant to support their winning arts or cultural education program.

"The Virginia Commission for the Arts congratulates all the 2021 ArtStars Award recipients, including the Fairfax Symphony Orchestra, said Janet Starke, executive director, Virginia Commission for the Arts. "This award affirms the good work being done by the FSO, and their peers from across the state, in providing meaningful access to the arts, supporting goals of increasing equity in the arts."

"These organizations show ways the creative spirit continues to thrive – whether through outdoor, virtual or digital programming," said Hunter A. Applewhite, president of the Dominion Energy Charitable Foundation. "Virginia is very fortunate to have these talented organizations committed to serving their local communities and youth."

Developed by the prestigious Weill Music Institute at Carnegie Hall, FSO's Link Up program provides a unique opportunity for students in Grades 3-5 to come together for a shared cultural experience, while addressing the nationwide need for an effective, research-based curriculum. Fairfax Symphony is the only organization in the Washington, D.C. region collaborating with Carnegie Hall to implement the program this year.

"We are thrilled and honored to be a 2021 Dominion ArtStar in recognition of our work to serve teachers and students by implementing our much-needed Link Up education program virtually this year," said Jonathan Kerr, executive director Fairfax Symphony Orchestra. "Our commitment to our community is stronger than ever, only strengthened by the impact of the Covid-19 pandemic. By sharing our concerts and education programs virtually, we are filling a critical need for quality arts programs to entertain, educate, inspire, sustain, and unite the communities we serve. This prestigious award furthers our work to provide unique, innovative, and uplifting arts experiences for thousands in Fairfax County and across our region."

Rather than shutting down while its concert halls are closed, the Fairfax Symphony is elevating its role in the community to provide critical education services needed now more than ever. This award is a testament to the critical role Dominion Energy and the Fairfax Symphony play in the lives of our students to provide equitable access to high quality music education that is vital for their vibrant and bright future.

Joining orchestras around the globe, FSO Link Up connects the classroom to the concert hall for thousands of students in Fairfax County and the region each year. This is the fourth year the

FSO is implementing the program, again with a focus on Title 1 schools. The decision to make Link Up the FSO's core elementary education program was driven by the desire to reach underserved students early in their school years, where research shows that arts programs can have the greatest impact on long-term student achievement.



COURTESY PHOTO

Karen Schultz puts finishing touches on her 2021 vision board.

VISION BOARDS

CONTINUED FROM PAGE A1

ing residents engaged and the families connected," says Dietra Walker, Director of Activities.

To that end, the staff set out to create an activity that would "allow the residents to look towards the future in a positive way." The result was a vision board activity that the residents loved.

"Most of the residents were skeptical of the project mainly because they had no idea what a vision board was. The majority of them had never heard of a project like this so that always brings about uncertainty. Once we explained it to them and gave them examples and talked them through it, they were excited and proud of their end result."

A vision board is essentially a collage of images, pictures, or affirmations. Popularized by Oprah, they can be used as a source of inspiration or motivation.

Walker continued, "With the uncertainty that 2020 brought us with the pandemic, we wanted to do a project which allowed the residents to look toward the future in a positive way; so, the idea of goalsetting was born as a way for them to look forward and a creative way to display that in a fun way."

The project was a new endeavor for the facility, but after receiving positive feedback they plan to continue the project and others like it on a regular basis.

"Creating the vision board with the residents was a fun experience. Not only were we able to give the residents something fun to do, it was also a great way to get to know them a little more than we already do. Many of them reminisced about their past and on things they used to do that they wish they could do now. They also discussed their struggles with being in the facility and sharing how they've been able to cope with it. Having these conversations helped us to learn even more about their personal lives, which just deepens our connection to them."

Walker says that the most rewarding part of the activity was seeing the happiness it brought to the residents.

"If our residents are happy, that always makes us happy because it means we are doing something right and making a difference in times where happiness and laughter are hard to come by.

TRANSPORTATION

CONTINUED FROM PAGE A1

to information from the County the routes help to reduce travel time for commuters, provide additional capacity for the lots, and helps to reduce congestion on the I-95/I-395 corridor.

The application is asking for $1,386,000 in funds which will be applied to these bus routes to improve the quality and level of service provided in the corridor.

The second item on the application is funding for a new service for Fairfax Connector Route 371. This new service will replace the 371, 372, and 373 routes that already exist. The new Route 371 will have expanded service and will connect Virginia Railway express riders with destinations in Springfield and the north area of Fort Belvoir that have high levels of employment opportunities.

The application requests $2,579,000 in funding to purchase a bus as well as bicycle and pedestrian improvements for the first and last mile connections to limited stops along the route and employment centers.

Another project that Fairfax will endorse that may have benefits for the County is the creation of a website specifically meant to assist local military personnel and defense contractors. The Northern Virginia Regional Commission would create a website that would provide commuter and transit information tailored for those working in nearby defense installations.

Should the application be approved the funds for the projects would come from the I-395 Annual Investment Funds which is part of a joint agreement between the NVTC and the Potomac and Rappahannock Transportation Commission which outlines the distribution and allocation of funds from I-395 investments.

The NVTA's deadline for the application was set for January 29.

Make a Difference in Your Community!

Run for a Seat on the McLean Community Center Governing Board

PUBLIC NOTICE OF ELECTION

MCLEAN COMMUNITY CENTER GOVERNING BOARD
SMALL DISTRICT 1A–DRANESVILLE
FAIRFAX COUNTY, VIRGINIA

McLean Community Center
The Center of It All

COUNTY OF FAIRFAX 1742 VIRGINIA

This **OFFICIAL NOTICE** of election to select members of the 2021–2022 Governing Board of the McLean Community Center (the Governing Board) is given to residents of Small District 1A–Dranesville, Fairfax County, Virginia (referred to as "Small District 1A"). The McLean Community Center (MCC) operates as a Special District Agency of the Fairfax County Government through a Memorandum of Understanding between the Fairfax County Board of Supervisors and the Governing Board. On February 8, 1984, the Board of Supervisors approved the Memorandum of Understanding, which authorizes the election. MCC is funded by residents of Small District 1A in Greater McLean for their use through a real estate tax surcharge, the result of a 1970 Small District 1A bond referendum.

Open Voting (in person or by U.S. Mail upon request) will be from March 17, through May 15, AND a drive-through option for voting will be available from 10:30 a.m. to 5 p.m. on McLean Day (May 15, 2021) at MCC.

Candidate Qualifications:

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

ADULTS: Candidates must be residents of Small District 1A and must be at least 18 years of age on or before May 15, 2021.

TEENS: Candidates must be 15, 16 or 17 years old on or before May 15, 2021, live within Small District 1A, and live in the boundary area for either Langley or McLean high schools. You ***do not*** have to attend either high school. You may attend another school, including one that is outside of Small District 1A, or you may be home schooled. You can only run for the seat representing the high school boundary area where you live.

Available Governing Board Seats and Terms:

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

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

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

Candidate Petitions Requirements:

ADULTS: Must collect the signatures of ten (10) residents of Small District 1A who are 18 years old or older on or before May 15, 2021.

TEENS: Must collect the signatures of ten (10) residents of Small District 1A who are 15, 16 or 17 years old on or before May 15, 2021.

Candidate Packets containing a petition, instructions and all pertinent paperwork may be obtained at the McLean Community Center, 1234 Ingleside Avenue, McLean, Virginia, 22101, starting on Thursday, Jan. 21. Candidates must pick up and return their own petitions in person.

DEADLINE: Each resident seeking election to the Governing Board shall file a completed petition with MCC at the address shown below **by 5 p.m. on Friday, March 12, 2021:**

McLean Community Center
1234 Ingleside Ave.
McLean, VA 22101

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

Terri Markwart, Chair
Elections & Nominations Committee
McLean Community Center Governing Board

4 ways to manage blood sugar

KEYS TO BETTER HEALTH
CINDY SANTA ANA



One of the most rewarding parts of my job is helping people achieve their health goals and even better when they work in conjunction with their doctor and can come off medications.

Lifestyle meds like metformin, high blood pressure meds, and statin drugs (for high cholesterol) can often be replaced with a healthy diet of whole foods, movement, and certain supplements. You must work with your doctor to do this, but I love supporting my clients through the process to free them of this burden.

One factor of health that you can have a lot of control over is your blood sugar levels.

Insulin is a hormone that gets secreted when your body sensing something sweet entering the bloodstream. It acts as a shuttle to move glucose into the cells.

Currently, close to 50% of Americans have high blood sugar levels that fall within the pre-diabetic and diabetic ranges! This is something we can control with diet, exercise, and improving nutrient status. (I'm talking Type 2 here)

Blood sugar is measured by Hemoglobin A1c levels that look at blood sugar levels from the past 2-3 months.

The sugar in your blood is called glucose. When glucose builds up in your blood, it binds to the hemoglobin in your red blood cells. The A1c test measures how much glucose is bound.

Red blood cells live for about 3 months, so the test shows the average level of glucose in your blood for the past 3 months. A level of 5.7% - 6.4% is considered pre-diabetic, with diabetic levels over 6.5% and more. Some integrative doctors don't even like to see A1c levels over 5.6%.

Things you can do to improve blood sugar:

1. Lower your simple carbohydrate intake. Simple carbs break down into glucose within about 30 minutes. If you have too much intake or insulin-shuttling problems, this can create higher blood sugar levels. So remember, bread, cereal, pasta, cookies, crackers, bagels, muffins, croissants, and donuts are simple carbs - mostly glucose - and we don't have a nutritive need for any of them. This is not to say you can't ever eat these foods, but they shouldn't be a staple or mainstay in your diet. (Think about that morning daily cereal habit!)

2. Eat more fiber. Fiber helps to slow down the absorption and digestion of sugar and carbs. Vegetables, fruits, and legumes can support this function. In fact, in studies, soluble fiber has been shown to improve blood sugar management. Psyllium and beta-glucans are soluble. A 1/4 tsp of psyllium powder in 8 oz of water every morning can be helpful. (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4950069/)

3. Move your body daily. Exercise can help increase insulin sensitivity - meaning it helps your cells be able to use the available sugar in your bloodstream. Exercise also helps your muscles use blood sugar for energy and muscle contraction. Lifting weights is great for this. Even small handheld dumbells can be helpful here.

4. Stay hydrated with WATER! Most clients I speak with don't drink enough water or they drink too many dehydrating beverages like coffee, soda, and caffeinated teas. Pure, filtered water can help your kidneys flush out excess sugar through the urine. Proper hydration moves hormones throughout the bloodstream and can prevent high blood sugar levels. Adults need about 50-80 ounces of water daily, more if you exercise daily. Filter your water with a carbon block filter or reverse osmosis and try to limit your exposure to drinking out of plastic water bottles.

These are just a few tips to help you and they are quite basic, but most people are meeting these basic needs. If you struggle with high blood sugar levels, please set up a free 20-minute consultation with me.



PHOTOS UNSPLASH

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Capital Caring Health's **Primary Care at Home** service provides concierge-like care, at no additional cost, by a team of specialists (doctor, nurse practitioner, social worker) who come to you and provide primary and urgent care. There are no annual fees which normally run as high as $2,500.

Medicare-eligible seniors 65+ with a chronic illness who enroll in Capital Caring Health's **Primary Care at Home** service may be eligible to receive additional high-touch medical care and services in the home, or wherever they live, through a special enhanced care program.

If you are currently receiving or need in-home medical care – or if you have a relative, friend or neighbor who might need our help – visit **capitalcaring.org/PCHbenefits** or call **844-398-4720**.

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Capital Caring Health is one of the oldest and largest providers of advanced illness, elder health, home and hospice care in the country, caring for more than 2,000 patients per day in Virginia, Maryland and Washington, D.C.

Fairfax wins season closer, goes into Patriot tournament with momentum

By Rick Horner
FAIRFAX COUNTY TIMES



COURTESY PHOTO

Last Saturday saw the Fairfax Lady Lions face off against the Woodson Cavaliers in Women's Varsity Basketball. Fairfax came into the game after a victory over South County as both teams we looking for a win to help their standings going into the Patriot District Tournament which began this week. This would be the final game of a shortened season due to the pandemic, in a normal season this would have been these team's 22nd game instead they're were only at 11 games played for the season.

In the first quarter the Lions passing game led to them scoring a two-pointer at the 5:45 followed by Fairfax penetrating in the paint for a nice lay-up to give them an early lead. The Lions would deny Woodson and offense until they got their first shot at the 3:20 mark.

Woodson would take the lead with a field goal at the 1:00 mark but Fairfax would tie it in the 30 seconds. Woodson however would pull a two-pointer in the last five seconds of the quarter to take a lead of 11 to 9.

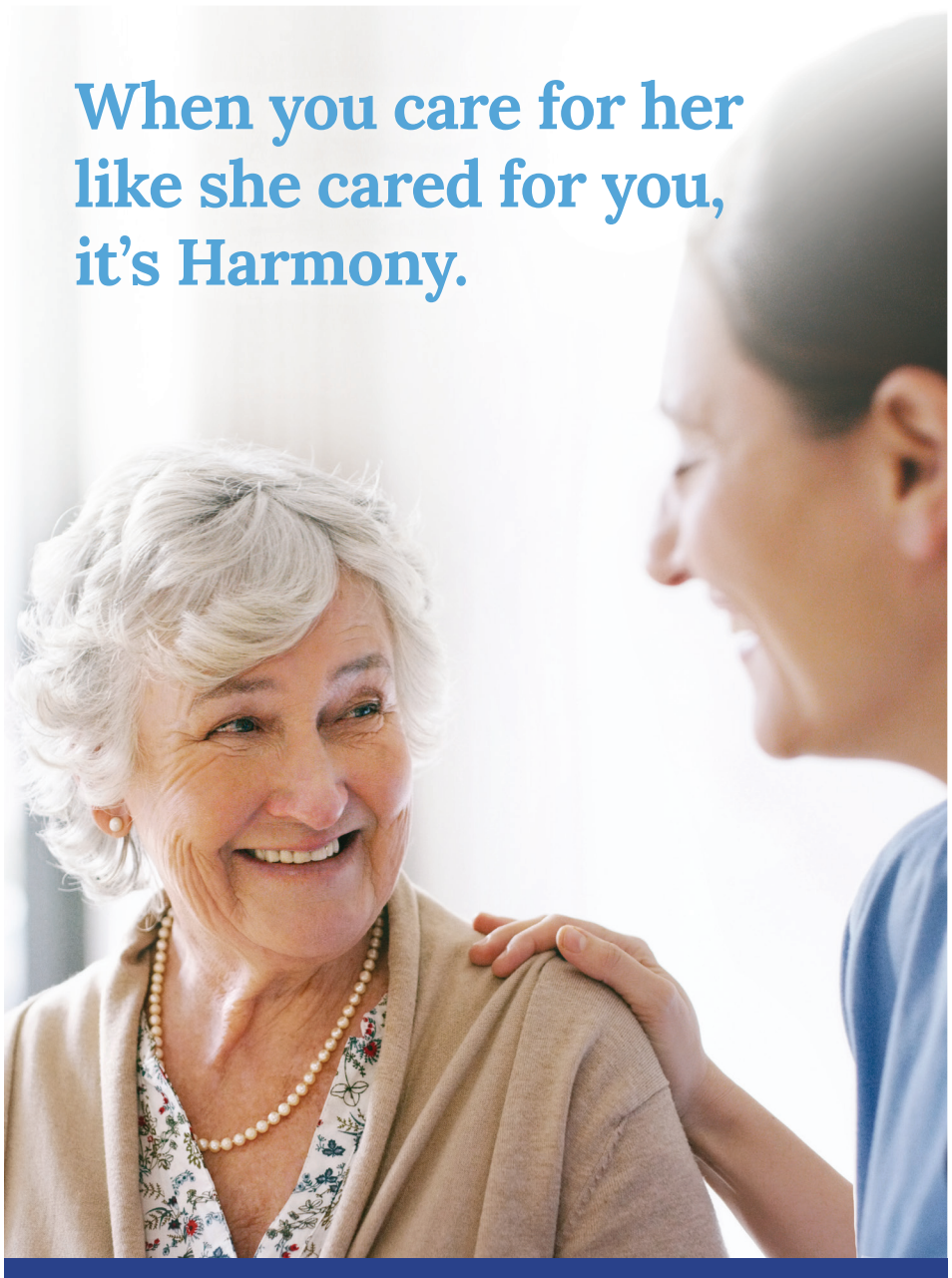
In the second quarter the Lady Lions tied the game up by penetrating the paint and getting a two-pointer at the 7:35 mark. But it wouldn't be smooth sailing this quarter as a bad pass by Fairfax let the Cavs drive into the paint and draw a foul that allowed Woodson to score a free throw that would get them the lead back.

The Lions retook lead around the 6:15 mark but history would repeat itself as another bad pass from Fairfax would lead to Woodson getting fouled again and gaining another free throw. Fairfax would answer back with a free throw and a two-pointer to end the half in the lead with a score of 23-19.

As the second half begins the Cavaliers score first at the 7:04 mark but Fairfax would respond in kind moments later. Woodson trailed but fought hard and continued to put the pressure on the Lions. But Fairfax continued pulling further away and would soon have a double-digit lead at the 3:30 mark.

The action on the court was literally back and forth at one point as Woodson stole the ball only for Fairfax to take it back after a failed shot by the Cavs in the paint. But Woodson would line up a few shots at the 1:30 mark and get closer to closing the point gap. But Fairfax would score in the last 30 seconds and keep their lead at end of the third quarter with a score of 35 to 28.

Going into the fourth quarter both teams continued to play aggressively as the Lions opened things up with another two-pointer. The aggression continued as Woodson striped the ball from Fairfax for a two of their own. Fairfax would stay aggressive as well and went for a fast break but got fouled which resulted in two completed free throws. Fairfax would get one more free throw at the eight second mark to win the game 46 to 37.



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Washington-Liberty defeats Langley 55-46

By Rick Horner
FAIRFAX COUNTY TIMES

Last week saw the Washington Liberty High Generals faced off against The Langley High School Saxons in Men's Varsity Basketball action.

The first quarter action began with the Generals stealing the ball from the Saxons mere seconds after the game began. While Washington-Liberty didn't score it did wake Langley up and both teams geared up to play hard.

There was a lot of up and down the court action but not much scoring until the five-minute mark when the Generals got the first basket. Langley responded mere moments later with a field goal to take an early lead. There were some hitches early on in the quarter, passing flubs would lead to a ball scramble at the 3:53 mark and the passing mistakes at times made it seem like the teams were in a particle accelerator.

Both teams would tighten up which would lead to Washington-Liberty tying the score with a three-point shot at the 1:38 mark. But once again Langley would respond in kind with a three-pointer of their own to take back lead. At the end of the first quarter Langley would lead 10-13.

The second quarter was an almost mirror image of the first as Langley stole the ball from the Generals but the Generals took it right back which would result in a foul in the paint on Langley. Washington-Langley had a chance to tie it up 6.35 mark but unfortunately blew two free throws. But the Generals did stop and took the lead at the 3.55 mark.

Passing had tightened up with both teams but a steal by the Generals at the 2:56 mark allowed them to widen their lead over Langley. At the 1:05 mark Langley started to close the point gape with Washington-Liberty which resulted in an 20-19 lead for the Generals at the end of the second quarter.

Third quarter action saw the Saxons momentarily retaking the lead at the 6:51 mark with a two-pointer in the paint, but the Generals would retake the lead a few seconds later. Langley kept chasing and came close tying the game up at the 6:00 and 2:25 marks before Washington retook the lead at the 1:50 mark. The Generals would continue to widen their lead which would be 37-30 at the end of the third quarter.

The fourth quarter would see harder action and more scoring as the General's lead would go into double digits for the first time in the game at the 7:20 mark. The playing got harder and unfortunately one



COURTESY PHOTO

Langley player got hit hard and had to be taken off the court. The high scoring continued in the quarter and would lead to Washington-Langley getting the last shot of the game for a commanding win with a score of 55-46.

5 tips to up your big game experience

Courtesy of Brand Point Media

While you may be scaling down your festivities for the big game this year, there's no reason you have to scale down the fun and excitement that comes with the big day. After all, you've only been waiting for this day for an entire year!

If you're looking for ways to make this year's party just as great as ever, here are some ideas to help make your game day super memorable.

1. Set the scene

Make sure everyone in your household is wearing their team jerseys, put up plenty of streamers and balloons in your team's colors, and enlist the whole family in creating homemade signs to celebrate your team and cheer on your favorite players. Send your party over the top with football-themed (and shaped) napkins, bowls, cookies and cakes.

2. Host a virtual watch party

Your party can be even bigger than before if you host a virtual event. From your high school and college buddies to family members near and far, absolutely everyone on your friends list can participate - just like they're right there watching with you.

Invite everyone in your virtual get-together to wear their team's colors, decorate their viewing rooms to the max and keep the volume up high so you can all cheer together!

3. Elevate your home entertainment experience

If you want to enjoy the game even more this year, you'll want to see it clearly from kickoff to the final touchdown. Now's a great time to pick up an LG OLED TV, which are perfect for sports fans. LG OLED technology delivers perfect blacks, more than one billion rich colors and a sense of immersion that allows the consumer to have the best possible experience when watching sports and movies, playing video games and more, especially when paired with one of LG's premium soundbars with Dolby Atmos.

LG is currently offering a special pricing promotion that includes the lowest price ever for an LG OLED TV (55-inch class LG OLED BX) and significant savings of up to $2,000 on larger-screen LG OLED TVs, now through Feb. 7 at LG-authorized retailers nationwide.

4. Don't skimp on the snacks!

Even if your party is smaller this year, let all your game day favorites be just as abundant! Circulate the best recipes you can find for loaded nachos, spicy wings and other savory snacks and treats with all the members of your watch party so you can "share" them together.

Not a foodie? No problem! You can relax and enjoy the day while supporting one of your top neighborhood eateries by ordering your game day spread for takeout or delivery.

5. Add a surprise element

Did you know you can hire online entertainment for your virtual watch party? These days you can find musical entertainment - from solo performers to bands - of almost any kind, plus comedians, magic acts and even celebrities who will create recorded personalized messages you can use to surprise your party guests during your event. Search online for the type of entertainment you want and get ready to watch your guests' jaws drop in amazement.

Following these tips, you'll have a fantastic time with your friends and fam, no matter how you celebrate - and you'll make this game day one to remember.

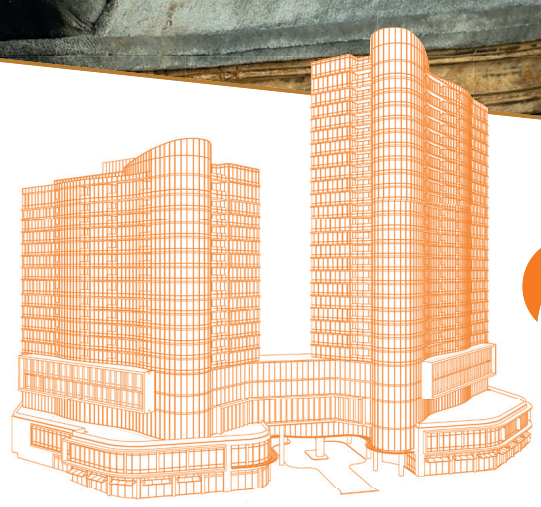


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A surprising way families are coping with pandemic stress

Courtesy of Brand Point Media


BRAND POINT MEDIA

Due to the pandemic, everyone's lives have been turned upside down. This is especially true for families coping with altered routines at school, learning from home or both. Children are stressed about their routines, and parents are anxious, too.

Emily Hanley, mother of 6-year-old Cameron, said this year became increasingly challenging for her family. "Bedtimes got later, meals were refused, and every little choice became a battle. We all put up a strong front for those first six months, until getting back into a school routine threw us off," she said.

How children learn to cope

Research has shown that children often cope with stress by projecting their feelings and worries onto toys, stuffed animals and dolls. The Committee for Children, a global nonprofit leader in social-emotional learning, spent more than three years studying this concept, and then teamed up with Sproutel, a play-focused design studio, to bring their research to life. The result of their collaboration? Purrble - an interactive toy designed to help children learn to self-soothe during stressful times.

"When kids respond to stress with emotional outbursts, it can be hard on the whole family," said Kate Gallo, product manager for Committee for Children's Innovation Lab. "Purrble isn't about getting rid of big feelings, but empowering kids to understand they're in the driver's seat when big feelings happen. Research has proven children can learn to calm themselves by helping someone else calm down."

After trying everything from essential oils to meditation to calm her son, Hanley ordered a Purrble. "It hasn't even been a full 24 hours, and my son is happily giving him a tour of our house and introducing him to his other stuffed animals. His job is to keep his Purrble calm and happy. I can already sense he is exuding calm to keep his little furry friend calm."

An unlikely remedy

When the toy is first turned on or is startled (for example by being turned upside down), their heart beats quickly, inviting kids to calm them down. High-tech sensors allow Purrble to respond to touch and fidgeting, so when kids pet their companion, Purrble's vibrational heartbeat slows into a gentle purr.

"As kids explore the toy, they learn to care for Purrble, interpreting the purrs, heartbeats and reactions," said Aaron Horowitz, co-founder and CEO of Sproutel. "The discovery process helps kids to not only develop these self-calming skills but to take charge of how they learn."

According to research, when taught at a young age, these coping and social skills can lead to better long-term emotional, social and academic outcomes into adulthood, not to mention the benefits of in-the-moment self-soothing.

In a preliminary study conducted with families earlier this year, parents found that when their child was heading for a meltdown or just having a bad day, Purrble could help transform tantrums into moments of calm. In fact, of the 73% of these parents who reported their child was experiencing challenges with emotions, concentration and behavior during the pandemic, 91% of these said the toy played a role in improving these struggles.

"With the coronavirus, being home is extra challenging for everybody," said mom Stephanie Blanchard, whose family participated in the trial. "It's hard for kids to understand what's going on. When my 6-year-old, Sophie, was stressed or having a tantrum, I would say, 'Hey, go get Purrble. Can you calm Purrble down?'"

A companion for all ages

From parents and children to 20-somethings and grandparents, people of all ages are discovering the calming effect - grandparents who ordered one for their grandchild and ended up loving Purrble so much they ordered another for themselves, young adults grappling with anxiety and even teachers using Purrble as a classroom management tool.

In a year when everyone - kids and adults alike - is having a challenging time finding calm, Purrble is lending a paw.

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Fairfax County Times' Guide to
Arts & Entertainment



PETS:
VALENTINE'S DAY WITH YOUR DOG AND CAT
Page B3

Broadway star Norm Lewis headlines Signature Theatre's Simply Sondheim

The streaming event features a dozen singers comprised of local and Broadway faves

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Looking for a chance to give theater fans something to enjoy this winter, Signature Theatre will stream Simply Sondheim, the first production in the Signature Features 2021 Season, through March 26 on Marquee TV, an on-demand streaming platform dedicated to global arts and culture.

Backed by an orchestra of 16, the production stars a dozen singers comprised of Broadway and local theater favorites, headlined by Norm Lewis.

The actor made his Broadway debut in the ensemble of The Who's Tommy in 1993, and over a long and distinguished career, he adorned costumes of Javert in "Les Misérables," Billy Flynn in "Chicago" and most notably, the titular role in "Phantom of the Opera," becoming the first Africa-American to play the role on Broadway.

"For me, Broadway is the pinnacle of live theater and it is something that is so respected—even a lot of TV and movie stars who come here are excited about it, and it perhaps gives them some legitimacy," he said. "For me, there's nothing like the reaction of doing something live."

Lewis was last seen in the D.C. area when he journeyed to River City to play Harold Hill in the Kennedy Center production of "The Music Man" in 2019.

He's spent the pandemic doing performances and master classes over Zoom, did some guest spots on TV, and was one of the founders of Black Theatre United, an organization dedicated to protecting black communities.

Lewis admitted he's missed performing live so much, and when Signature called about doing this show, he jumped at the chance.

"I've done a couple of shows with them over the past couple of decades, starting with 'Sweeney Todd' in 1999, and when they asked if I would be a part of this, I was very excited that they would even think of me," Lewis said. "It was so much fun. It was great to see friends and it was great to sing with an orchestra again. We need theater and people are craving to be amongst each other and share this experience together."

The production includes more than 30 songs from Sondheim's legendary canon, including q "Finishing the Hat," "Another Hundred People," "Losing My Mind" and "The Worst Pies in London." For his part of Simply Sondheim, Lewis will sing "Being Alive" from "Company," and "Is This What You Call Love" from "Passion."

"Luckily, I had performed both songs before on Broadway," Lewis said. "There are so many wonderful Sondheim songs, but 'Being Alive' is the one that is the cherry on top. I did it on Broadway and to do it here at Signature felt great."

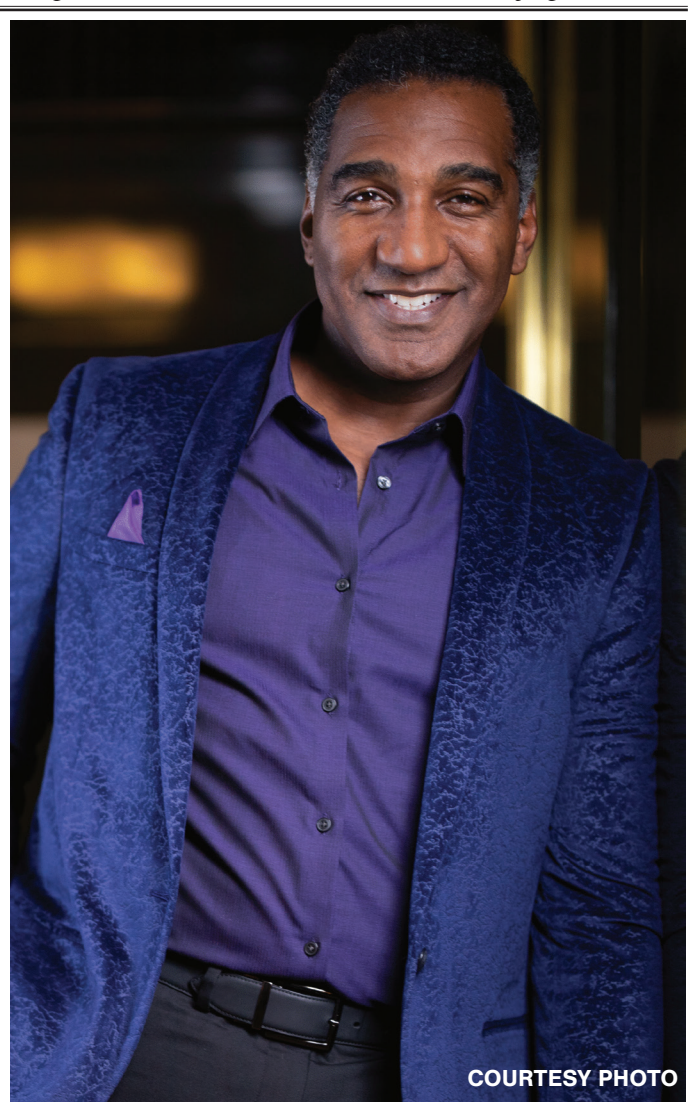
As for his other tune, Lewis described "Is This What You Call Love" as one of Sondheim's most challenging, and he was happy to repeat what he was able to do on Broadway in this production.

Simply Sondheim also features Broadways' Emily Skinner ("The Cher Show") and "How to Get Away with Murder's" Conrad Ricamora. Signature favorites Solea Pfeiffer, Nicholas McDonough, Donna Migliaccio, Christopher Mueller, Katie Mariko Murray, Tracy Lynn Olivera, Paul Scanlan, Awa Sal Secka and Bobby Smith round out the cast.

Simply Sondheim was filmed over the course of three days in Signature's MAX Theatre with multiple safety protocols in place.

"After an 8-month hiatus, returning to Signature to film a production of Simply Sondheim was a joyous experience from beginning to end," said Matthew Gardiner, Signature's associate artistic director, who directed and choreographed the show. "The room was filled with artists who have meant a great deal to Signature over the years, and to hear them singing the songs of the man who has always been Signature's signature-well there could be no more perfect homecoming."

Single stream tickets cost $35 and subscriptions for the entire series are available for $200 at SigTheatre.org.



COURTESY PHOTO

STAY TUNED

Queen Latifah stars in reboot of 'The Equalizer'

By Melissa Crawley
MORE CONTENT NOW

A misstep tests a couple's relationship, African American visual artists are recognized and a crusader for justice is reimagined for a new audience.



Queen Latifah takes on the title role in a reboot of "The Equalizer." [CBS]

Dispatches: Weekly TV news

NBC is rebooting the classic sitcom "**Kate and Allie.**" The updated series is about two best friends who are raising their children together in one household. Erica Oyama will write and executive produce. The original show aired on CBS for six seasons.

ABC gave a pilot order to "Once Upon a Time" creators, Adam Horowitz and Edward Kitsis, who are developing a potential new series called "**Epic**." It's described as a romantic anthology that reinvents fairy tales.

Contenders: Shows to keep on your radar

In the latest installment of documentary series, "The New York Times Presents," the fight over a pop star's career takes center stage. "**Framing Britney Spears**" (Feb. 5, FX and FX on Hulu, 10 p.m. ET) examines the singer's court battle with her father over who should control her future.

Zendaya and John David Washington star in "**Malcolm & Marie**" (Feb. 5, Netflix). The action focuses on the titular couple after they return home from a movie premiere, where filmmaker Malcolm forgot to thank his girlfriend Marie in his opening night speech. Marie's anger over the mistake kick starts a rough night as the couple dissects the ways they love and hate each other.

It's all about everyone's favorite beagle in the animated series "**The Snoopy Show**" (Feb. 5, Apple TV+).

In the documentary, "**Strip Down, Rise Up,**" (Feb. 5, Netflix) Oscar-nominated director Michele Ohayon follows a group of women in a pole dancing program as they work on body positivity and reclaiming their lives.

Get the hot wings ready. Tom Brady's Tampa Bay Buccaneers, who are the first team to ever play the big game in their home stadium, take on Patrick Mahomes' Kansas City Chiefs in **Super Bowl LV** (Feb. 7, CBS, 6:30 p.m. ET).

After the Super Bowl, Queen Latifah takes over the title role first played by Edward Woodward (and later in film, by Denzel Washington) in a reimagining of 1980s TV series, "**The Equalizer**" (Feb. 7, CBS). Latifah plays Robyn McCall, a divorced, single mother who uses her skills to help people find justice when the system fails them.

Inspired by the late artist and curator David Driskell's exhibition, "T**wo Centuries of Black American Art**," the film "Black Art: In the Absence of Light" debuts on HBO (Feb. 9). The production introduces the work of top contemporary African American visual artists including Theaster Gates, Amy Sherald and Carrie Mae Weems.

Hello, Clarice. CBS takes on the story of FBI agent Clarice Starling (Rebecca Breeds) as she returns to fieldwork in 1993, one year after the events of "The Silence of the Lambs." From executive producer Alex Kurtzman and Jenny Lumet, the spinoff "**Clarice**" premieres Feb. 11 at 10 p.m. ET.

Report Card: Ratings winners and losers

Winners: Fox renewed "**I Can See Your Voice**" for a second season.

Losers: The total volume of original scripted TV series has declined for the first time in 10 years. The downturn was likely driven by the coronavirus pandemic, which stopped production for much of 2020.

Melissa Crawley is the author of "Mr. Sorkin Goes to Washington: Shaping the President on Television's 'The West Wing.'" She has a Ph.D. in media studies and is a member of the Television Critics Association. To comment on Stay Tuned, email her at staytuned@outlook.com or follow her on Twitter @mcstaytuned

MOVIE REVIEW

It might not make total sense, but do not dismiss 'Bliss'

By Ed Symkus
MORE CONTENT NOW

Fans of "The Matrix" trilogy will recognize, early on, that there are some similarities between those films and "Bliss." Both are about certain people having choices of living in two different existences. Both involve ingesting special drugs to go from one "place" to the other. Both feature a protagonist who can't figure out what's going on, then eventually becomes comfortable with his state of affairs.

But the differences between "The Matrixes" and this one are more significant. They are violent, action-filled science fiction-horror films; this is an emotion-filled, multi-leveled fantasy. There's one other parallel: Neither of them is easy to explain. Here's my attempt with "Bliss."

Greg Wittle (Owen Wilson) works at Technical Difficulties, a company with a large, open-seating space filled with people at phones, all of them telling callers, "Sorry you're having technical difficulties."

But Greg has a private office, where he ignores his ringing phone and concentrates on making a series of detailed drawings of some kind of vacation spot. He's caught, he's fired, he accidentally kills his boss, he runs away, and while all of this is happening, the wallet on Greg's desk starts flickering, in and out of existence.

Rattled over this turn of events and over a call he did take - from his daughter (Nesta Cooper), who wants to see him - he hightails it to a local bar, where Isabel (Salma Hayek) watches him from afar, then approaches him, then asks if he knows that he's real.

See BLISS, Page B2

Community Information

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

Attracting Butterflies Learn from master gardeners how to incorporate host and nectar plants that are essential for every butterfly. 10 a.m. Feb. 6. Cost is $10. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit https://bit.ly/39CG2q5.

Love Lessons from Jane Austen Celebrate Cupid's upcoming holiday at this virtual afternoon tea. 2 p.m. Feb. 7. Cost is $12 to $24. For more information visit https://bit.ly/2MLoL5h.

FunDay Monday Enjoy a Kids Nature Show this week. 10:30 a.m. Feb. 8. Free. Old Town Hall, 3999 University Dr., Fairfax. For more information and to sign up visit https://bit.ly/3atzQQA.

Volunteer Action Night for the Environment Help plan 2021's approach to improving tree canopy, advancing offshore wind energy and more. 5 p.m. Feb. 8. Free. Zoom link provided after registration. For more information visit https://bit.ly/2MLk8Ir.

Introduction to Astronomy Discuss basic types of astronomical objects, motion of the planets and stars and more in this virtual program. 7:30 p.m. Feb. 9. Cost is $8 per login. For more information visit https://bit.ly/3rfGws9.

ONGOING

Black History Month Events Find a list of virtual and in-person events taking place in February in Alexandria. For more information visit https://bit.ly/3cHul3c.

Self-guided Tour download the StoryMap app on your smartphone and walk the African American Waterfront Trail along the Potomac River in Alexandria. Free 45-minute walk. For more information visit https://bit.ly/2YCtBEn.

Caregivers Support Group is for caregivers of adult family members with dementia. Virtual meetings are held the first and third Tuesday of each month from 10 to 11:30 a.m. For more information contact facilitator Jack Tarr, 703-821-6838, jtarr5@verizon.net or Lynn Rafferty, 703-508-1365, radmom8992@gmail.com.

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

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

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

Art News

Chamber Music at the Barns features Gloria Chien on the piano in this virtual concert beginning Feb. 5 at 7:30 p.m. and streaming through midnight Feb. 12. Free. For more information visit https://bit.ly/3tkCuR2.

Ring Holder Class These holders are useful by a sink or anywhere you want to take off jewelry. Two afternoon sessions. Feb. 6. Cost is $15. Arts Herndon, 750 Center St., Herndon. For more information visit https://bit.ly/39GsQR5.

Sankofa Danzafro through the lens of Afro-Columbian dance and drumming, The City of Others explores racism and social disparity in Columbia. 8 p.m. Feb. 6. Cost is $17.50. For more information on this virtual event visit https://bit.ly/3oGXrSM.

The University of Wonder & Imagination is now enrolling students of all ages and magical abilities. Zoom sessions offered multiple times Feb 6 and 8. Cost is $10 to $15. For more information visit https://bit.ly/3trXi9A.

Such a Fun Age Meet Kiley Reid, best-selling author of this book in a free, virtual event. 2 p.m. Feb. 7. For more information visit https://bit.ly/3oGV4zt.

Virtual Improve Show Join The Unruly Theatre Project from the comfort of your own couch. 7 p.m. Feb. 10. Register online and the Zoom information will be sent to you. For more information visit https://bit.ly/39HOLr7.

Mardi Gras at the Workhouse A variety of events are offered during this celebration Through Feb. 13. Online workshops and demonstrations, in-person demonstrations, classes and more. For more information visit https://bit.ly/3iMXUS2.

Arcadia Enjoy a public sound and light installation created by artist Sam Nester offered in partnership with Murals at Mason and Mason Exhibitions initiatives. This will be accessible through December via Twitch livestream as well as in person. For more information visit https://bit.ly/3sEUJAn.

BLISS

CONTINUED FROM PAGE B1

Owen Wilson has always been good at looking confused and concerned, and he's very good at it here. "Sorry, do I know you?" he asks. Her answers are to show him that she has telekinetic powers - that she can move objects with a wave of her hand - and a statement: "I will help you because I feel a little responsible for your situation. It's kind of my fault that this world exists." That he shouldn't worry about killing his boss because his boss wasn't real.

By the time she's looking at Greg's drawings and noticing that she's in one of them, the film has achieved an air of intrigue, and it doesn't intend to let it diminish.

Soon there are drugs - glowing orange crystals called yellows - that give telekinetic powers to Greg; there's a throw-away story about Greg's son (Jorge Lendeborg Jr.) who wants nothing to do with his dad because "I can't trust him anymore"; and some unnecessary - and unexplained - filler about Greg being arrested and immediately released.

Though the story centers on him, it keeps veering off to ponder some of what Isabel does. Is she a part-time hooker? I don't think so, but there are hints of that. Then it switches over to the activities of Greg's daughter, who is now searching through the city to find him but who, according to Isabel, is not real.

Greg's confusion becomes tangible, causing a suddenly distressed Isabel to cry, "I'm worried about you. You're getting sucked into the illusion and you're dragging me in with you," and promising that all will become clear if they take a different kind of crystal - blue ones.



Greg (Owen Wilson) and Isabel (Salma Hayek) enjoy some time in the nicer of two worlds. [Amazon Prime]

When she and Greg awake, after ingestion, they do so in a different place. The drab squalor of the city has been swapped for some sort of oceanside Eden, where everything is clean and everyone is relaxed and happy. She is now Dr. Clemens and he is now Dr. Wittle. She is poised and maintains an aura of authority. He's still confused, but is finally convinced that they are "home," that the city was a simulation, and this is reality (one that looks like his drawings).

The rest of the film consists of explanations. Some make sense, some don't. Can inventions such as thought visualizers and brain boxes really serve for the betterment of humankind? Is it possible that people will someday achieve a state of bliss? Are the worlds of the city and the paradise starting to collide?

Toward the climax, there are too many things happening at once, and too many questions. The ending can be construed as a happy one, involving a desire for rehabilitation and a family reunion. Is it still intriguing? Yes. But is it real? Maybe.

"Bliss" premiers on Amazon Prime on Feb. 5.

Ed Symkus can be reached at esymkus@rcn.com



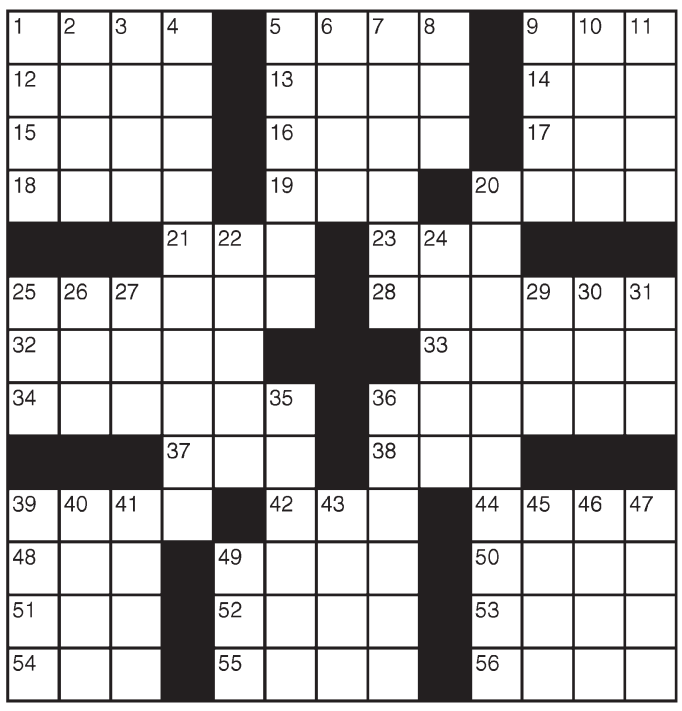
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12 Mentor
13 Err
14 Shoe width
15 Secondhand
16 Watch chains
17 Away from SSW
18 Slightly
19 And so on (Abbr.)
20 Tackles weeds
21 Longing
23 Hearty quaff
25 Ex-hausted
28 Castor's twin
32 Silents star Mary
33 Country singer Shelton
34 Arrest
36 Dwellings
37 Meadow
38 Dancer Charisse
39 Rage
42 Trio after Q
44 Raw minerals
48 Exist
49 — Domini
50 "Damn Yankees" vamp
51 Irate
52 Tale teller
53 Maui meal
54 Golfer Ernie
55 Track circuits
56 Holler

DOWN
1 Oaxaca water
2 Reddish brown
3 Region
4 "That'll Be the Day" singer
5 Insult
6 Coin aperture
7 Wheel cover
8 Six-pack muscles
9 Vegas game
10 Hereditary unit
11 Honey bunch?
20 Louis Armstrong song
22 Haunting
24 Hotel area
25 "Humbug!"
26 "Suits" network
27 Disco guy on "The Simpsons"
29 Young fellow
30 Guitar's kin
31 Ballot marks
35 Aslan's land
36 Oscar contenders
39 Notoriety
40 Russian river
41 Some wines
43 Crisp cookie
45 Libertine
46 Mideast airline
47 Author Bellow
49 100%

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FROM THE DOG'S PAW

Valentine's Day with your dog and cat

By Noah!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

"WOOF! Happy Valentines Day Samson!"

"HISS? What? What is Valentine's Day?"

"Barkingly, Valentine's Day is the day when humans remember the humans they love with special and cards. It's about spoiling those you love!"

"Hiss! Meow, shouldn't humans be doing that every day of the year or at least as much as pawssible?"

"Woofs, yes, they should! They should remember to celebrate with their pets too. After all, we are an impawtant part of the family too. There are pawlenty of gifts, treats, and fun things you can do to show love to your pets!"

"Meows! You know pets cannot have chocolate candy often around on Valentine's Day, right? Well, how about baking homemade treats for your pets and yourself? Purrs, that would be so cool. There are pawlenty of pet-friendly recipes online which would work great. Or, you could go to the local pet shop and buy your pet some of those really expensive bakery treats you usually avoid because they are expensive! But, true love of your pets knows no expense! MEOWS! PURRS!"

"BARKS! How about a date night? WOOF! If there's a restaurant near you that allows dogs, you can take your pups for a nice dinner out! If not, you could prepare a healthy dinner for the two of you! There are pawlenty of dinner recipes online, like boiled chicken and rice with certain veggies, which work great! Woofingly, before dinner, go shopping at those great pet shops! Take a stroll through the toy section and find something special for your pet. Maybe buy a new collar or leash in Valentine's Day designs- even for your male dog! WOOF! Or, go for a walk in dog-friendly shops. Barkingly, you could take that special hike or walk you've been waiting to take. After enjoying dinner, you can curl up and watch a movie or read a good novel!"

"Meow. With cats, we don't go for walk- the indignity of it all, you know- leashed out in public! Paws, instead of that trite event, you could exercise your cat with wand toys, balls, little stuffed mice, or some really cool moving toy!? A new toy with catnip would be pawsome too! Purrs, you can find pawsome recipes for a great dinner for your cat online too."

"Woofs, with all the pawsome technology these days allowing you to listen to various genres of music on any device, why not create a playlist of songs, especially for your pets. Think classical. Think quiet. Think relaxing. My human-created one for me and Samson of classical piano. When he has to go out without me, he turns it on to keep me company especially if I'm looking disappointed I can't go with him. Barkingly, a playlist can help keep me settled in thunderstorms or fireworks too.



JAMIE STREET / UNSPASH

Unconditional love.

BARKS! One of my mostest favorite activities to do with my human and I KNOW he loves to do with me, is go for a ride! I get so excited about the pawssibility of going for a ride that I jump and wiggle and shake all about! Woofs, Dad has to be careful picking up his keys or saying "Ride" or "Going for a Ride" unless he plans on taking me with him! Though Valentine's Day could be quite cold for rolling the windows down, turning the radio up, and taking off down the highway, we could just leave the windows up- it'd still be fun!"

"Meows! Humans could spread their love of pets by donating to a favorite dog and/or cat rescue in their pet's name or in memory of one! Many of these organizations operate solely on financial donations from pawnderful humans who love animals. Your donations help them do more work to better the lives of homeless dogs and cats. Barkingly, humans could donate their time too, since volunteers are needed to keep rescues going."

"Noah, I know how we will celebrate Valentine's Day! I'm curling up on Mom's lap for belly rubs and ear scratches while watching the movie "Twister!" her favorite! You'll be with Dad on the couch getting the same! It will be fun!

"MEOWS! Happy Valentine's Day Noah! I love you!"

"Barks, Happy Valentine's Day, cat brother! I love you too!"

"Happy Valentine's Day dear readers! Meows! Barks!"

About us! Barks! Meows! Using humor with facts, Samson and I write about dog/cat adoption, humor, pet care tips, and entertaining stories about life with pets! Enjoy our articles? Pawlease follow us at www.fromthedogspaw.com by email. Samson is Cat-in-Charge, I am Noah, Dog to our human, Allen Pearson Dog Photographer and Writer,Allen Pearson Dog Photographer and Writer, www.allenpearsonphotography.com, www.allenpearsonphotographyjournal.com, www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.

King Crossword

Answers

Solution time: 21 mins.

A	R	A	B	O	S	H	A		K	G	B
G	U	R	U		F	L	U	B			
U	S	E	D		F	O	B	S	N	N	E
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Director – Strategy & Business Development – McLean, VA. Seeking MS in Computer Science, Computer Engineering or Telecommunications. Mail CV to Attn: HR/Job #0125, 22nd Century Technologies, Inc., 8251 Greensboro Dr, #900, McLean, VA 22102.

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Medallia, Inc. has following opportunities in McLean, VA: **Software Engineer:** Build and maintain robust and scalable RESTful APIs that support various products that build and maintain services that are needed to satisfy the product requirements. **Senior Software Engineer:** Build and maintain robust and scalable RESTful APIs that support many products. Build and maintain services that are needed to satisfy product requirements. To apply, mail resumes and ref. job title to L. Schwind, Medallia, Inc. 575 Market Street, San Francisco, CA 94501. Background checks required.

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Legal Notice

[(Full name(s) of owner(s)]: Wangdaepark Inc

Trading as:
Vit Goel Tofu House
6035 Centreville Crest Ln
Centreville, Fairfax County, VA 20190

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

Andrew Choe, 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.

3008011 (01-29-21, 02-05-21)

Legal Notice

[(Full name(s) of owner(s)]: APQ Merrifield VA LLC

Trading as:
Le Pain Quotidien
8296 Glass Alley Ste 120
Fairfax, Fairfax County, VA 22031-2288

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Sean Morris

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.

3008030 (01-29-21, 02-05-21)

Legal Notice

FAIRFAX COUNTY, CITY OF FAIRFAX, CITY OF FALLS CHURCH
Awarded Federal Funds Under FEMA
Emergency Food and Shelter National Program (EFSP)

The Local Board for the Fairfax County, City of Fairfax, and City of Falls Church has been awarded $138,572 funds to address rental assistance through the Department of Homeland Security (DHA), Federal Emergency Management Agency (FEMA) under the Emergency Food and Shelter Board Program (EFSP). The EFSP program was created by Congress in 1983 to supplement agencies that provide food, shelter, rent, mortgage and utility assistance programs. The Local Board will award funding to address rental assistance only.

Under the terms of the grant from the National EFSP Board local agencies chosen to receive funds must 1) be private voluntary nonprofits or units of government 2) eligible to receive Federal funds 30 have an accounting system 4) practice nondiscrimination 5) demonstrated the capability to deliver emergency rental assistance and 6) if they are a private voluntary organization, have a voluntary board.

To apply for Phase 38 funds please contact the Fairfax Salvation Army (703-385-8700 x 16) or FairfaxVA@uss.salvationarmy.org.

Grant applications (original and 5 copies) plus one copy with attachments for Phase 38 must be provided to EFSP Local Board, c/o Stacy Burke, Fairfax Salvation Army (4915 Ox Road, Fairfax, VA 22030) no later than close of business February 12, 2021. For more information, please contact Mary Lee Di Spirito, Chair of Fairfax/Falls Church Local Board EFSP at 703-256-9513 or ddmld@verizon.net

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold a work session on Monday, February 8, 2021, at 7:00 p.m. and a public hearing on Monday, February 22, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work sessions and public hearings may be by electronic means.

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

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

TOWN OF HERNDON FY 2022 – FY 2027 CAPITAL IMPROVEMENT PROGRAM (CIP), the Planning Commission will take public comment on the town's Capital Improvement Program (CIP) and consider a recommendation to the Town Manager. The manager will subsequently recommend an operating budget and CIP to the Town Council. The CIP is a financial planning document that establishes a six-year schedule for public improvements and serves as a companion policy document to the Town of Herndon 2030 Comprehensive Plan.

ZONING ORDINANCE TEXT AMENDMENT, ZOTA #21-01, to reduce the minimum front setback requirement in the CS, Commercial Services, zoning district. This zoning ordinance text amendment is being considered pursuant to Virginia Code §§ 15.2-2204, 15.2-2285, 15.2-2286, and an Initiating Resolution adopted by the Town Council on January 26, 2021. Notice is hereby given to consider zoning text amendments to establish new, and clarify, revise, and/or delete, existing regulations and definitions in order to reduce the minimum required front setback from 50 feet to 25 feet. The proposed amendments under consideration include, without limitation: Chapter 78 (ZONING), Article IV (Business Districts), and Section 78-40.2 (CS – Commercial Services District).

SPECIAL EXCEPTION, SE #20-01, 1131 Elden Street, Pollo Campero, to permit a drive-through service accessory to a new-construction eating establishment. The property is zoned CS, Commercial Services, and is designated in the Herndon 2030 Comprehensive Plan as "Business Corridor". The property is located on the east side of Elden Street, approximately 260 feet from its intersection with Alabama Drive. Fairfax County Tax Map Reference Number: 0161-04050009B. Applicant: Campero USA Corporation. Property Owner: BXA, LLC.

SPECIAL EXCEPTION, SE #20-05, 385 Spring Street, Security Public Storage, to permit the addition of six moving trucks for rent accessory to a self-service storage facility. The property is zoned PD-B, Planned Development - Business, and is designated in the Herndon 2030 Comprehensive Plan as "Office Parks & Flexible Space". The property is located on the southwest side of the Spring Street and Victory Drive intersection. Fairfax County Tax Map Reference Number: 0162-02-0173B. Applicant: Man Choi. Property Owner: Herndon Storage, LLC.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning February 5, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 5 and February 12, 2021

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, February 16, 2021 at 7:00 p.m. and a public hearing on Tuesday, February 23, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

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

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 12, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 5 and February 12, 2021

Legal Notice

[(Full name(s) of owner(s)]: Herndon Hotel Ownership LLC

Trading as:
Hyatt House Herndon Reston
467 Herndon Pkwy
Herndon, Fairfax County, VA 20170

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed Beverage restaurant license to sell or manufacture alcoholic beverages.

Joseph Scuderi, Managing Member

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

3008049 (02-05-21, 02-12-21)

Legal Notice

[(Full name(s) of owner(s)]: Old Town LLC

Trading as:
Pho Nam
606 King Street
Alexandria, Fairfax County, VA 22314

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

Quang Nguyen, Owner/Member

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

3008047 (02-05-21, 02-12-21)

Lease Available

Optical Lease re-assignment available - 3 years left on the lease. All equipment and inventory, phone number and customer list for $30k. Contact 727-777-2484

Lease Available

RECRUITING?
We can help!
Call us today!
Marcia Patch
703-904-1004



TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, February 3, 2021, at 7:00 p.m. and a public hearing on Wednesday, February 17, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-001, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 647 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0002. The property is zoned R-10, Residential, Single Family; and consists of approximately 4,926 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright. **(Continued from the January 20, 2021 HDRB Public Hearing)**

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-002, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 649 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0001. The property is zoned R-10, Residential, Single Family; and consists of approximately 5,101 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright. **(Continued from the January 20, 2021 HDRB Public Hearing)**

APPLICATION FOR A CERTIFICATE OF APPROPRIATENESS FOR AN ADDITION TO AN EXISTING STRUCTURE, HDRB #21-005, to consider an application for a Certificate of Appropriateness for the addition of a second floor and alteration of exterior features on an accessory structure on the single-family residential property at 763 Dranesville Road, Herndon, Virginia, located at the southwest corner of the intersection of Dranesville Road and 3rd Street, and further identified as Fairfax County Tax Map 0104-03110006A. The property is zoned R-15, Residential, Single Family; and consists of 22,047 total square feet of land. Owners: Leland D. and Mary Jo Ewers. Applicant: Thomas O'Neil, O'Neil Architects, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning January 29, 2021 after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 29 and February 5, 2021