

# FAIRFAX COUNTY TIMES

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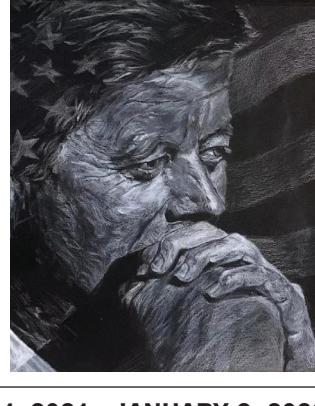
VOL. 134, ISSUE NO. 52

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ART

FAIRFAX STUDENT  
SELECTED TO HAVE  
ARTWORK ON DISPLAY  
AT KENNEDY CENTER

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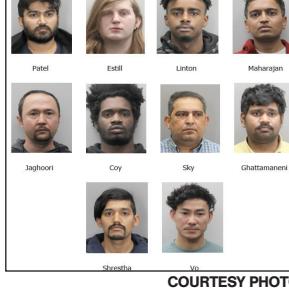
DECEMBER 31, 2021 - JANUARY 2, 2022

Friday - Rain High: 68° Low: 61°

Saturday - Thunderstorms High: 66° Low: 27°

Sunday - AM Clouds/PM Sun High: 36° Low: 25°

THIS WEEK INSIDE:



COURTESY PHOTO

FCPD sting  
operation nabs  
10 men for online  
solicitation

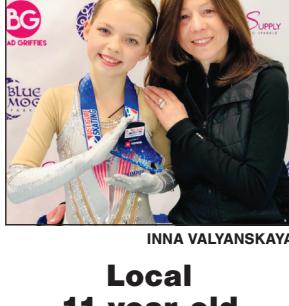
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COURTESY PHOTO

Annual Foster  
Kid Gift Drive  
receives record  
donations

SEE PAGE A7



Local  
11-year-old  
ice skater  
has Olympic  
ambitions

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Dallas Brass  
presents an  
American Musical  
Journey

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Community Calendar	B4
Classifieds	B5

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## 2022 Happy New Year!

Fairfax County Health changes  
COVID-19 case investigation process

*Health department provides resources to community, adjusts how it communicates to people who test positive for COVID-19*

By Laura Scudder  
FAIRFAX COUNTY TIMES

Amidst rising COVID-19 cases in the county and across the U.S., Fairfax County Health Department (FCHD) is adjusting its COVID-19 case investigation process "to utilize staff and resources most effectively."

These changes focus on how the health department approaches connecting with people who have tested positive for, or those who have been exposed to, COVID-19.

Previously, case investigators called every individual impacted by COVID-19. While FCHD will continue to contact people who test positive, it is changing how these individuals are approached.

"Now, these resources will focus first on people

who live and work in congregate settings such as long-term care facilities or group homes; children who are in school or other childcare settings, and people who are infected as part of an outbreak," its blog states. These cases will receive a full case and contact investigation, according to the website.

For scenarios that are considered lower risk, the individuals who test positive for COVID-19 will be notified via text message.

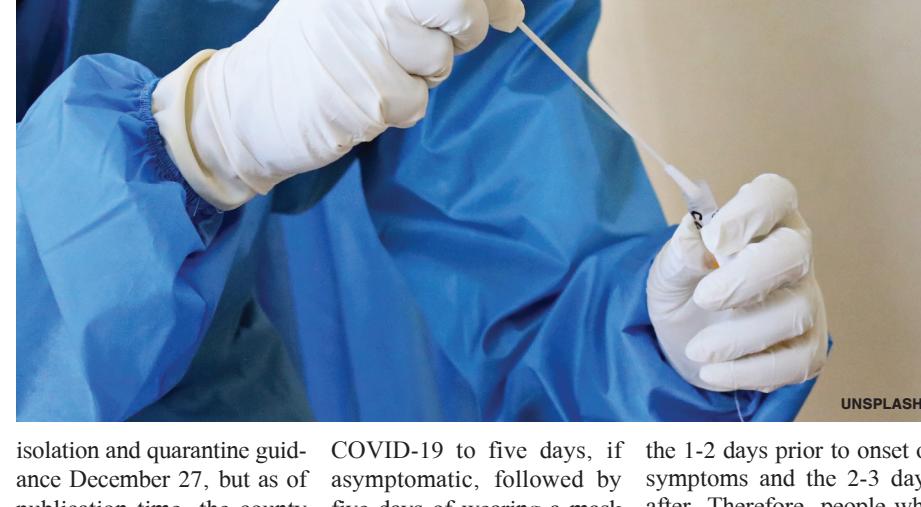
"The text will alert the individual that they have been reported to the Fairfax County Health Department as COVID-19 positive and must isolate for 10 days," according to the health department's blog.

The U.S. Centers for Disease Control and Prevention issued new

isolation and quarantine guidance December 27, but as of publication time, the county had not changed its website to reflect the changes. CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to five days, if asymptomatic, followed by five days of wearing a mask when around others. Since science is showing the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in

the 1-2 days prior to onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for five days and, if asymptomatic at that time, they may leave isolation if they can

See COVID, Page A4



UNSPLASH

## Youngkin gives back to those in need



COURTESY PHOTO

By Heather Zwicker  
FAIRFAX COUNTY TIMES

Governor-elect Glenn Youngkin spent the days before Christmas serving the needy in Virginia.

Starting at The Lamb Center in Fairfax December 20, Youngkin worked his way across the Commonwealth and also spent time at a Habitat for Humanity construction site in Richmond and the Food bank of Southeastern Virginia & Eastern Shore in the Hampton Roads region.

It was the first time Youngkin had ever volunteered at The Lamb Center, according to Tara Ruszkowski, interim director of The Lamb Center. The governor-elect spent about

45 minutes serving breakfast and another 30 minutes touring the center where he asked questions about their services and needs, she said.

The Lamb Center is a daytime drop-in homeless shelter for individuals experiencing homelessness in Fairfax. The center provides breakfast, lunch, showers, laundry service and a host of other services, according to their website. The center averages between 65 and 90 guests per day, but approximately 75 guests were served December 20, said Ruszkowski.

"When Governor-elect Youngkin heard we are looking for dentists to support our on-site clinic, he gave a shout out to the dental community," she said. "The dental community

See YOUNGKIN, Page A4

**POSITIVE  
Vibes**



By Laura Scudder • FAIRFAX COUNTY TIMES

Community collects donations for Herndon fire victims

*Thousands in gift cards collected for those displaced by fire*

When 44 individuals were displaced due to the December 2 fire at Park Avenue Apartments in Herndon, the community rallied together to gather resources to meet their needs.

"Our community has responded so generously to the needs of those impacted by the fire in Herndon. This has included gift cards to replace items lost in the fire; clothing, toiletries and other household items; and monetary donations through GoFundMe as well as made to Cornerstones to assist families and individuals in identifying long-term, safe housing solutions," said Meredith Hovan, vice president of resource development at Cornerstones, one organization collecting gift cards to distribute to the fire victims.

The fire left 11 units uninhabitable — with damages totaling more than \$280,000. Nine people were taken to the hospital due to the fire, which officials say was caused by a charging cable.

Debby Kratovil is one of the individuals who stepped into action following the news of the fire, which she says she heard about through Herndon town council member Signe Friedricks.

Though she believes much has been done so far, Kratovil noted that one major need remains unmet — and that is hous-

See DONATIONS, Page A4



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## PEOPLE AND PLACES



COURTESY PHOTO

**Transurban donates funds from "Drive to Donate" event**

Transurban, one of the world's largest toll-road operators and developers of the 495, 95 and 395 Express Lanes, donated to **Northern Virginia Family Service** (NVFS) and the **National 9/11 Pentagon Memorial**, following a "Drive to Donate" event in November.

Pledging to give \$2 for the more than 30,000 trips during the event, Transurban added \$37,500 for a total contribution of \$100,000. The contribution, made on behalf of Transurban and its customers, was divided equally between the organizations.

"We pride ourselves on being a good neighbor and long-term partner to communities in the Greater Washington Area," said Pierce Coffee, president of Transurban North America. "NVFS and the National 9/11 Pentagon Memorial are two organizations working to advance critical community needs while preserving and honoring the unique history of Northern Virginia. Together with our customers, we are pleased to offer funds that help continue their efforts and our commitment as a company to giving back."

The event was designed to coincide with the second anniversary of the opening of the 395 Express Lanes and continue Transurban's work of investing in the communities it operates in, said Coffee. Such work includes a decade-long community grant and sponsorship program that has supported more than 300 regional organizations.

"When we reflect on the past two years and ways the 395 Express Lanes have delivered on improvements for the Greater Washington Area, we count organizations supported and local partners engaged at the top of Transurban's list of successes - on par with operational achievements such as over 1.4 million hours in travel saved, 8,700 jobs created regionally, and \$1 billion in economic activity generated," said Amanda Baxter, vice president of operations for Transurban North America.

"Our ongoing work with local organizations, including NVFS and the National 9/11 Pentagon Memorial, is a critical part of who we are and what we do."

NVFS, a longtime Transurban partner, helps families and individuals in need create stability with a wide range of critical services. Each year, it empowers over 35,000 Northern Virginians to achieve self-sufficiency.

"We're grateful for the support provided by those drivers who started their morning on the 395 Express Lanes on November 17 and to Transurban for their continued partnership," said Stephanie Berkowitz, president and CEO at NVFS. "This donation will support programs that provide the essential building blocks for financial, emotional and physical well-being for individuals and families to improve their quality of life."

The National 9/11 Pentagon Memorial was created to preserve the memories of those lost and the day's tremendous significance on our nation's history.

"As neighbors to the 395 Express Lanes, we share a common commitment with Transurban and the Express Lanes team to preserve the unique history of this corridor and invest in its future vitality," said Jim Laychak, executive director of the Pentagon

Memorial Fund, Inc. "We are honored to be recipients of the 'Drive to Donate' event. This donation, along with the previous donation, will go toward the 9/11 Pentagon Memorial Visitor Education Center to ensure there is always a place for future generations to learn what happened and never forget the events at the Pentagon on September 11, 2001."

To commemorate the opening of the 395 Express Lanes in 2019, Transurban chose to honor the legacy of September 11 heroes by donating \$1 million to the National 9/11 Pentagon Memorial. Its partnership with NVFS also goes back years and includes prior donations of \$60,000 toward COVID-19 relief and other recovery programs.



COURTESY PHOTO



COURTESY PHOTO



COURTESY PHOTO

**Outstanding firefighters from West Springfield recognized**

The West Springfield Rotary Club and Springfield District Supervisor Pat Herrity recognized three firefighters from the West Springfield Fire Station 27 as part of the Service Above Self Awards December 17.

Rotary Member John D. Pellegrin as well as Director of Vocational Services Tom Janson joined and emceed the ceremony alongside Herrity.

This year's Service Above Self Awards recognized the work of three nominees from the shifts: **Master Technician Cheryl McWilliams, Technician Brian Edwards, and Technician Terrance Ewell.**

Pellegrin recognized that firefighters had saved the life of his spouse, Lisa, when he was able to dial 911 to get her medical attention. He was thankful for the prompt, professional service his spouse was able to receive.

"The men and women of Fairfax County's Fire and Rescue Department have weathered the pandemic and continue to provide outstanding service to the community," said Herrity. "Congratulations to the Service Above Self Award winners, and a hearty thanks to all the members of our Fire and Rescue Department."

**L.J. Murphy Children's Hospital and PM Pediatrics announce partnership**

**Inova L.J. Murphy Children's Hospital and PM Pediatrics** have joined forces for a clinical affiliate collaboration to offer best-in-class care to children and families in Northern Virginia.

Through this collaboration, the two organizations will join their expertise and resources to increase access to specialty referrals, streamline communication between healthcare networks, and

deliver the highest quality evidence-based acute pediatric care.

With offices in Fairfax, Ashburn, Herndon, and Springfield, PM Pediatrics will serve as Inova Children's urgent care partner, offering specialized pediatric services within child-friendly offices to put patients and parents at ease. The collaboration elevates both organizations' care models via collaborative clinical management, streamlining the patient journey and fostering positive clinical outcomes.

"Inova Children's partnership with PM Pediatrics ensures access to high-quality pediatric urgent care services for the Northern Virginia communities we have the privilege to serve. Patients will benefit from the clinical expertise of two trusted healthcare organizations working together to provide seamless care for children during convenient hours in accessible locations throughout the region," said Dr. Steve Narang, president of Inova's Pediatric Service Line.

"Inova is the most trusted and celebrated non-profit healthcare provider in Northern Virginia, internationally recognized for its excellence in pediatric care," said Dr. Jeffrey Schor, co-founder and co-CEO of PM Pediatrics. "We are confident that the streamlined approach this partnership offers will allow us to best meet the urgent care needs of children and young adults in this region in the most effective manner possible."

**County Commission on Women commemorates 50th Anniversary**

The Fairfax County Commission for Women (CFW) celebrated its 50th Anniversary December 9.

Thirty guests, commission members, former commissioners, and friends gathered online for a fireside chat to commemorate this important milestone.

After an introduction by CFW Chair Phylicia L. Woods, the audience was greeted by a welcome message from Fairfax County Board of Supervisors Chairman Jeff McKay.

Guests of Honor in attendance included Mason District Supervisor Penny Gross, Sully District Supervisor Kathy Smith, and Michael Becketts, director of Fairfax County Department of Family Services.

Gross, Smith, and Providence District Supervisor Dalia Palchik (in absentia) presented the CFW with a proclamation honoring its 50-year existence. Glenda Booth, first chair of the CFW (1971) and recipient of the proclamation, reflected on the challenges the Commission faced in the early 1970s.

"Introducing the Commission for Women into a male-dominated policy arena was no easy task," she said. "We have come a long way, but a lot remains to be done!"

Toni Zollicoffer, director, Domestic and Sexual Violence Services division, highlighted CFW's most recent achievements, which include advocating for and supporting Virginia's first suffragist memorial and refreshing its by-laws to include at-large seats on the Commission to more closely reflect the diversity of women in Fairfax County.

The evening wrapped with an open discussion between all attendees, setting the stage for future CFW recruitment.

The Fairfax County Commission for Women advises the Fairfax County Board of Supervisors on policies and initiatives to promote gender equality, eliminate violence against women, and honor women and girls in Fairfax County. To learn more about the Fairfax County Commission for Women visit <https://bit.ly/30JSZgk>.

**Qualtrics to expand, create 400 new jobs in Fairfax County**

Gov. Ralph Northam announced that Qualtrics, an experience management software company, will invest \$15.9 million to relocate and expand in Fairfax County.

The company will move from its former office in Reston to 85,000 square feet of space at 1906 Reston Metro Plaza. Virginia successfully competed with Pennsylvania and Ohio for the project, which will create 400 new jobs.

"Organizations everywhere are undergoing an experience transformation and Qualtrics has an incredible opportunity in front of us. With its strong talent pool, Virginia is a perfect place for Qualtrics to grow," said Qualtrics CEO Zig Serafin. "The investments we're making today will put us in an even stronger position to help our customers build their next great customer, employee, product, and brand experiences."

Qualtrics is the leader and creator of the experience management (XM) category, one of the fastest-growing software markets. The company helps organizations understand what customers and employees are thinking and feeling, and enables them to act on that feedback to provide optimal experiences. The Qualtrics XM Platform™ is used by more than 13,500 organizations around the world to drive customer and citizen engagement, improve loyalty and retention, and grow revenue. Qualtrics recently acquired Reston-based Clarabridge, a leader in omni-channel conversational analytics.

"This marks the second vote of confidence that Qualtrics has made in our business community this year," said Victor Hoskins, president and CEO of the Fairfax County Economic Development Authority. "First was the purchase of Clarabridge, a home-grown tech success story, and now the expansion being announced. We thank and congratulate Qualtrics for this tremendous growth and we stand ready to assist the company further as it expands its footprint here."

The FCEDA worked with the Virginia Economic Development Partnership to secure the project for Virginia. Northam approved a \$1.4 million grant from the Commonwealth's Opportunity Fund to assist Fairfax County with the project. The governor also approved \$2 million in funds from the Virginia Economic Development Incentive Grant (VEDIG). VEDIG was established as a self-funded program of performance-based incentives that the Commonwealth awards to exceptional economic development projects with large numbers of employees and very high wages relative to average wages for that area.

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Hill then embarked on a remarkable career in finance. Hill served as the vice chancellor for finance and operations at the University of South Carolina's Beaufort/Bluffton Campus and as the director of finance for the University of Maryland's Office of Information and Technology as well as director of administration for the Department of Aerospace Engineering. In 2008, Hill held his first governmental role, serving as deputy county administrator in Beaufort County, S.C., a role he would hold until 2014.

He then moved to James City County, Va., serving as the chief administrative officer and clerk to the county board. Hill is the second Saxon alumni to be honored with the Distinguished Saxon Alumni award. This award, established in 2018, recognizes Alfred University student-athletes for outstanding achievement following their playing career at Alfred University. The award is not necessarily based on athletic achievement, but on the nominees' career success following graduation via leadership, service, advancement, or other similar means.

He then got the call to lead Virginia's most populous county, earning the position of county executive in Fairfax in 2018. He also serves as a member of the International City/County Management Association's Advisory Board on Graduate Education, a nod to his academic roots.

Hill has earned numerous awards in his professional career, receiving an award for academic excellence from the American Association of Budget and Program Analysts, and also earned the A. James Clark School of Engineering Staff Award at Maryland, while also receiving a commendation from the Department of Aerospace Engineering at its 50th-anniversary celebration. He also served as the keynote speaker at Alfred University's Opening Convocation in 1995.

Hill was a two-year letter winner of the men's basketball team from 1985-87. Affectionately nicknamed "Thrill" by his peers, Hill helped run the offense as a point guard off the bench. He played a role in helping the Saxons to a 25-3 record, the best in program history, and a trip to the NCAA Division III Men's Basketball East Regional Championship game. He graduated from Alfred in 1990 with a bachelor's degree in public administration and earned an MPA from the University of Southern California in 1995.

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**COVID**

CONTINUED FROM PAGE A1

continue to mask for five days to minimize the risk of infecting others.

A list of online resources for both vaccinated and unvaccinated people who test positive is available on FCHD's website. Resources include guidance on isolation, as well as how to inform those with whom they have been in close contact.

"Throughout the entire pandemic, we have continued to adapt to meet the needs of our community," said Health Director Dr. Gloria Addo-Ayensu. "With the recent surge and high burden of COVID-19 cases, we must once again pivot to work as efficiently as possible in how we investigate cases. We appreciate the community's continued support."

While changes are being made to the case investigation process, individuals who test positive for COVID-19 will be asked to complete wellness checks through the Sara

Alert system — which send these checks through email or text so people can report their symptoms — whether they are in higher or lower risk scenarios.

As the Omicron variant becomes more prominent, the health department noted that the same "strategies that have proved effective in preventing infection against the Delta variant are still effective against Omicron."

Officials noted in the blog that these strategies include getting vaccinated, including the booster dose, and continuing to wear a mask in public indoor spaces regardless of vaccination status.

For those looking to get a test, Fairfax County Public Libraries (FCPL) has currently run out of tests — the county recommends calling the local branch to ensure they are there. FCPL receives the tests directly from the Virginia Department of Health, according to Lucy Caldwell, the director of communications for FCHD.

Aside from resources

available to those suffering from COVID-19, the county keeps track of the individuals affected through its COVID-19 dashboard, which details case information.

As of Dec. 28, over 111,000 people (including confirmed and probable cases) have tested positive for COVID-19 in Fairfax County, and 4,262 people have been hospitalized.

"Hospitalization data reflects those individuals who were known to be hospitalized during their illness. This information was gathered either through the Health Department's case investigation or was reported to public health by the hospital. Some individuals may still be in the hospital and others may already be discharged," Caldwell said.

The health department does not track information on hospital capacity, according to Caldwell.

"The Virginia Hospital & Healthcare Association has a COVID-19 dashboard which reports on hospital capacity data," she said.



HERNDON POLICE DEPARTMENT FACEBOOK PAGE

**DONATIONS**

CONTINUED FROM PAGE A1

ing for the people who lost their homes in the fire.

In the meantime, she noted that Cornerstones has been crucial in helping those affected by the fire by providing emergency shelter, among other resources.

"Following initial triage by the emergency personnel, Cornerstones received referrals to help ensure all tenants were safely housed in a hotel for the short-term or in a place of their choosing. We continue to work with other area nonprofits, faith organizations, and community groups, like the Dranesville GOP, to harness collective resources and organize the equitable distribution of donations so families can start to recover," Hovan said.

Kratovil said that she began reaching out to her network to spread the word about gift card donations being collected through Cornerstones, particularly to Dranesville Republican Precinct Captain Rosie Oakley and Herndon

Precinct Captain Kathy McGuire.

Together, through email blasts, phone calls and general word of mouth, they have all spread the word about the victims' needs. Donations have continued to come through nearly a month later.

"It was within a couple days of the fire and Herndon Police Department was still collecting, so a lot of stuff went directly there. But Rosie kept collecting from folks there in McLean, and when she came over to my house, she gave me \$1,900 worth of gift cards that people had brought to her house, and then I got another one for \$200 just a couple days ago," Kratovil said.

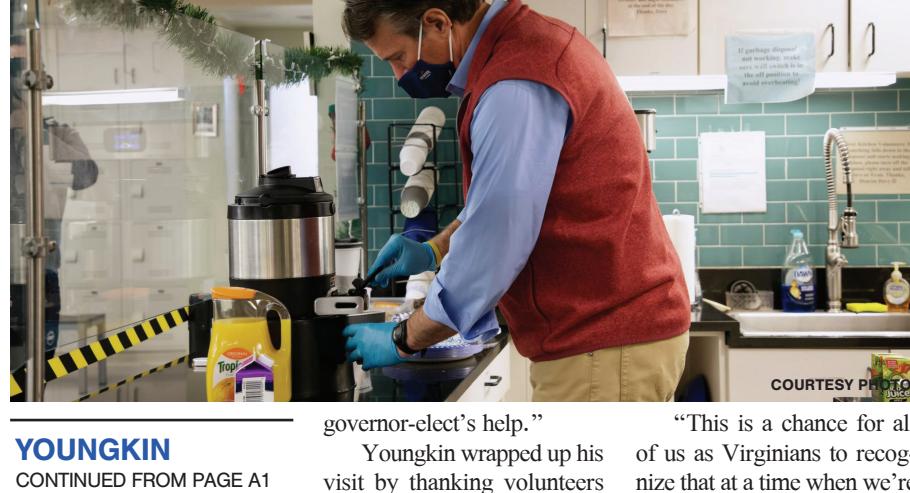
Hovan noted that this generosity has been essential for those impacted by the fire — and donations through gift cards, such as Visa cards and grocery stores, are the most helpful during this time.

"As I said, the community's support is extraordinary. We continue to receive generous offers of clothing, furniture, toys, appliances, etc. But for now, the greatest community giving opportunity is

to donate gift cards or make direct financial donations through Cornerstones, as we coordinate resources to help with short-term needs and anticipate the long-term supports required for these families over the next 8-12 months. As we work to secure affordable housing for these families, we hope to partner with other agencies and community advocates to acquire in-kind donations or financial gifts so families can secure/purchase furniture, kitchen items, linens, etc," Hovan said.

Aside from the work Cornerstones continues to do, on December 17, the Herndon Police Department noted that through the gift card donations it has collected, amounted to more than \$18,000.

HPD posted this news on Facebook, saying, "SAY WHAT?! \$18,865! Because of YOU we are able to provide much needed support to victims of the Park Avenue Apartments fire. These gift cards will go directly to these families as they work to recover from this tragedy. THANK YOU for your giving hearts!"

**YOUNGKIN**

CONTINUED FROM PAGE A1

responded in a big way and we are deeply grateful for the

governor-elect's help."

Youngkin wrapped up his visit by thanking volunteers and staff for the compassionate and caring atmosphere at The Lamb Center.

"This is a chance for all of us as Virginians to recognize that at a time when we're giving lots of gifts, the best gift we can give is to each other," said Youngkin.

## FCPD officials covered up involvement in sex trafficking ring, lawsuit says



ADBE STOCK

By Michael Marrow

FAIRFAX COUNTY TIMES

A woman has filed a federal lawsuit against several Fairfax County police officers, alleging they participated in a sex trafficking ring and that superiors stymied efforts to investigate their misconduct.

The woman, identified in court papers under the pseudonym Jane Doe, hails from Costa Rica. She was lured to the United States in October 2010 under false pretenses and ensnared in a trafficking ring in Fairfax County upon arrival, the lawsuit says.

Doe says she was then trapped for several years in a trafficking ring run by Hazel Marie Sanchez Cerdas, who pleaded guilty

in 2019 to a single felony count of interstate and foreign travel or transportation to aid in racketeering. She was sentenced to two and a half years in prison.

Doe says she escaped the ring in April 2015. She later offered corroborating evidence about the trafficking ring to federal investigators, which prosecutors used to indict Sanchez in early 2019. Doe's name was similarly withheld in those proceedings, where she is identified only by the initials M.R.F.

Before federal investigators uncovered the ring, Doe says that Fairfax police were knowledgeable of it and even participated. Doe alleges that Sanchez was tipped off about FCPD sting operations by two former officers; in response, Doe alleges she was trafficked

to the two, who sexually assaulted her.

Doe further alleges that FCPD superiors suppressed efforts to uncover wrongdoing. The lawsuit says that FBI officials discovered the possible involvement of Fairfax County police but ultimately referred the matter to FCPD.

Doe filed the lawsuit against the officers in October. After a federal court granted her request to reveal the identities of two officers, she named the officers and their superiors, including former chief Edwin Roessler, in an amended complaint filed in December.

FPCD referred questions about the lawsuit to the county's public affairs office, which declined to comment.

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# Fire guts mansion of former Virginia governor, senator

By Heather Zwicker  
FAIRFAX COUNTY TIMES

The McLean home of Chuck Robb, former Virginia governor and senator, was destroyed by fire December 22.

Units responded to the fire in the 600 block of Chain Bridge Road at approximately 11:30 p.m. and the fire was out by around 2 a.m. Robb and his wife, Lynda, were hospitalized

with non-life threatening injuries.

The occupants were alerted to the fire by working smoke alarms, according to Fairfax Fire and Rescue.

Estimated damages from the two-alarm fire are more than \$1.6 million. Arlington County and Montgomery County, Md. fire and rescue crews assisted in putting the fire out. The mansion, which has a view of the Potomac River had an estimated value

of \$3.4 million before the fire.

Robb served as lieutenant governor from 1978 to 1982 and won the governor's seat, a position he held from 1982 to 1986. He was then elected to the U.S. Senate in 1989 and held that seat until he was succeeded by George Allen in 2001.

The cause of the fire is under investigation, according to Fairfax County Fire and Rescue officials.



COURTESY PHOTO

# “Red Flag” law saves lives, officials say

By Michael Marrow  
FAIRFAX COUNTY TIMES

Public officials in Fairfax County are spreading the word about Virginia's “red flag” law to prevent gun violence, which some leaders worry too few residents know about.

The General Assembly passed the red flag legislation in March 2020, which took effect the following July. Since then, police in the Commonwealth have temporarily seized firearms from individuals deemed a threat to themselves or others, a tool that officials say is crucial for averting gun violence.

The Virginia statute allows law enforcement to petition a judge for what is known as an Emergency Substantial Risk Order (ESRO). After police conduct an investigation, officers who believe an individual may harm themselves or someone else can submit a sworn affidavit that supports issuing an ESRO, which is then usually presented by a Commonwealth's attorney to

a court.

If a judge finds probable cause to approve the request for an ESRO, an individual must then surrender their firearms or have them confiscated by police. Alternatively, under a judge's supervision, firearms can also be transferred to a third party over the age of 21.

After the ESRO is issued, individuals are then entitled to a court hearing within 14 days, at which point a judge can decide to dissolve the ESRO or extend it. The order can only be extended 180 days at a time, and once it ends, an individual's firearms must be returned.

By adopting the red flag legislation, Virginia joined 18 other states that have similar laws on the books. Many were recently moved to act by nationwide protests that followed the 2018 shooting at Marjory Stoneman Douglas High School in Parkland, Fla., where 14 students and three staff were killed.

The legislation was introduced in the General Assembly by Delegate

Richard “Rip” Sullivan (D-48) and Senator George Barker (D-39), who both represent parts of Fairfax County.

County officials held a press conference December 13 explaining the law and emphasizing why more residents should be aware of it.

“Every member of the community should be cognizant of this new resource,” said Lee District Supervisor Rodney Lusk, who chairs the Board of Supervisors’ Public Safety Committee. “I truly believe this effort will save lives.”

According to Fairfax County Police Spokesperson Sgt. Tara Gerhard, FCPD has obtained 34 ESROs and removed more than 120 weapons from individuals identified as a threat to themselves or the community since July 2020.

“We are confident that through this process, numerous lives have been saved,” Gerhard wrote. “Our officers are well-trained and continue to conduct thorough investigations, seeking ESROs

when appropriate.” Gerhard also noted that “no weapon is removed from an individual without due process.”

Many gun rights groups have lobbied hard against the red flag legislation in Virginia and elsewhere. They argue that the law violates second amendment rights by seizing weapons before an individual has committed a crime and can be abused to dispossess responsible gun owners, who may otherwise need their weapons for self-defense.

The gun rights group Virginia Citizens Defense League recently released a message denouncing the press conference, stating that the red flag legislation is on the organization's list of laws to repeal. “Red flag laws do not help a person in crisis, they merely take that person's guns, as if that will make a difference to a suicidal person or one who is a danger to others,” the VCDL wrote.

Supporters of red flag laws often point to studies that show access to a firearm substantially increases the risk of homicide or suicide

during a crisis. For example, a 2003 study published in the American Journal of Public Health found that access to a firearm in situations involving domestic violence led to a five-fold increase in the risk of intimate partner femicide.

Researchers at the Harvard T.H. Chan School of Public Health have also found that higher rates of gun ownership are strongly linked to higher rates of suicide. They reasoned that access to firearms offer a quick and irreversible option to take one's own life in what experts stress are often acute suicidal episodes.

Angela Yeboah, program manager for the county's Domestic and Sexual Violence Services, noted at the press conference that firearms are present in several domestic violence situations. More than 350 calls were made to domestic violence prevention specialists at the county's Lethality Assessment Program in FY 2021, Yeboah said. Of those, about a third of victims stated that their partner owned or had access

to a firearm.

Yeboah also highlighted the link between domestic and gun violence.

“More than two-thirds of mass shootings are domestic violence incidents or are perpetrated by shooters with a history of domestic violence,” Yeboah said. “This legislation puts in place measures to remove firearms from potentially lethal situations.”

The December 13 press conference marked the beginning of a public awareness campaign by the board. In the coming months, the county will be partnering with public facilities to distribute literature informing residents about the law.

In the meantime, officials are urging residents to contact law enforcement if they believe an individual may pose a threat to themselves or the community. If they have access to a firearm, an ESRO can have it temporarily removed.

## Trailer Park in need of makeover, residents ask government for assistance

By Sravan Gannavarapu  
SPECIAL TO THE FAIRFAX COUNTY TIMES

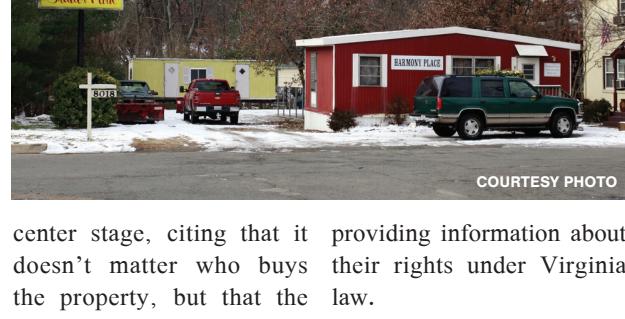
Mobile Home residents in Northern Virginia are demanding changes be made for their health and well-being.

Tenants of Harmony Place mobile home park in Alexandria have urged Fairfax County health officials to provide sanitation improvements before a pending sale of the property. The living situation had been getting progressively worse throughout the years, with problems ranging from electricity and water issues, to child safety.

“If you walk through the streets of Harmony Place, you'll see that the storm drains don't work, the power lines are in bad condition and pose serious risks to our homes, the streets are a disaster, and the kids have no park to play in after school - they play in the streets and run the risk of getting hit by a car,” said Amilcar Benitez, a Harmony Place resident and community leader of Tenants and Workers United.

Currently, the county is working with two potential buyers of the property, Six Rock Properties and Catholics for Housing, but nothing has been decided as of yet.

Residents of Harmony Place held a press conference December 17 expressing the issues with the current living conditions and hoping to see their rents frozen, etc. Carrying posters demanding change, some citizens took



COURTESY PHOTO

center stage, citing that it doesn't matter who buys the property, but that the community also needed to change.

Evelin Urrutia, executive director of Tenants and Workers United said they have been working with the residents to advocate for better conditions.

“We have been involved through the whole process, including door knocking and developing the leaders in the community,” said Urrutia. “It is important for them to understand how the county works, meet with the county housing department, and reach out to the other legal entities to come and support them.”

Tenants and Workers United said in a press release that their goal is to ensure the community is strengthened and to improve and preserve the area while keeping it affordable.

“They would like to have that right as part of that agreement,” said Urrutia. “They want to bring in the county board to support them as residents.”

Dipti Pidikiti-Smith, deputy director of Advocacy at Legal Services of Northern Virginia said they have talked to the legal justice center, and to the tenants,

providing information about their rights under Virginia law.

“It's important to resolve those issues to avoid eviction in homes that have already paid rent, so it will be important to coordinate with the county as well to you know, there is a lot of money available under rent assistance,” said Pidikiti-Smith.

Most residents pay around \$900 per month to rent their mobile home pads, with the highest being reported as \$1,400, according to recent data from a community survey. Nearly 44 percent of members who participated say their rent is more than 30 percent of their income. Nearly 18 percent say it is above 50 percent.

“Unhealthy, dangerous, and inhumane living conditions can drive low-income residents out of low-cost housing, break up communities, and keep families in constant housing insecurity. Preserving affordable housing means more than just protecting it from development pressures,” said Larisa Zehr, Skadden, legal fellow with Legal Aid Justice Center. “It is crucial that the new owners of Harmony Place take residents' concerns seriously and take steps to address them.”

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# SPORTS

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FAIRFAX COUNTY TIMES

Friday - Sunday, DECEMBER 31, 2021 - JANUARY 2, 2022 fx

## Local 11-year-old ice skater has Olympic ambitions

By Brad Byrne

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Alexandria local Sofia Bezkorovainaya has Olympic ambitions in figure skating. The 11-year-old recently won the 2022 U.S. National Figure Skating Championship, scoring the highest ever recorded score for the competition. Bezkorovainaya beat out more than 250 from all over the country, upsetting those as old as 13.

Bezkorovainaya

is coached by Inna Volyanskaya, a former professional figure skater for the Soviet National Team. As a part of the Soviet National Team, she placed as high as third as a pair skater with Valery Spiridonov in the 1979-90 season in the Soviet Championships and twice placing first in the Soviet Union Cup. Volyanskaya coaches at the Ashburn Ice House.

As a student-athlete, Bezkorovainaya has had to learn how to manage her time wisely, waking up at 5 a.m. every day to train.

And according to Fox 5, she studies at an online school, "I do online school, Virginia Virtual Academy is like really, really comfortable."

Bezkorovainaya will look to improve upon her results this year to one day compete in the Olympics, with the upcoming 2022 Winter Olympics taking place in Beijing and 2026 Winter Olympics taking place in Cortina d'Ampezzo and Milan in the near future.

Volyanskaya did not respond to questions from the Fairfax Times.



INNA VALYANSKAYA

## Golf Digest names Jon Eisman top 10 golf instructor in Virginia

Courtesy of Fairfax County Park Authority

For the second time in recent years, Jon Eisman, director of instruction and the owner of Eisman Golf Academy at Laurel Hill Golf Club and Twin Lakes Golf Course, was rated as one of Virginia's Best Teachers by Golf Digest magazine.

The Golf Digest listing represents a biannual selection. Eisman was recognized in 2019-2021 and once again for 2022-2023.

For nearly 20 years, Eisman has been highly sought out for his knowledge and guidance within the instructional world. The recent addition of camps at the Fairfax County Park

Authority's Laurel Hill and Twin Lakes Golf Courses has been instrumental in his continued success and growth of the game.

"I am again very honored to be nominated by my peers as one of the best instructors in Virginia. I am thankful for having such wonderful people surrounding me every day and watching our academy

grow each year. Thank you to all my students out there who have put their trust in my hands over the years," Eisman said.

The Eisman Academy's team of professionals offers golf expertise and personality, blended with science-specific research. The Eisman Golf Performance Center at Laurel Hill features

the latest in golf technology. The indoor-outdoor, 850-square-foot, teaching facility allows for year-round instruction and features state-of-the-art Swing Catalyst and TrackMan technology.

In addition to swing analysis, the Eisman Golf Academy offers private lessons, nine-hole on-course lessons, and junior programs

at Laurel Hill and Twin Lakes courses.

Laurel Hill Golf Club is located at 8701 Laurel Hill Crest Drive, Lorton. For more information or to view tee times, visit Laurel Hill Golf Club.

Twin Lakes Golf Course is located at 6201 Union Mill Road, Clifton.



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COURTESY PHOTO

## Record contributions made to the annual Foster Kid Gift Drive



**By Heather Zwicker**  
FAIRFAX COUNTY TIMES

The Fairfax County Department of Family Services (DFS) received a generous donation December 13 to benefit youth in the Foster Care and Adoption program.

The donation's estimated value is more than \$48,000, marking the largest single donation to the Department of Family Services.

Holiday gift bags containing gift cards and presents to be distributed to more than 200 individuals in the foster care program aged 10 to 21 were provided by the Fairfax County Democratic Committee through its annual Foster Kids Gift Drive. The drive was co-chaired by Board of Supervisors Chairman Jeff McKay and State Senator Barbara Favola (D-31).

Continuing the trend from last year, this FCDC gift drive set a record for

giving. In addition to the holiday gift bags, the drive also raised enough for birthday and graduation presents for every child and youth up to age 20 in the Foster Care and Adoption program, according to DFS. Contributions also support the sometimes-overlooked needs of children and teens in foster care such as sports/dance equipment and lessons, art supplies, scientific calculators, furniture, and transportation, they said.

"I'm excited to hear about our record-breaking donations for this year's gift drive," said McKay. "It's awesome that our Fairfax community is always stepping up to help our vulnerable neighbors and I'm glad that we can make the holidays of our kids in foster care a bit brighter."

The drive also raised enough to contribute a significant amount to the emergency fund, allowing DFS to be prepared for what is anticipated to be a

tough winter for our community's most vulnerable residents, according to Child and Youth and Families Division officials.

"We would like to thank and acknowledge everyone at FCDC for such generosity to our kids during this holiday season," said Oriane Eriksen, director Fairfax County Department of Family Services' Children, Youth and Families Division. "While it is not always immediately visible, your compassion makes a positive, lasting impact in the lives of children in foster care."

Anyone who might be interested in becoming a foster parent is encouraged to contact Foster Care and Adoption at [BeAFosterParent@fairfaxcounty.gov](mailto:BeAFosterParent@fairfaxcounty.gov). Learn more about how to volunteer or donate to Foster Care and Adoption through the Volunteer and Partner Services Program.

Earlier this month, the Virginia Department of Health decided to take no action on a petition to mandate COVID vaccines for school employees and eligible students. The petition was filed in September by Virginia mom Kristen Calleja. It called on the department to mandate the vaccines and asked that only medical exemptions be allowed.

"My daughter and all other students should have a right to be able to attend school without being unnecessarily put at risk by other students and teachers who refuse to be vaccinated," Calleja wrote, adding that "the irrational minority should not be dictating the public health policy for Virginia or the schools."

Calleja wrote that students should not be unnecessarily put at risk by those refusing the vaccine and without constant disruptions to their education. Unfortunately even with an increase in vaccines, and now boosters, emerging variants like omicron continue to cause disruptions and even vaccinated individuals are still contracting COVID.

"We must be aware that even triple-vaccinated are likely to transmit the disease," Ugur Sahin, CEO of vaccine developer BioNTech, recently told the French daily *LeMonde*.

Natalie, a Fairfax County mom, said she would not be getting her child vaccinated due to research and evidence provided by many doctors and specialists. "There have not been extensive trials and we will not know the true consequences, and side effects for years to come," she said. "One huge side effect being reported even on the CDC website now are blood clots and myocarditis. I would never risk my son's life on it when the survival rate for children is more than 99.9 percent."

During the 21-day public comment period, the petition received more than 15,000 comments. More than 14,000, or 93.42 percent, of the comments were opposed to mandating the vaccine, according to the decision summary. More than 800 Virginians supported requiring the shots for both students and school employees.

Since 2004, VDH has received 13 petitions for rulemaking, less than one per year on average, according to a VDH official. "We believe this to be the greatest number of comments we have received on a petition," she said adding that this was the only petition that has involved immunization requirements.

Currently VDH does not mandate any vaccine for school employees, however it requires vaccines against 15 different diseases for students. VDH lacks the authority to remove exemptions to required immunizations, according to the decision.

When asked whether the COVID vaccine might be added to the list of required vaccines, they said it's difficult to predict what future actions may be taken. "VDH will continue to assess these regulations for school required vaccines from time to time to ensu-

## VDH won't mandate COVID vaccines in schools

**By Heather Zwicker**  
FAIRFAX COUNTY TIMES

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# OPINION

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FAIRFAX COUNTY TIMES

Friday - Sunday, DECEMBER 31, 2021 - JANUARY 2, 2022 fx

## The perversion of one Fairfax and “equity”

Dear Editor,

I read the article that appeared in the Fairfax County Times on December 22, titled “Some residents protest library display.” As a Fairfax resident of more than 30 years, I share the concern that sparked the protest. I was particularly disturbed by the lack of candor apparently expressed by Fairfax County Public

Library Director Jessica Hudson and Supervisor John Foust.

Ms. Hudson would have us believe that “it was not the intention of [Dolley Madison Library] staff to create a display that could be construed as offensive.” If you believe that, I have a bridge that I would like to sell you. Having the gnomes recommending “Gender Queer” and “Lawn

Boy” while flanking the gnome with the rainbow-colored hat holding the Bible was not accidental. Moreover, this is the same [Dolley Madison] Library and the same librarian who co-sponsored, with the McLean Community Center, a Drag Story Hour for toddlers earlier this year. For those who may not be familiar with the event, two drag queens and a drag

king from out of town were brought in to perform for children. They were paid for their performance using taxpayer dollars.

And if Supervisor Foust, as reported, said that he did not see any relationship between the One Fairfax policy and the display, he is being less than candid. He is well aware that the drag queen/king event was justified by the McLean

Community Center’s Executive Director, Daniel Singh, as reflecting his commitment to “Diversity, Equity, and Inclusion.” Mr. Singh went on to emphasize that the program was “in close alignment with the County’s One Fairfax plan for equity.”

The unfortunate fact is that, despite the broad availability of programming and books that may be of

particular interest to the LGBTQ community, county bureaucrats and elected officials seem incapable of drawing reasonable lines to protect children from overt sexualization and from those who choose to sow the seeds of sexual dysphoria.

Richard Porter  
McLean

## Extend Hour of Code as an elective for students

Dear Editor,

Every year in school, teachers have their students take out their laptops and log on to Hour of Code to learn how to code and make music, art, and games. The problem is, this only happens once a year. For an hour. And that's not enough time to learn about such a useful life skill which can carry you so far in life.

All the time, people ask me why I'm not that into coding. The truth is, I would be, but I never really got introduced to it properly. I remember joining a coding club once in elementary school, but even there I was just

told to log on to Scratch and do whatever I wanted. In elementary school, we got about 30 minutes every year to code, and during that time I messed up and banged my head against my laptop in confusion, because I didn't know what to do and I kept messing up.

Only about 1 in 4 schools actually take the time to teach kids coding. Only 23% of kids can actually code due to this, and 30% of those kids taught themselves, according to a survey from StudyMode.com. These statistics are from 2014, but even now not many kids know how to code. Coding is in high demand when it comes to job

opportunities, but since most of us grow up not knowing how to code, the door to millions of jobs closes on us. There are opportunities to learn computer programming in RCMS, but in the form of electives. And you have to take Computer Solutions for a semester before you can advance to coding. I think Computer Solutions is probably a fun elective, but I also really love Engineering and Journalism, so I'm torn.

A lot of people simply aren't interested in coding, and that's OK. But according to eSchool News, about 59% of kids who can't code want to learn. And a lot of those kids probably wouldn't be willing to give

up the electives they chose, because they are also interested in those. So, in order to give students time to learn coding as well as letting them learn other skills, I think that during Advisory in Panther Time, along with learning about stress and time management, there could be short lessons on coding. I think a lot of students will like having that option, rather than just not learning coding at all.

Elakshi Nedungottil  
7th grader  
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## My reply to Jennifer Victor

Dear Editor,

I am responding to the letter from Jennifer Victor objecting to a Fairfax Times headline which states: “FCPS reinstates pornographic books to school libraries.” She claims that because FCPS “used an internal review process” to determine the books were “educationally appropriate and not in violation of obscenity laws” the “books were not pornographic.” I am in the camp of Justice Stewart Potter, who said of hard core pornography, “I know it when I see it.” I will charitably assume that Ms. Victor did not actually review the books in question and is relying on FCPS for her conclusion. Unfortunately, her reliance is misplaced.

The non-transparent FCPS review was a whitewash. I have looked at these books and they are pornographic. Worse, they portray pedophilia in a favorable light. If Ms. Victor does not agree, let her explain why it is educationally appropriate to show a cartoon of a 10 year old boy sucking the genitals of an obviously middle aged man – and it turns out not to be such a bad experience! Hurrah! It is regrettable that Ms. Victor resorts to lazy name-calling (“homophobic”! “hate”! “intolerance”) rather than providing a rigorous defense of why she thinks these books are educationally appropriate (and not pornographic). By slinging insults, she ably conveys her smug sense of moral superiority. For some strange reason, though, she is unable to articulate

an actual defense of the books. Please explain why these books, with explicit sexual content depicting sexual relations between adults and children, are (i) within the bounds of common sense morality and (ii) educationally appropriate to carry in public school libraries. It should be a matter of common moral sense that the public school libraries ought not carry these books because they are obviously pornographic and lewd, they encourage pedophilia by portraying it in a favorable light, and they do not add anything of value or worth to the education of our children. Is that so hard to understand?

Jeffrey K Shapiro  
McLean

## For the Left, government is always underfunded – part I

Dear Editor,

Governor-elect Glenn Youngkin has proposed several savings for Virginians, including doubling the standard deduction, a one-time tax rebate, eliminating the grocery tax, and suspending the 10-cent increase in the gas tax. His proposals come at a time when Virginia has a record \$2.6 billion budget surplus.

Nevertheless, Virginia Public Media ran a Dec. 10, 2021, article entitled, “Economic experts say Youngkin tax cuts could continue underfunding Virginia’s essential services,” primarily education and healthcare. They also said that Virginia taxes and cost of living rank in the middle of all states.

The phrase “... could continue underfunding ...” would be humorous if it were not so reckless.

Since 1981, Virginia spending on education has increased more than twice as fast as population and inflation. Welfare spending, which is mainly Medicaid, has increased nearly four times faster than population and inflation.

Since 1961, the Virginia General Fund, primarily based on income taxes, has increased

six times faster than population and inflation.

No matter how fast government spending increases, Virginia Public Media will say that “essential services” are “underfunded.” There are never enough taxes for the Left.

Most of our taxes are wasted. Including state, local, and federal revenues, Virginia public schools cost taxpayers \$19 billion a year and teach almost nothing.

Every year the Virginia Department of Education

administers “Standards of Learning” (SOL) tests. The SOLs have two passing thresholds, “proficient” and “advanced.” “Proficient” should be termed “barely proficient” as it is passing, i.e., just above failing.

A better indicator of college and career preparedness is the “advanced” threshold. On the high school reading and Algebra I tests, only 9% of whites read at the advanced level and only 15% pass Algebra I at the advanced level. Hispanics and Blacks do worse. Asians, who provide supplementary help at home, do better.

Public schools fail at their primary mission, that of providing upward mobility. Instead, they perpetuate poverty and racial inequality

and turn out children who are probably less educated than their parents.

Welfare, primarily Medicaid and other public health programs, subsidize the poverty created by public schools and solve nothing. The poor are still poor, and medical providers still charge exorbitant rates to the uninsured because healthcare has no price competition.

Soaring General Fund revenues are monopolized by welfare and the failed education system. They are off-limits to transportation, which is funded by other taxes such as gas taxes and toll lanes.

Toll lanes should be called “Medicaid Lanes” because they replace the revenues that should have been spent on transportation but were instead siphoned off by Medicaid.

Moreover, the Left promotes costly mass transit projects instead of roads, even though mass transit ridership has plummeted since COVID. (To be continued.)

Arthur G. Purves

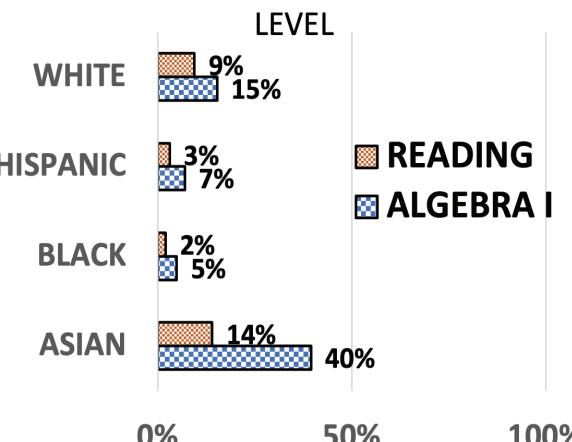
President

Fairfax County Taxpayers

Alliance

### VIRGINIA 2019 HIGH SCHOOL STANDARDS OF LEARNING TEST RESULTS

#### PERCENT PASSING AT THE ADVANCED LEVEL





Fairfax County Times' Guide to  
Arts & Entertainment



**PETS: A BARKINGLY MEOWY NEW YEAR**

Page B3

[www.fairfaxtimes.com](http://www.fairfaxtimes.com) | Friday - Sunday, DECEMBER 31, 2021 - JANUARY 2, 2022

Fairfax student selected to have artwork on display at Kennedy Center

## Jinglin Jingan's portrait of JFK honors his legacy

By Keith Loria

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

The John F. Kennedy Center is in the midst of its 50th anniversary celebration, and as part of that notable achievement, a Fairfax student, Jinglin Jingan has been chosen out of a nationwide pool of applicants to have her artwork displayed at the center, honoring the former president's lasting legacy.

Jinglin's colored pencil work was chosen out of hundreds of entries and will be featured as part of JFK Creative Portraits in the "If These Hall Could Talk: Celebrating the Kennedy Center at 50" exhibit, which tells the story of the center's diverse history through the people who have brought it to life.

"This is a monochromatic piece drawn with white charcoal on black multi-media paper," Jingan said. "I chose black and white to highlight the concept of light from multiple perspectives. One is in the harsh light that shines on President Kennedy, since he is in the spotlight all the time and endures all the pressure of the country. And the other, with double exposure and



the fading of the American flag, highlights President Kennedy to be the hope and someone to look up to for all American citizens."

The 16-year-old Langley High School student is originally from Shanghai, China and her chosen piece, "Spotlight" was inspired by JFK's legacy and the memories of her trips to Washington, D.C. as a child.

"What inspired me for this piece was the American flags in front of the buildings in D.C. when I first visited with my family," she said. "I knew I wanted to cast a second exposure effect of the flag on President Kennedy's portrait because I wanted to highlight the importance his legacy had on our country as a whole and how the United States would

not be complete without the strong foundations and ideals President Kennedy laid out."

As one of two artists selected, her work will be on display until September 2022 and she was awarded a \$500 prize.

"Being selected for this honor validates my interpretations of President Kennedy's influence and the

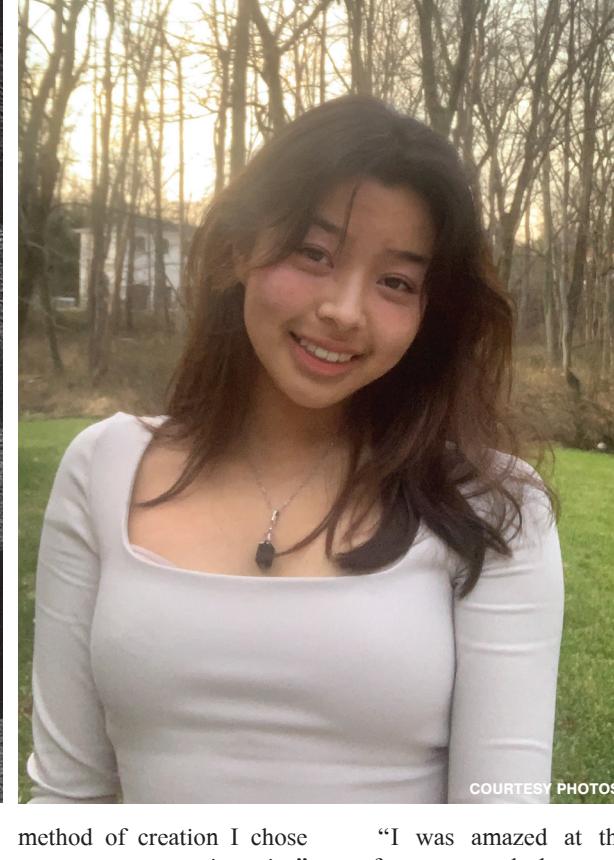
method of creation I chose to execute my piece in," she said. "I am extremely grateful and thankful for everyone that has helped me on my artist journey and am proud to be able to contribute my work to the Kennedy Center."

Her favorite memory of being in the Kennedy Center was watching pianist Lang Lang perform.

"I was amazed at the performance and the community," she said. "There was such a graceful atmosphere and everyone was super polite, respectful and friendly."

Jingan has long been interested in art and color pencil was one of the first medi-

See **KENNEDY**, Page B4



COURTESY PHOTOS



COURTESY PHOTO

Temptations fans rejoice

## "Ain't Too Proud"

being staged at the Kennedy Center

By Keith Loria

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

With 42 Top Ten singles, including 14 that charted at No. 1, the Temptations are one of the most popular groups of all time.

Known for their unmistakable harmonies and signature dance moves, the group rose to fame during the Motown years, and continue to be regulars on the ra-

dio and soundtracks alike.

But not everything about the group's success was rosy, and the Temptations' story—both the ups and downs—are the subject of the Broadway musical hit, "Ain't Too Proud— The Life and Times of the Temptations."

The show covers how the group met, the groundbreaking heights they hit, and how personal and political conflicts threatened to tear the group apart as the United States fell into civil

unrest.

The musical had a successful pre-Broadway run at the Kennedy Center in 2018, and returns this month, playing through January 16.

Elijah Ahmad Lewis plays David Ruffin in the musical. While Ruffin's time with The Temptations was relatively short—1964 to 1968—he was lead vocalist on some of the group's biggest

See **TEMPTATIONS**, Page B4

## HOT LINKS

BY COLLIN COPE



**Students honor Dr. Martin Luther King Jr. Throughout January**

Throughout January, check out the latest addition to Reston Community Center at Hunter Woods. In honor of civil rights leader Dr. Martin Luther King Jr., students from Reston elementary schools present various paintings and other artistic expressions in recognition of King's efforts and legacy. As an important aspect of the nation's history, this exhibit serves as a strong reminder of a man who worked to change the landscape of racial division in this country. For more information, please visit <https://bit.ly/3sm2ah>.



**Pandemic Physiognomy - Syahidah Osman's Solo Art Exhibition • Throughout January**

Through the rest of January, witness the continuation of artist Syahidah Osman's solo exhibit at the Workhouse Arts Center in Lorton. In her work, Osman presents the struggles of everyday women in the western world in contrast with those faced by women in the third world. With the backdrop of pandemic living setting the scene for the viewer, Osman works to express many emotions through the differing physiognomy, or facial makeup and expressions, of the subjects in her work. For more information about the exhibit, visit <https://bit.ly/3ceN9GO>.



**First Hike Fairfax • January 1 - 2**

Join Fairfax County Park Authority, America's state parks and Virginia state parks for this year's annual First Hike events across Fairfax County January 1 and 2. To ring in the new year, the two-day hiking special encourages local trailblazers and nature enthusiasts to spend some time in the great outdoors of Northern Virginia's local scenery. For more information on locations, contests and planning, please visit <https://bit.ly/3qnaRGG>.

COURTESY PHOTOS

# Spreading joy through music

## Dallas Brass presents an American Musical Journey

By Collin Cope

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Famed quintet Dallas Brass will join students from Herndon High School Band for an evening of American Musical classics on the evening of January 4.

As a part of the group's larger tour, the American Musical Journey, the performance aims to provide audiences with an overview of American musical culture with tunes ranging from patriotic colonial songs to Broadway hits and Dixieland swing.

Originally founded in Dallas, Dallas Brass spent their early years working with local musicians to play various casual performances, such as weddings, receptions and other small events.

While he recognizes the importance of these performances, Dallas Brass founder Michael Levine felt "it wasn't what I envisioned in my mind because I really saw this as a concert group."

Upon expanding their performances, the group began working with musicians beyond Dallas and have since performed for various audiences across the country and around the world.

Additionally, their music can be found in various episodes of the popular soap opera, "The Young and The Restless".

Each member of Dallas

Brass is committed to their craft and practices everyday to improve their talent. "If you're going to go into it professionally, it's something that you have to continue to practice every year for the rest of your life," said Levine.

Despite such hard work, each of the Dallas Brass members are highly experienced and committed to the positive influence of music and work continuously to spread this attitude to future generations. In working with various high school band departments around the country, the group works to broaden the imaginations of what students feel is possible with their art.

"Our purpose is for the kids to realize that they have the power to make a positive difference in the world - whether it's music or beyond," said Levine.

Through a set of clinics between the group and band students, Dallas Brass aims to encourage excitement amongst young performers about their playing abilities before performing with the entire band in the evening.

As an advocate for the influence of music, it was important for Levine to find methods of reaching younger audiences who may not listen to traditional band music otherwise. In the spirit of spreading knowledge and appreciation of the craft, Levine

started Harmony Bridge in 2010 to promote the positivity of music in the minds of students.

Within the program, students have the opportunity to perform for patients residing in nursing homes in order to experience real-world positive feedback which promotes the students' excitement in their work.

"Harmony Bridge is about giving kids an understanding that music is more than just learning how to play an instrument technically for football games, basketball games and different kinds of contests....," said Levine. "There's a place for that but the ultimate power of music is to transform people and bring joy into their lives."

In working with high school students, Levine and Dallas Brass bring the same level of excitement and encouragement as with Harmony Bridge in order to perpetuate the joy of music for a new generation of band kids.

"We're all band kids... We were inspired and motivated by those special experiences and we want to give back to inspire more generations [which is] more important now than ever," said Levine.

The show will be held in the auditorium of Herndon High School starting at 7 p.m. Additionally, tickets are available for advance purchase online at <https://bit.ly/3ExBzS0>.



COURTESY PHOTO



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### King Crossword

#### ACROSS

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
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20	21				22	23				26	27	28
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37	38	39			40					44	45	
41				42	43							
46			47						48			
49			50						51			
51	U.K. fliers											

#### DOWN

1	Civil War soldier	19	Site of Apra Harbor	37	Campaign-funding gps.
2	Man-mouse link	20	"Coffee Cantata" composer	38	Fonda's bee-keeper role
3	Whom Pilate pardoned	21	Writer Wiesel	39	Lose color
4	Rascal	22	Rubber gas-ket	40	406, in Roman numerals
5	Atlantic catches	23	Nuisance	41	Calendar abbr.
6	Granada gold	25	Mom's mom	42	Eg. and Syr., once
7	QB stats	26	Place to get a fruit smoothie	43	Oklahoma city
8	Hearty	27	Hotel chain	44	Ump
9	Furniture brand	28	Combo	45	
10	Actor	30	School orgs.		

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### ZED by Duane M. Abel



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# PETS

FAIRFAX COUNTY TIMES

PAGE B-3

Friday - Sunday, DECEMBER 31, 2021 - JANUARY 2, 2022 fx

## ADORABLE ADOPTABLES

### THE FELINE FOUNDATION

See these pets and more at:  
[www.ffgw.org](http://www.ffgw.org)

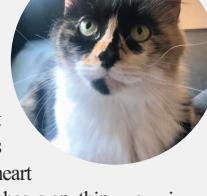
#### CALLIOPE

**Breed:** Domestic long hair

**Age:** 1 year

**Gender:** Female

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



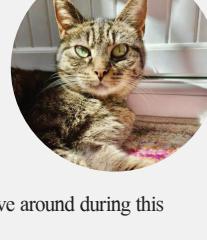
#### STRIPEY

**Breed:** Domestic short hair

**Age:** 5 years

**Gender:** Female spayed

Stripey was rescued from a rural shelter. She's very sweet and loves being pet. She's been enjoying playtime and lap time in her foster home. As you can see by those stunning emerald eyes, she's a beautiful blend of brown tabby and poise. Looking for a companion while you work - Stripey has been a fantastic kitty to have around during this pandemic.



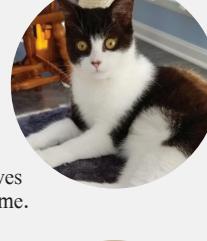
#### SUGAR

**Breed:** Domestic short hair

**Age:** 5 months

**Gender:** Female spayed

Sugar has gorgeous dark chocolate brown and white fur with near perfect eyeliner and two sweet black dots on her nose tip. She has been the leader of the pack in her litter and is always up for a good time with her kitten toys. She is a talker when she wants something and LOVES attention. She also loves to climb and would need a tall cat tree to enjoy in her new home.



#### FLORA

**Breed:** Domestic short hair

**Age:** 1 year

**Gender:** Female spayed

Are you looking for an affectionate, friendly lap cat? Look no further! Flora has settled in wonderfully in her foster home and always sleeps next to her humans. When they're watching TV she's right behind their head hanging with the family. Flora likes to be with her humans and for all of you who want a lap cat, Flora will be happy to oblige! She's a laid-back kitty and has some bursts of playtime throughout the day.



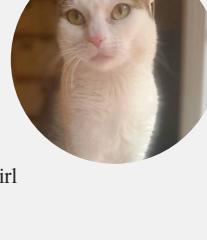
#### MILA

**Breed:** Domestic short hair

**Age:** 3 years

**Gender:** Female

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



#### THUNDER

**Breed:** Domestic short hair

**Age:** 6 months

**Gender:** Female spayed

Thunder has beautiful dark chocolate brown fur with a wisp of white on her forehead and a black dot under her chin. Thunder is a gentle giant, she is the biggest in her litter but very sweet. She enjoys playing and loves to cuddle on laps and reward you with a soft purr. Most of the time Thunder prefers laps and snuggles to action. Thunder has some limitations to her eyesight but that doesn't stop her from enjoying her day. She will likely need additional time to adjust to her new surroundings. She loves to climb cat trees and with a bit of coaching she can learn to navigate her way.



## FROM THE DOG'S PAW

# A barkingly meowy New Year



UNSPASH

By Noah! Samson! Abby!

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

“HISS! HISS! Oh, here we go again!”  
“What’s wrong, Samson? Bark!”

“HISS! Abby, it’s the New Year again. The antics around here with Dad trying to keep those revelations, er, uh, resolutions, but they’ll be revelations if he ever actually follows through with them. Purrs! At times it’s so funny all I can do is meow and meow some more!”

“Uh oh Samson, this sounds serious! What have you heard Dad say?”

“HISS! HISS! So far, mostly the usual. He’s going to walk two miles a day. He’ll do some aerobics at the house, which is a new idea, something about using the hot tub for a work-out, and some weird-looking stretchy bands he plays with. That will be funny to watch, but I’ve noticed he hasn’t been doing deep water aerobics lately, so those may replace it? Meows. Stay away from him when he brings the bands out to use. Purrs, we’ll get some laughs, Abby and Noah!”

“Woofs, I know. I’ve been his dog for more than 10 years, he is funny. Years ago, he decided to start taking me for a walk, but it was only down to the corner and back. I was getting quite bored with that as I could go for miles, to say the least. I overheard him say he needed to watch his blood pressure, so I decided to pull him into walking a bit further. He did it but would come home so tired and needed a nap. It was

too funny. Barkings, before long though he made me proud, we were walking about a mile.

We recently walked 3.5 miles often but pawsitively needed a nap. We both did after that. Woofs! While he complained some about being sore at first, he said his blood pressure was better.”

“Noah, barks, I have been trying to keep Dad healthy by getting him to pawlay with me and my toys in the backyard. I am hoping this will help trim down that belly of his, and you know it is so embarrassing when his belly opens the door BEFORE we even arrive. I bark the other way to protect my dignity, you know. Paws, but I heard him say that he is losing some weight and pawlans to have a “hunk chest” by summer. That’ll be a bark, probably a woof too.”

“Meows, you two are doing a good job making Dad work-out. HISS! HISS! I get the hard pawrt, though. Paws, I help him work his muscles inside the house. He’ll do just about anything to get outside but he needs to do some exercises inside. A little weight lifting or aerobic exercises will be good. Paws, it’s funny, though, when he does a few deep knee bends or those squats. Suddenly, he’ll be doing them when I start hearing bizarre noises. He creaks and makes other noises that I should not describe in polite company. I run and hide as I don’t know what’s going on.”

“Meows, I have to give Dad credit. He does try exercising during the year, but sometimes he gets a little lazy, so with the new year, Abby, Noah, and I will push Dad once again to get

busy with his exercise routines and keep at it the whole year. When he wants to nap, we’re gonna pounce on him to get busy. Having two Labrador retrievers and a Maine Coon jump on you will keep you from napping too much.”

Another funny part is going to be his diet. He SAYS he will not be eating as much potato chips, candy bars, pizza, drinking sodas, or anything of that excellent stuff that everyone loves but will start eating more of the stuff nobody likes, but they eat it anyway. You know, salads and vegetables. The last time he did this, he made it two days. HISS! What I don’t like is he’s talking about a diet for us too. I’m sure I will not cooperate with that. I’m not the one with the belly hanging almost to my knees and opening doors. HISS!”

Woofs, Dad always aims high for his goals in the New Year. Successes and failures count as successes as long as he keeps trying. Meows.

May you have a blessed New Year! Happy 2022!

#### About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at [www.fromthedogspaw.com](http://www.fromthedogspaw.com) by email to enjoy our adventures!

Noah, Samson, and Abby are Pawthors pawing about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans! Our human, Allen Pearson, is a dog, nature, and railroad photographer and writer. Find us all at: [www.fromthedogspaw.com](http://www.fromthedogspaw.com), [www.instagram.com/fromthedogspaw](http://www.instagram.com/fromthedogspaw), [www.facebook.com/fromthedogspaw](http://www.facebook.com/fromthedogspaw).

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## Art News

### New Year's Eve Comedy

Come and laugh the night away with Brent Gill & Rahmein Mostafavi. Two performances at 7 and 9:30 p.m. December 31. Tickets start at \$40. McGuire Woods Gallery, Workhouse Arts Center, 9518 Workhouse Arts Way, Lorton. For more information visit <https://bit.ly/3jbUcy5>.

**Hot Buttered Elvis** Get your groove on with Alpha Dog Blues and Monster Madhouse. Doors open at 6:30, show at 7:30 p.m. January 2. Tickets start at \$12. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3pj2hsR>.

**Dallas Brass** is one of

America's foremost musical ensembles with a unique blend of traditional brass instruments and complement of percussion. 7 p.m. January 4. Tickets are \$10. Herndon High School, 700 Bennett St., Herndon. For more information visit <https://bit.ly/3qBH0dJ>.

**Singular Sensations** from mugs to sculpture, each Kiln Club artist brings their unique, individual approach to their work in clay. Through January 2. Free. Scope

Gallery, Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3sdrtK>.

### Workhouse Glass

**National 2021** is an exhibition highlighting the depth and breadth of contemporary functional and sculptural glass artworks being created throughout the country.

Hood Salomon uses traditional printing methods and conceptual photographic sculptures to illustrate the challenges faced by urban trees. This exhibit explores the complex coexistence of humans and the natural environment. Through

January 8 in the Multiple Exposures Gallery, Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/32b5npH>.

Through January 9 with competition reception January 8 from 6 to 8 p.m. Free. Vulcan Gallery at Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3IT8L9R>.

### Pandemic Physiognomy

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

### Curious Creatures:

### Animal Portraits

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

### Traveling While Black

Virtual Reality the immersion of 360° footage draws viewers into living history lessons told around a booth in Ben's Chili Bowl. Through February 12 with the exception of county holidays. McLean Community Center, 1234 Ingleside Ave.,

McLean. For more information visit <https://bit.ly/3EoGaXa>.

### Outsider Art Inside

**Lorton** is a collaboration with the Lucy Burns Museum and features the work of inmate "outsider artists" with no formal training or schooling. Some artwork was created in prison sanctioned programs. Fridays and Sundays from noon to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. Through February 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3lZaf28>.

## Community Information

### New Year's Eve Around

**the World** Ring in 2022 in STEM style with kid-engineered noise makers and confetti throwers for a celebration your whole family can enjoy. Three 2-hour time slots to choose from Dec. 31. Children's Science Center

Lab, 11948 Fair Oaks Mall, Fairfax. For more information and registration visit <https://bit.ly/3qpGI91>.

**Light Up McLean** Check out the houses in the running for the McLean holiday decorating contest through January 2. Judging is open to the public. For the map and more information visit <https://bit.ly/30wYLB>.

**Get Ready to Hike** Join an instructor for a hike,

stopping at picturesque areas for selfies and practicing basic exercises to get ready for steep climbs. 1 p.m. January 1. Cost is \$12. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit <https://bit.ly/3mqxl8v>.

### Birding for Beginners

The program begins with a bird identification discussion where you will gain some basic skills. 8 a.m. January 2. Cost is \$18. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/33SnUYY>.

### Qigong and Mindfulness

Nevin Turk combines Qigong and Meditation into a flowing sequence to help recharge

the body and calm the mind. Noon January 4. An invitation to join this virtual class will be emailed 1-2 days prior to the start time. For more information visit <https://bit.ly/3Jfwn8W>.

### Family Hilltop Outing

What significance does this villa have to one of our founding fathers? Hop back in time with us to discover life of days past. 12:30 p.m. January 5. Cost is \$8. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit <https://bit.ly/3yvOPH2>.

### Night Sky Tour

Take a fun tour of planets, constellations, stars, nebulas and galaxies that can be seen with the naked eye and through

telescopes at the roll-top observatory. 7:30 p.m. January 5. Cost is \$8. Turner Farm Park, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3yYdAtR>.

## ONGOING

**Winter Lights** Enjoy the serenity of winter lights in McLean Central Park through mid January. Free. McLean Central Park, 1468 Dolley Madison Blvd., McLean.

For more information visit <https://bit.ly/3mvwl6Q>.

### Bull Run Festival of

**Lights** Drive through more than two miles of festive light displays. Runs through January 2. 5:30 to 9:30 p.m. Monday through Thursday,

5:30 to 10 p.m. weekends. Cost is \$30 per vehicle in advance, \$40 at the gate.

For more information visit <https://bit.ly/31kiLrp>.

### Winter Walk of Lights

Stroll along this half-mile long, one-way route for an enchanting and safe evening activity. 5:30 to 10 p.m. Runs through January 2. Purchase timed-entry tickets starting at \$16 plus an online fee. For more information visit <https://bit.ly/3vokjut>.

### Free Jigsaw Puzzle

**Exchange** Do you love putting together jigsaw puzzles? Bring a puzzle and take a puzzle. Through January 8. Call the library for hours and holiday closings. John Marshall Library, 6209 Rose Hill Dr.,

Alexandria. For more information call 703-971-0010.

### Virtual Mental Help Events and Support Recovery Program

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

### Help Children in Need

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

### Volunteer Fairfax

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

# HOLLYWOOD

by Tony Rizzo



Rob Lowe in "9-1-1: Lone Star"

“Twilight’s” Edward Cullen does “Batman,” and Harry Potter searches for “The Lost City.” “The Batman” is planned as a trilogy starring Robert Pattinson as The Cape Crusader, Zoe Kravitz as Cat Woman, Paul Dano as The Riddler, Jeffrey Wright as Commissioner Gordon, John Turturro as “Crime Lord” Carmine Falcone, Colin Farrell as The Penguin and Andy Serkis as “The Batman’s” butler, Alfred. All have signed on for the entire trilogy.

Daniel Radcliffe joins Sandra Bullock, Channing Tatum and Brad Pitt in searching for “The Lost City,” due March 25. Channing has “Dog,” with Bill Burr, dropping Feb. 18. Meanwhile, director Steven Soderbergh is prepping “Magic Mike’s Last Dance,” of course starring Channing Tatum, who steered the first two “Magic Mike’s” to a combined \$300 million box office. Tatum and Jenna Dewan divorced in November 2019. He dated singer Jessie J (from 2018-20) and is currently dating Zoe Kravitz (he’s 41, she’s 32). Still, Mad Mike dates Cat Woman ... sounds like a movie in the making.

The ever-busy Rob Lowe, last in Netflix’s “Holiday in the Wild” (2019), with Kristin Davis, returns for season 3 of the Fox TV series “9-1-1: Lone Star” (in which he stars and exec-produces), premiering Thursday, Jan. 6. He’s next in “Dog Gone,” again

for Netflix. Add to that his recent Dec. 4 foray into stand-up when he took the stage at The Morongo Casino, near Palm Springs, to “Tell Stories I Only Tell My Friends.”

Lowe says the show was inspired by the success of his two New York Times best-selling memoirs, “Stories I Only Tell My Friends” and “Love Life,” intended as a behind-the-curtain peek at Hollywood fame, fatherhood, marriage and a life lived at the forefront of culture for four decades. He delivered witty fun and one-of-a-kind insights spanning an iconic career. Fans came from far and wide, and ate it up. Sounds like a TV special is born.

“Home Alone” fans were given the rare opportunity to bid on an Airbnb

offer to rent the famed McCallister Family home in Winnetka, Illinois, for one night only. That night was hosted by Devin Ratray (who played Kevin’s brother Buzz in the films), who said: “Our thoughts were we’re older and wiser now, but we’re never too old for holiday hijinks. So while the family’s on vacation, we thought one crew of mischief makers could let their inner 8-year-olds run free in my childhood home on Dec. 12.” Monies raised will benefit Chicago’s La Rabida Children’s Hospital. The house was last sold in 2012 for \$1.6 million. Which begs the question ... how much mischief can you get into in Illinois in only one night?

(c) 2021 King Features Synd., Inc.

### TEMPTATIONS

CONTINUED FROM PAGE B1

hits, including “My Girl,” “I Wish it Would Rain” and “Ain’t Too Proud to Beg.”

“David is an amazing role,” Lewis said. “He was such an iconic and amazing guy, with so much stage presence and debonair qualities. It’s an honor to play him.”

Playing a real-life person rather than a new character is a little different for any actor, and Lewis enjoys the challenges that brings. For instance, he met a woman after a recent show who talked about growing up with David’s poster on her wall and wanting to marry him.

“When people have these memories of these people ingrained in them, you want to make sure you bring the right energy to it, because people know these stories and iconic figures so well,” he said. “With a fictional character, you’re able to create and build from it. But to play an actual person, you need to do your research and capture the essence of them.”

For his research, Lewis watched a lot of old clips

and read some of the articles and books written about Ruffin and the group. Plus, Otis Williams, the last living member of the Temptations, has also been around to tell personal stories and answer questions from the cast.

“In this round of learning about playing David, I reached out to David’s son, David Ruffin, Jr., and he shared some great stories,” Lewis said.

Playing a Temptation is nothing new for the actor. Lewis was involved in the Broadway production, covering the roles of several of the principal roles. He was transferred to the tour when the show remounted following the pandemic layoff.

Having grown up with the music of the Temptations, he was thrilled to become a part of the show.

“They were part of the American musical landscape,” he said. “Having a family that’s in entertainment myself, their music was always around. Whether it was at home or in a restaurant, music from the Temptations was always on. It’s embedded in my memory, so jumping into the show was easy cake.”

of styles.”

She enjoys the freedom she has with every piece created, ranging from the choice of media, use of light, and vibrancy of colors.

“I like the amount of detail and the depth of color you can incorporate into the paper,” she said. “Unlike watercolor, which is more of a one-time stroke, there is almost no limit as to how many layers you can add to a color pencil piece, making it easier to adhere to the genre of realism and execute a greater variety

He considers the musical a combination of a play and a movie, with amazing music throughout.

“The way they captured the moment of the Temptations in the show is quite amazing,” Lewis said. “You see their brotherhood, their love of music, the ups and downs and you see them doing what they love to do.”

The story evolves from the early days of the group to its later years, and Motown acts such as the Supremes and Smokey Robinson are featured as well.

“One thing that I think people are often surprised about with this show is we tell an actual story,” Lewis said. “A lot of bio-musicals are sometimes jukebox musicals, but this show takes you on a real journey of their story.”

And he believes one doesn’t even need to know the music of the Temptations to enjoy.

“This is a show for people of all ages,” he said. “It’s the true American story of going for what you want and seeing yourself conquer it. It’s just fun for everyone.”

uity, social tension, and mental health struggles, freely voicing my concerns and opinions.”

After high school, Jingan hopes to explore different fields such as 3D art, digital art, fashion design, and animation and further advance her skills in the abstract genre.

“I also hope to find a way to combine different mediums outside of 2D art together to make a new category of media,” she said. “Ultimately, I hope to work in the art industry in the future.”

### KENNEDY

CONTINUED FROM PAGE B1

ums along with watercolor that she explored.

“I like the amount of detail and the depth of color you can incorporate into the paper,” she said. “Unlike watercolor, which is more of a one-time stroke, there is almost no limit as to how many layers you can add to a color pencil piece, making it easier to adhere to the genre of realism and execute a greater variety

# HEALTH & WELLNESS

Friday - Sunday, DECEMBER 31, 2021 - JANUARY 2, 2022 fx

FAIRFAX COUNTY TIMES

PAGE B-5

## What's the best diet for you?

### KEYS TO BETTER HEALTH



CINDY SANTA ANA

As we celebrate the beginning of a new year, many people often look at making resolutions to improve their health. The best place to start is your diet or way of eating. It's not the easiest place, but the food we take in is information to our cells, our blood, and our organs and if we take in crappy "information," we get crappy results.

Humans around the world have had varied diets for millennia. Focusing on dietary ideology is less important than focusing on principles. And the key focus of any dietary strategy should be ensuring what you are eating has the necessary components to support optimal cellular biology.

The good thing is that several different dietary approaches—when thoughtfully crafted—can give you these components. The study of food and nutrition are complex. First, nutrition research sometimes gets bogged down in too many details. While the molecular biology of food is critical to understand, the epidemiology of food can also help guide us. We also know that people who eat ultra-processed foods, too many Omega-6 fats, and excess sugar tend to have higher rates of chronic disease and early death. We know that including Omega-3 fats, adequate

micronutrients and phytonutrients, and antioxidant-rich foods supports longevity.

What could whole-food, plant-based eaters and carnivore devotees possibly have in common? One group eats only plants, and the other only eats meat. But in fact, these dietary ideologies share traits:

- Both focus on the nutrient density of food, striving to get as many nutrients as possible from what they eat.

- Both eschew processed foods, and in particular, abstain from processed grains, sugar, food additives, and seed or vegetable oils.

- Both take a thoughtful approach to food sources and sustainability, with an appreciation of the importance of soil health.

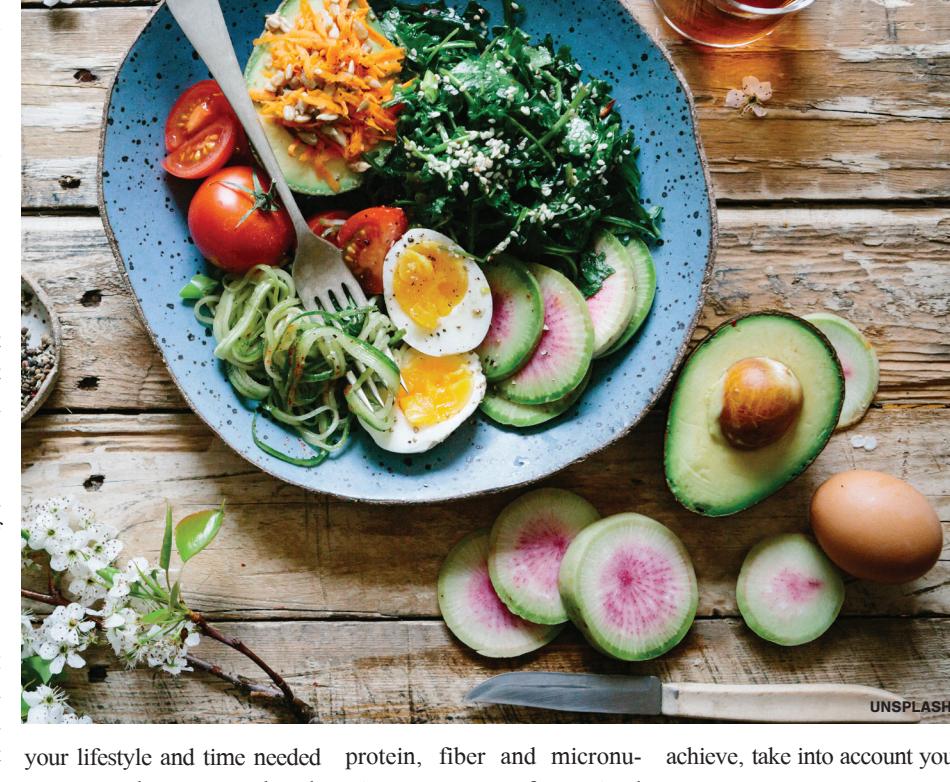
Here's an example of the complexity that makes research and dietary recommendations challenging. Omega-3s can come from various sources: fish, meat, eggs, nuts, seeds, algae. But there are different forms of Omega-3s, and typically, plant sources contain the "upstream" Omega-3s (like alpha-linoleic acid, ALA) that need to be converted through multiple chemical reactions (enzymes) to the downstream form that is most active (EPA and DHA) for making up cell membranes, and promoting anti-inflammatory reactions. Eating fish or other omega-3-containing animal products will give you straight EPA and DHA, but if you're eating

plant-based sources, you are mostly getting upstream ALA and have to convert it.

Here's the catch: converting ALA to EPA requires the function of three sequential enzymes, and these enzymes require regulating nutrient cofactors, including vitamins B3, B6, and C, zinc, and magnesium. So you need to eat targeted, diverse foods to get the vitamin and micronutrient levels to make this conversion possible. Eating plant sources of Omega-3s but being deficient in nutrient cofactors could mean you're missing most of the Omega-3 benefits.

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

To choose the best diet or way of eating for your body, consider your preferences and sensitivities first. Do you like meat, fish, grains, and loads of vegetables? Then consider



UNSPASH

your lifestyle and time needed to grocery shop, prep and cook meals. Luckily, there are lots of healthy meal delivery services for those who are time-crunched these days. I love and use Territory Foods myself when extra busy. You may have to shift your priorities to align with your new lifestyle.

Next, consider your health concerns. Do you have an autoimmune disease or family history of an illness you'd like to prevent? This will drive your decision.

Whatever dietary protocol you decide, you need to make sure you are getting all of the vitamins, minerals, fatty acids,

protein, fiber and micronutrients necessary for optimal health. I recommend my clients get blood work when changing their diet too.

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

Creating your personal diet plan can be fun. Remember to consider your overall health goals, what you want to

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

It all comes down to common sense, so we must respect the physiology of the human body to determine what our nutritional needs really are and then tweak for bio-individuality. If you need support, I am here for you at [www.Unlock-BetterHealth.com](http://www.Unlock-BetterHealth.com).

## Shifting wellness attitudes shape 2022 fitness trends

### Courtesy of Family Features

In adjusting to the constraints of the pandemic, many Americans had to improvise where and how they work out. After months of adapting to a "gym anywhere" mentality and learning to accommodate more flexible workout schedules, this new fitness mindset is inspiring some larger trends for healthier living.

"We've learned that wellness is not one-size fits all, and that it's achieved by small habits like regular hydration that can really impact how you feel throughout the day," said celebrity fitness trainer Harley Pasternak, MsC. "Collectively, nourishing both body and mind together as one makes holistic health a sustainable lifestyle."

Pasternak and the experts at Propel Fitness Water are forecasting five fitness and wellness trends to watch for in 2022:

### Accountability buddies

When gym closures ran rampant, folks leaned on others for inspiration to get moving, so it's no surprise working out in pairs (or more) is a continued way to focus on fitness. Feelings of burnout may be common heading into 2022, so having a partner who gives you a healthy sense of camaraderie and competition can help push you to show up on days when you'd rather rest and stay committed to your goals.

### Exercisers are less beholden to studio or gym schedules, the "gym anywhere" mentality is a level of flexibility many are holding on to, even as they ease back into more normal work routines.

### Health in small, achievable doses

This trend is all about recognizing health transformations don't happen overnight, and even modest steps can make a big difference in how you feel throughout the day. One example is paying more attention to your hydration. If you aren't properly hydrated, few other things tend to go right either. Small habits like throwing Propel Powder Packs into your gym, work or school bag can make a difference. Filled with enough electrolytes to replace what is lost in sweat, they are handy for on-the-go hydration and are easy to add to a water bottle.

### Wellness goals vs. fitness

Committing to overall wellness is more about lifestyle

changes than numbers like weight loss or muscle mass. People embracing this trend are forgoing numeric goals based on performance in the gym or on the scale and instead emphasizing outcomes that affect life, nourishing both body and mind together as one. Fitness goals are an essential component, but so is supporting your mental health as well as being cognizant of what you're putting into your body. When each piece is well taken care of, your body is better able to work like a well-oiled machine.

### Low-impact workouts

This year, walking treadmill challenges gained virality on social media, marking the increasing popularity of workouts that are low impact yet effective. Getting moving is the key, even if it means taking your tempo down. You don't need to do hours of HIIT every day to see results. In fact, less time- and energy-intensive workouts are easier to sustain and can often yield the same,

or better, results.

Find more hydration

options and wellness tips at [propelwater.com](http://propelwater.com).

S	E	E	R	I	R	I	S	R	A	F
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**Solution time: 26 mins.**

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## Classified

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### Help Wanted

Come to New Hope Housing's in-person hiring event on January 10, 2022, from 10AM-7PM at South County Government Center. On-the-spot interviews and on-the-spot job offers will be made. Start working within a week. Training completion bonus available. Join our mission to end homelessness. Various positions are available. Pre-Register NOW: <https://www.newhopehousing.org/careers/>

comScore Inc. seeks Senior Technical Project Manager in Reston, VA. Handle a large portfolio of projects. Telecommuting permitted. Applicants may apply <https://www.jobpostingtoday.com/> Ref # 54085.

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or 703-904-1004



Computer Programmer/Developer – Herndon, VA. Seeking MS in IT, Comp. Sci., or related. 3 months of programming/development exp. req'd. Travel and relocation, as req'd. Mail CV to Attn: HR/Job #1122, Open Analytics LLC, 13800 Coppermine Rd. #306, Herndon, VA 20171.

Product Owner, Mandiant, Inc., Reston, VA. Translate business and customer requirements into technical requirements that can be provided to, and understood by, the development team. May work remotely from anywhere in the United States. To apply, please mail resume to ATTN: Heidi Vaughn, 11951 Freedom Dr., 6th floor Reston, VA 20190. Please refer to job #10760.684.

Clarabridge, Inc. has an opening for Software Engineer in Reston, Virginia. Work closely with product owners and designers to implement the user experience for our technical products. Provide immediate high visibility work as a full member in our high-performance scrum teams. Please send resume or CV to [Lourdes.Caballero@clarabridge.com](mailto:Lourdes.Caballero@clarabridge.com) and reference #SE1 / 20797.29.2.

Adaequare, Inc. has openings for Software Engineers & Systems Analysts. Includes Senior positions. Must be proficient in one of these areas: (1) Java/J2EE/Mulesoft/Python/Data Scientist & related; (2) Microsoft/.NET & related; (3) Data Stage/Datawarehousing/Bus. Intelligence; (4) SharePoint; (5) Salesforce; (6) Dev Ops; (7) IOS/Android; (8) Big Data (9) SAP Hybris (10) Business Analyst and related. The positions report to our Chantilly, VA office & require travel top & relocate at various unanticipated locations throughout the U.S. to work on short- and long-term projects. Email resume to [openjobs@adequare.com](mailto:openjobs@adequare.com) & in subject field put JOB CODE 202112.

### Legal Notice

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon will hold a work session on Wednesday, January 5, 2022 at 7:00 p.m. in the Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, January 19, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

**APPLICATION FOR BUILDING ALTERATIONS, HDRB #21-015**, to consider an application for façade alterations to the commercial building located at 681 Spring Street, Herndon, Virginia, in the northwest corner of the intersection of Locust Street and Spring Street, and further identified as Fairfax County Tax Map 0162-02-0082. The property is zoned as zoned CC; Central Commercial and consists of 26,641 total square feet of land. Owner: Kjurrum Afzal, 681 Spring Street LLC. Applicant: Farshad Ferdowsi, EMSI Engineering Inc.

The proposed item is available for review by the public on the town's website [www.herndon-va.gov](http://www.herndon-va.gov) beginning December 31, 2021 after 3:00 p.m.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to [hdrb.arb@herndon-va.gov](mailto:hdrb.arb@herndon-va.gov)

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:  
Publish on December 31, 2021 and January 7, 2022

### Legal Notice

### Legal Notice

Notice is hereby given that the **Architectural Review Board** of the of the Town of Herndon will hold a work session on Wednesday, January 5, 2022 at 7:30 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, January 19, 2022 at 7:30 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

**APPLICATION FOR SIGNAGE, ARB #21-028**, to consider an application for an exterior wall sign located at 251 Exchange Place, Herndon, Virginia and further identified as Fairfax County Tax Map 0164 10 0001C. The site is located in the northwest quadrant of the cul-de-sac on Exchange Place, and approximately 720 feet north of the intersection of Exchange Place and Herndon Parkway. This property is zoned as O & LI, Office & Light Industrial District, and consists of 158,158 square feet of land. Owner: Christopher Howard, *Pool5 Industrial VA, LLC*. Applicant: Mike Ross, Beanstalk, Inc.

The proposed item is available for review by the public on the town's website [www.herndon-va.gov](http://www.herndon-va.gov) beginning December 31, 2021 after 3:00 p.m.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to [hdrb.arb@herndon-va.gov](mailto:hdrb.arb@herndon-va.gov)

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Viki L. Wellershaus, Town Clerk

Note to Publisher:  
Publish on December 24 and December 31, 2021

### Legal Notice

### Legal Notice

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, January 4, 2022 at 7:00 p.m. in the Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Tuesday, January 11, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

**Ordinance**, to amend and reenact Chapter 42 (MOTOR VEHICLES AND TRAFFIC), of the Code of Herndon, Article IV (Stopping, Standing, Parking), Division 4 (Residential Permit Parking), Section 42-223 (Designated Residential Parking Zones), to designate a new residential parking zone to be known as the "Madison Street Zone".

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

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

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Viki L. Wellershaus, Town Clerk

Note to Publisher:  
Publish on December 24 and December 31, 2021

### CLASSIFIEDS

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[marcia@wspnet.com](mailto:marcia@wspnet.com)

**[(Full name(s) of owner(s)):**  **BBQChicken Herndon LLC**

**Trading as:**  
BBQ Chicken & Beer  
2338 Woodland Crossing Dr Ste A  
Herndon, Fairfax County, VA 20171-5881

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

Young Kim, 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](http://www.abc.virginia.gov) or 800-552-3200.**  
3009059 (12-31-21, 01-07-22)

**[(Full name(s) of owner(s)):**  **UD Family Enterprise, Inc**

**Trading as:**  
54 Restaurant  
6795 Springfield Mall  
Springfield, Virginia 22150-1719

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

Dong W. Shin, President / Un Y. Cho, Vice President

**NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.**  
3009072 (12-31-21, 01-07-22)

### Legal Notice

### Legal Notice

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, January 4, 2022 at 7:00 p.m. in the Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Tuesday, January 11, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

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

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

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

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Viki L. Wellershaus, Town Clerk

Note to Publisher:  
Publish on December 24 and December 31, 2021

## VDOT Virginia Department of Transportation

### Braddock Road Multimodal Improvements

#### Fairfax County

#### Virtual Public Information Meeting

Thursday, January 13, 2022, 7 p.m.

<https://www.virginiadot.org/BraddockMultimodal>

Find out about planned multimodal improvements and access management for just over three miles of Braddock Road (Route 620) between Humphries Drive in Burke and Ravensworth Road in Annandale, including the eastbound and westbound Braddock Road ramps to southbound I-495 (Capital Beltway Outer Loop). The proposed improvements aim to improve multimodal safety, mobility and accessibility for all users with intersection and interchange enhancements, new and upgraded shared-use paths along both sides of Braddock Road, and a pedestrian overpass just west of Burke Lake Road. Alternative concepts will be presented for three intersections along the Braddock Road corridor: Rolling Road, Wakefield Chapel Rd/Danbury Forest Drive and Burke Lake Road.

The meeting will be held as a **virtual/online meeting**. Information for accessing and participating in the virtual meeting is available at <https://www.virginiadot.org/BraddockMultimodal>. The project team will make a short presentation beginning at 7 p.m. and answer questions for about an hour after the presentation.

Review project information and meeting details on the webpage above or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22303. Please call ahead at 703-259-2961 or TTY/TDD 711 to make an appointment with appropriate personnel.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR 771, a document in the form of a Categorical Exclusion is under preparation to assess the project's potential impacts to environmental resources.

Give your comments during the meeting, or by **February 24, 2022** via the comment form on the project website, by mail to Mr. W. Calvin Britt, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22303 or by email to [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Braddock Road Multimodal Improvements" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775.

State Project: 0620-029-448, C501, P101, R201  
0620-029-548, B602, C501, P101, R201  
UPC: 114627, 119477  
Federal: STP-5B01 (123)

*In case an alternate date is needed, the meeting will be held Monday, January 24, 2022 at the same time.*