



Friday - Rain



High: 52° Low: 21°

Saturday - Sunny



High: 31° Low: 18°

Sunday - Sunny



High: 38° Low: 21°

THIS WEEK INSIDE:



COURTESY PHOTO

Lincolnia house fire injures one

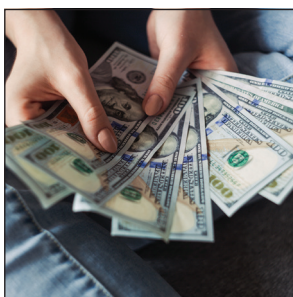
SEE PAGE A2



UNSPLASH

School Board adds holidays, approves 2022-2023 calendar

SEE PAGE A4



UNSPLASH

Supervisor Pat Herrity, not in favor of Prevailing Wage Ordinance, speaks out against passing of project

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ADOBE STOCK

Preserving Black history in Fairfax

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25¢ NEWSSTAND PRICE



BLACK HISTORY MONTH

Fairfax County School Board asks Supreme Court to hear sexual assault lawsuit

By Laura Taylor
 FAIRFAX COUNTY TIMES

A Fairfax County organization has launched a petition asking Fairfax County Public Schools (FCPS) not to appeal a ruling that could limit the liability the county has when handling sexual harassment incidents.

The FCPS school board has asked the U.S. Supreme Court to hear a sexual assault case involving a former Oakton High School student, identified as Jane Doe, who said the school district mishandled her 2017 sexual assault incident. The appeal has the potential to alter how sexual assault incidents are interpreted.

According to the lawsuit, Jane Doe v. Fairfax County School Board, filed on May 23, 2018, in the U.S. District Court for the Eastern District of Virginia, Doe claims that FCPS violated Title IX of a civil rights law that protects



ADOBE STOCK

sexual assault victims and ignored her reports of the incident while on the trip. The lawsuit states that the school didn't inform her of her options under Title IX, didn't offer help, and didn't ensure the safety of her or the other students. After losing

the first trial, Doe filed for a new trial, which the school district opposed.

In a ruling filed Aug. 30, 2021, the U.S. Court of Appeals for the Fourth Circuit denied FCPS' opposition, stating in its judicial decision that "schools do not

get 'one free rape.'"

The court stated: "Thus, the statute itself makes plain that a school may be held liable when it makes a student vulnerable to sexual harassment by their peers, such as by failing to respond appropriately after learning

of an initial incident of sexual assault. In other words, schools do not get 'one free rape.'"

FCPS said it will ask the U.S. Supreme Court to hear the case. The U.S. Supreme Court is expected to make its decision about whether it will hear the appeal in April.

Shatter the Silence FCPS, an organization created to advocate for sexual assault victims in FCPS, said, "Fairfax County Public Schools sees the reckoning other powerful institutions like the Catholic Church, USA Gymnastics, and the Boys Scouts faced for mishandling sexual abuse and knows it faces massive liability for its years of mishandling abuse reports and retaliating against survivors."

It added: "FCPS wants to narrow Title IX so it faces as little accountability as possible for its failure to

See LAWSUIT, Page A4

Building fire results in estimated \$8 million in damages



COURTESY PHOTO

Deputy Chief Bill Betz on the scene of a building fire on the Woodson High School campus.

By Heather Zwicker
 FAIRFAX COUNTY TIMES

A building on the campus of Woodson High School in Fairfax was almost totally destroyed in a fire Jan. 30.

Fairfax County Fire and Rescue and the City of Fairfax Fire departments were dispatched for the fire in the 9500 block of Main Street at approximately 3:07 a.m. after area residents saw smoke coming from the building and called 9-1-1.

When crews arrived on the scene there was smoke and fire showing from the two-story building. A second alarm was quickly requested. Firefighters started with an interior attack on the fire, but after observing minimal improvements, and cracks forming in the exterior brick wall, they quickly transitioned to defensive operation outside, according to Fairfax County Fire Deputy Chief Bill Betz. The fire was brought under control in approximately two

See FIRE, Page A4



BY JAYA PATIL • Fairfax County Times

A pandemic project takes on a life of its own

An open heart symbol adorning shirts, charms, and wooden signs is the icon of the Vienna-based Rustic Love organization. What started as a pandemic project to embrace the community has amassed a life of its own and stretched across the county. Now an official 501c3 nonprofit, Rustic Love has growth on the agenda for discussion at board meetings.

Michelle Davila, executive director of Rustic Love Vienna, discovered Lydia Russo's Vienna VA Foodies group on Facebook in the height of quarantine as the weather got warmer in 2020. Russo's foodies group transformed from a social page to one that offered exposure to restaurants working tirelessly to remain functional during the pandemic.

Davila used what she had at hand—spare wood, power tools, craft supplies, and a resilient family—to create something that could help her community. Inspired by Russo, Davila originally funneled proceeds from their handmade signs into Russo's collaboration efforts with restaurants to feed families experiencing food insecurity and first responders.

The open heart signs quickly garnered attention and drove the Davila family to continue their efforts. "It was organic," Davila said regarding the expansion of the project into an organization, as "people messaged me saying

See PROJECT, Page A4

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PUBLIC SAFETY



COURTESY PHOTO

Firefighters on the scene of a house fire in Lincolnia.

Lincolnia house fire injures one

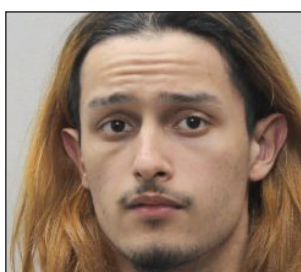
Units from the Fairfax County Fire and Rescue and the City of Alexandria Fire departments were dispatched for a reported house fire in the 4700 block of Autumn Cove Court in the Lincolnia area Jan. 29, at approximately 1:11 a.m.

Crews arrived on the scene of a two-story, single-family home with fire showing from the second floor and the roof. Firefighters located the fire in the attic and quickly brought the fire under control. One occupant was transported to a hospital for non-life-threatening injuries. There were no reported firefighter injuries.

Four occupants were home at the time of the fire. Smoke alarms activated and, upon investigation, one of the occupants saw fire in the attic. The occupant called 9-1-1 and then attempted to extinguish the fire. Three occupants self-evacuated. One occupant evacuated with the assistance of fire and rescue personnel.

Fire investigators determined that the fire was accidental in nature and started above the zero-clearance metal chimney pipe. The fire was caused when heat from the operating fireplace ignited the wood framework.

Four occupants were displaced because of the fire. Red Cross services were offered and declined. Damages as a result of the fire were approximately \$238,991.



COURTESY PHOTO

Joel Antonio Sarabia

Fairfax man charged with first degree murder

Two men have been charged for crimes related to the death of Ahmed Hasheem Ebrahim, 20, of Alexandria, who was reported missing by a family member on Jan. 17.

Ebrahim was last seen

Jan. 15 leaving his home for a friend's house. Officers spoke to the family member and entered Ebrahim as a missing person in the National Crime Information Center database. The case was assigned to a detective from the Fairfax County Police Department Missing Persons Squad. Detectives learned Ebrahim's vehicle was towed Jan. 18 from an address in the City of Alexandria. When detectives arrived at the tow lot, they immediately noticed blood in the vehicle. Detectives upgraded Ebrahim to a critical missing person based on the condition of the vehicle and evidence found inside.

Detectives learned Jan. 20 that Joel Antonio Sarabia, 20, of Fairfax was driving Ebrahim's vehicle after his reported disappearance. Detectives obtained a warrant for unauthorized use of a vehicle and driving without an operator's license based on the evidence recovered from the towed vehicle. Detectives from the Fugitive Track and Apprehension Unit took Sarabia into custody Jan. 24.

Detectives determined through interviews that Sarabia and the victim were known to each other. Sarabia and a 17-year-old associate planned to rob Ebrahim on Jan. 16. Sarabia shot Ebrahim in the upper body while Ebrahim was in his vehicle in a parking lot near the 6200 block of Lachine Lane in Lincolnia. Sarabia and his associate then drove the victim in his vehicle until they disposed of his body later on Jan. 17 in a dumpster.

Sarabia has since been charged with first degree murder, robbery resulting in death, concealment of a dead body and use of a firearm in the commission of a felony. He remains held at the Adult Detention Center without bond. The 17-year-old man was arrested Jan. 25 and charged with robbery resulting in death and concealment of a dead body. He was taken to the Juvenile Detention Center where he remains held.

Detectives identified the dumpster where Ebrahim's body was disposed. They have since been in contact with the disposal services company to determine the potential location where Ebrahim's body may have been taken. Detectives have coordinated several searches with our Search and Rescue Team to locate Ebrahim. During the arrest of Sarabia, detectives recovered a firearm and are coordinating additional searches for a second firearm which is believed to be in the City of Alexandria.

Detectives are asking anyone with additional information about this crime to contact them at 703-691-2131, or call 911. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

This is the second homicide of the year in Fairfax County. Year to date, there

were no homicides at this point in 2021.



COURTESY PHOTO

CBP officers found a cache of controlled substances in a traveler's baggage for the second time in a week.

Second traveler with illicit narcotics arrested at Dulles

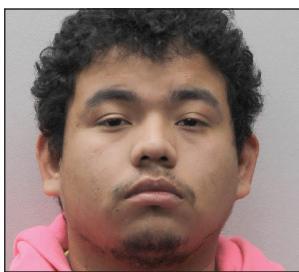
For the second time in about one week, a traveler arriving at Washington Dulles International Airport was arrested on felony drug possession charges after U.S. Customs and Border Protection (CBP) officers discovered a cache of illicit narcotics in his baggage.

Metropolitan Washington Airports Authority Police officers arrested Joseph Claudio De Paula, a 50-year-old U.S. citizen from Vineyard Haven, Mass., Jan. 23.

De Paula arrived on a flight from Sao Paulo, Brazil shortly after 8 a.m., and a CBP officer referred De Paula to a secondary examination. During that examination, officers discovered 29 tablets of Morphine, 28 tablets of Codeine, 14 tablets of Bromazepam, nine tablets of Alprazolam, more than 60 tablets of Tadalafil, one vial of steroids, and a small vial with cocaine residue concealed inside De Paula's baggage.

Metropolitan Washington Airports Authority (MWAA) Police officers responded and took custody of De Paula and the illicit narcotics. De Paula faces felony narcotics possession charges.

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



COURTESY PHOTO

Omar Zamora, Jr.

Falls Church man arrested for felony hit-and-run

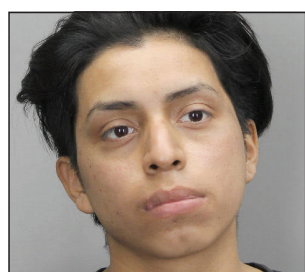
City of Fairfax Police charged a subject in connection with a felony hit-and-run which occurred at 6:19 a.m. Jan. 30, in the 9600 block of Main Street.

The investigation revealed that while officers were providing traffic control for a structure fire, a subject placed their vehicle in reverse and

began travelling eastbound in the westbound lanes of Main Street. The suspect's vehicle struck a marked City of Fairfax Police vehicle which had its emergency lights activated.

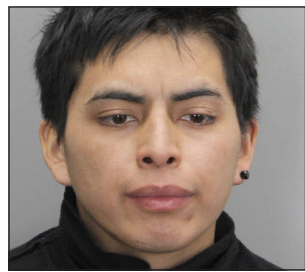
As a result of the impact, the police vehicle struck an officer who was standing nearby. The officer sustained non-life threatening injuries but required medical attention.

Omar Zamora Jr., 20, of 3243 Wayne Road, Falls Church was charged with felony hit and run (46.2-894) and held at the Fairfax County Adult Detention Center on a \$3,000 unsecured bond.



COURTESY PHOTO

Antonio Eduardo Chavez Ramos



COURTESY PHOTO

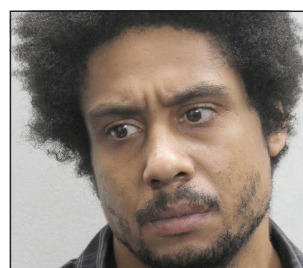
Pedro Chavez Ramos

Men charged with numerous offenses after breaking into business

Two men forced entry into Yulee Skin Care at 13834 Braddock Road, #700 Jan. 26 at 9:06 a.m.

Officers located two men hiding inside the business. Antonio Eduardo Chavez Ramos, 19, and Pedro Chavez Ramos, 22, both with no fixed address, were charged with burglary, and destruction of property. Detectives determined the men were responsible for additional commercial burglaries previously reported.

The 19-year-old man was charged with four counts of burglary, three counts of grand larceny, five counts of intentionally damaging property, two counts of credit card theft, petit larceny, and trespassing. The 22-year-old man was charged with five counts of burglary, three counts of grand larceny, five counts of intentionally damaging property, two counts of petit larceny, two counts of credit card theft, trespassing, and an outstanding warrant for failure to appear on a felony charge was served.



COURTESY PHOTO

Jorge Moreno Johnson

Alexandria man runs from store

A man entered the CVS Pharmacy at 8632 Woodlawn Court, Jan. 27 at 9:47 a.m., implied a weapon, demanded merchandise then ran.

Officers quickly located Jorge Moreno Johnson, 36, from Alexandria, nearby. The man refused officers' commands and an Electronic Control Weapon was used to take him into custody. He was charged with robbery, four counts of assaulting a law enforcement officer, attempt to disarm a law enforcement officer, and two counts of resisting arrest.

Mail theft on City of Fairfax Police radar

There has been an increase in reported cases of mail theft, according to a City of Fairfax Police community bulletin.

The reported mail thefts have occurred from the outdoor mail collection boxes located at various U.S. Post Offices.

Citizens should ensure any checks, banknotes, or other important financial documents have reached their intended destination. To avoid theft, citizens are encouraged to utilize the collection boxes located inside the post office.

The U.S. Postal Inspection Service is the investigating authority for reports of mail theft, and tampering. Reports may be made online at <https://www.uspis.gov/report/>. The City of Fairfax Police Department is working in conjunction with USPS on investigations occurring in the city. Citizens are encouraged to report all suspicious activity by calling the Police non-emergency telephone number at (703) 385-7924.



COURTESY PHOTO

Christen Williams

Intoxicated man charged with several offenses

Officers were called to a business in the 6200 block of Backlick Road Jan. 25 at 5:11 p.m. for a man who was intoxicated and acting disorderly.

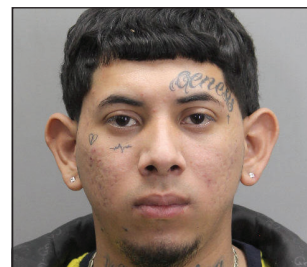
Officers located the man who refused to leave the store. Christen Williams, 33, of no fixed address, became

combative and refused officers' commands. During the arrest, Williams assaulted officers. He was charged with two counts of assault on a law enforcement officer, disorderly conduct, and resisting arrest.



COURTESY PHOTO

Antony Romero Salmeron



COURTESY PHOTO

Cristian Argueta-Argueta

Two from Springfield arrested

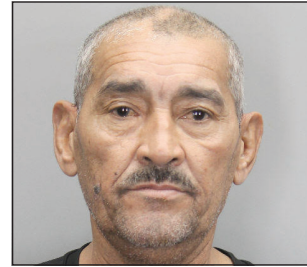
An officer saw a 2017 Honda Pilot in the 1000 block of Aziza Court Jan. 22 at 11:48 p.m. The vehicle was reported stolen from a nearby jurisdiction. The officer conducted a traffic stop and the two occupants ran from the SUV. After a short foot pursuit, both occupants were arrested.

Antony Romero Salmeron, 20, and Cristian Argueta-Argueta, 22, both of Springfield, were charged with grand larceny.

Maryland man arrested

A 19-year-old man assaulted and took property from the victim in the 5800 block of Seminary Road Jan. 26 at 5:12 p.m.

Robel Kidane of Maryland was located nearby and charged with robbery.



COURTESY PHOTO

Herminio Mejia

Man arrested after placing beer in pocket

City of Fairfax police officers responded to the 7-Eleven at 3910 University Drive for a larceny Jan. 23 at approximately 9:58 a.m. The employee stated that persons unknown placed two beers in their pocket and fled the store with the unpaid merchandise.

Officers located the subject nearby and found the subject to be in possession of the stolen merchandise. Herminio Mejia, 61, of no fixed address, was arrested for petit larceny and transported to the Fairfax County Adult Detention Center.

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PEOPLE AND PLACES



COURTESY PHOTO
Jim Elder

Longtime Reston tennis pro achieves USTA rankings

Reston tennis pro, **Jim Elder**, recently achieved outstanding 2021 National singles and doubles rankings from the U.S. Tennis Association in the men's 75 & over division.

In singles, he was ranked 15th and in doubles he was 10th. Elder has been a tennis pro with Reston Association for 25 years.

Elder was a singles quarter-finalist in the National Clay Court Championships in Virginia Beach this year and was third in doubles in the national grass courts tournament held in Rhode Island. He also won the Mid-Atlantic Clay Court Singles Championship in October at College Park, Md.

Elder is certified as an "Elite Professional" by the U.S. Professional Tennis Association and has lived in Reston since 1980. In 2016, he received the "Best of Reston" award for his decades of contributions to youth sports in basketball, baseball and tennis.

Fairfax nonprofit conducts direct outreach to homeless

Pathway Homes, a nonprofit providing mental health services—starting with safe, stable housing—to individuals marginalized by poverty and inequity, is working to support the region's efforts to provide services to homeless single adults who are unsheltered.

Pathway Homes is hiring an outreach specialist that will work in the field in Fairfax County and Washington, D.C. to locate chronically homeless residents and help move them into permanent supportive housing.

"People living in the woods and streets tend to be challenged with serious mental illnesses and other medical conditions," explained Pathway Homes CEO Sylisa Lambert-Woodard. "If we can gain their trust, we can help more people get housing and the services they need to reclaim their lives. In partnership with DC and Fairfax, our new outreach effort will boost the existing processes for helping people get off the streets."

With support from a \$65,000 grant from Kaiser Permanente, the program's goal is to move people who are literally homeless into permanent supported housing in Fairfax and D.C. In response to a HUD mandate, Fairfax Falls Church Office to Prevent and End Homelessness (OPEH) and the D.C. Community Partnership for the Prevention of Homelessness (TCP) each have coordinated entry processes to help quickly match homeless individuals to housing and services regardless of their geographic location. Pathway's new program will coordinate between these jurisdiction processes, supplement, and ensure that available housing gets used by qualified individuals.

To do so, a Pathway Homes trained outreach specialist will go directly to where unsheltered individuals are living to help them sign up for the Homeless Management information System and navigate the process. The specialist will

coordinate with OPEH and TCP to help identify people who need help and ensure they are added to the centralized permanent supportive housing referral pool. In addition, Pathway Homes will leverage its licensed clinicians to complete assessments and diagnoses of these individuals to help speed the documentation process that is required for entry into these units. Eligibility documentation is a real barrier for the chronically homeless to access services since they do not have a fixed address or other regular means of communication. In year one of the grant, Pathway Homes anticipates helping 75 people get off the streets and into housing with services.

"At Kaiser Permanente, we know that having access to safe, stable housing is a critical component to achieving Total Health and overall well-being," said George Leventhal, director of Community Health. "We're honored to partner with Pathway Homes to help remove barriers and expedite access to housing for community members across Fairfax and the DC region."

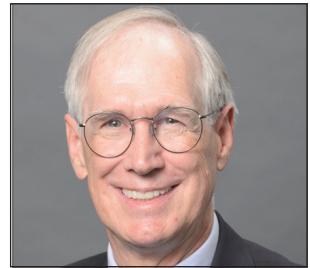
For more than 40 years, Pathway Homes has enabled tens of thousands of people in Northern Virginia with serious mental illnesses and other co-occurring disabilities to get housing and supportive services to help them recover their lives. Following the housing first model, Pathway Homes is a partner in preventing and ending homelessness, ensuring 1,553 people in 2021 had access to services and 505 permanent supportive housing units.



COURTESY PHOTO
William G. Bouie



COURTESY PHOTO
Maggie Godbold



COURTESY PHOTO
Timothy Hackman



COURTESY PHOTO
Michael W. Thompson, Jr.

Park Authority Board names 2022 officers

The Fairfax County Park Authority Board has elected officers for 2022.

At its meeting on Wednesday, Jan. 26, the Board voted to return **William G. Bouie**, who represents the Hunter Mill District, to his 14th term as chairman. Sully District **Representative Maggie Godbold** will serve as vice chairman. **Michael W. Thompson Jr.**, representing the Springfield District, returns to the post of secretary and Dranesville District Representative **Timothy**

Hackman continues to serve as treasurer.

Bouie joined the Park Authority in 2005 and is currently the president and CEO of Sky Communications Inc. He is an active volunteer involved in many civic organizations. Service highlights include past membership on the boards of Wolf Trap Center for the Performing Arts and the Reston Hospital Center Board of Trustees. He currently serves on the boards of Public Links, Inc., the Reston Community Center Board of Governors, Public Art Reston and Leadership Fairfax.

Godbold began her board service in 2016, serving as the Sully District representative. She is a retiree and active community volunteer. Before she retired, she worked as a certified project management professional and was a consultant providing system engineering and management services for the federal government. She is an avid bird-watcher and environmentalist, and an amateur musician. She is passionate about increasing access to the outdoors and arts for all Fairfax residents.

Thompson was appointed to the Fairfax County Park Authority Board in 2012. He is the senior vice president of a local public relations firm and serves as chairman of Burke Athletic Club, is on the board of Visit Fairfax and is an appointee to the Fairfax County Athletic Council and the Fairfax County Sports Tourism Task Force.

Hackman joined the Board in 2016 and is a retired IBM executive. He served two terms as president of Friends of Riverbend Park, a nonprofit dedicated to the preservation of Riverbend Park on the Potomac River. He is the recipient of several awards for his dedication to community service and has worked with the Park Authority and the Dranesville District on multiple projects.

The Fairfax County Park Authority Board is appointed by the Fairfax County Board of Supervisors and sets policy and establishes priorities for the park agency.

Reston nonprofit celebrates 20th Anniversary

The **National Spinal Health Foundation (NSHF)**, a nonprofit organization dedicated to industry-leading spine health education, research and advocacy, is celebrating its 20th anniversary in 2022. The NSHF is commemorating this significant milestone with a campaign titled, "Who's Got Your Back?" highlighting the ways the organization continues to support patients across the country.

The organization, founded in 2002 by spinal surgeon Dr. Thomas Schuler and philanthropist Guy Beatty, serves to advise patients who suffer from common neck and back ailments, as well as advocate for improvements in care and raise awareness about the successes of modern spinal treatments. It offers multiple free resources to educate the public, including the series Spine-Talks, which features doctors addressing popular spine-related health topics, and Get Back To It, a podcast that tells the true stories of patient recoveries.

"I helped found the National Spinal Health Foundation with the intention of transforming the lives of patients across the country," said Schuler, who is also chairman of the organization's Medical and Scientific Board. "Twenty years later, I'm proud to say that the foundation has, and will continue to, achieve this goal."

Since its founding, the NSHF has become a respected authority in the national healthcare space, and in 2021 successfully petitioned the U.S. Congress to formally recognize October as Spinal Health Awareness month.

"We could not be more excited to celebrate the 20th anniversary of the foundation and renew our commitment to supporting the millions of

Americans who struggle with back or neck pain each year," said Dr. Rita Roy, CEO of the NSHF. "Through continued patient education, advocacy, and research this organization will help individuals get back to the things they love most."

Nearly one-third of the population, roughly 100 million Americans, suffer from neck or back pain annually. It can lead to long-term mental and physical health complications, and its negative impact on the workforce costs upwards of \$250 billion per year. The National Spine Health Foundation is the only 501(c)(3) nonprofit, patient-centered organization working to improve Americans' spine health through education, research and advocacy.



COURTESY PHOTO
Robert Pantall

Fairfax company announces director of Cloud Solutions

Robert (Bobby) Pantall has been appointed to the position of Cloud Solutions Director at Fairfax-based CC Pace.

In this new position, Pantall will lead CC Pace's cloud strategies and further develop its innovative software solutions.

Pantall is a seasoned information technologist with a highly successful track record. He began his tenure 20 years ago at CC Pace as a software developer within the Information Services group, then transitioned to a technology consultant. He possesses a combination of technical proficiency and a demonstrated passion for working with clients to achieve their organizational goals. Pantall and his teams have produced high-quality software solutions for clients such as The Carlyle Group, MSRB, National Student Clearinghouse, Screen Strategies, and Twisty Systems.

In his new role leading the Cloud Solutions group, Pantall will focus on developing customer success strategies, utilizing next-generation technologies and expanding the company's cloud offerings. He will lead a cross-functional team that will involve close collaboration with CC Pace's marketing, recruiting and technology groups. Pantall will be instrumental as the company grows its go-to-market cloud strategies.

"This is an exciting time for CC Pace as we enter our next phase of growth," said CC Pace President Mike Gordon. "We are confident that under Bobby's leadership we will expand our cloud footprint and bring innovative solutions that exceed the expectations of our clients."



COURTESY PHOTO
Reasa D. Currier

County appoints Department of Animal Sheltering director

Reasa D. Currier has been appointed director of the Department of Animal Sheltering (DAS), effective January 31. She succeeds Karen Diviney, who retired in December.

Currier has more than 15 years of experience in animal welfare leadership and previously served as vice president of external affairs for the Human Rescue Alliance, one of the largest and oldest animal welfare agencies in the U.S., where she oversaw a diverse portfolio including communications and marketing and government affairs.

Currier's expertise includes organizational change management, public relations and public policy, as well as working with federal, state and local governments, corporations and diverse stakeholders.

Prior to her work with the Humane Rescue Alliance, Currier was with the Humane Society of the United States, among other animal welfare organizations, as well as in roles with the federal government, including the U.S. Department of Transportation.

DAS manages the Fairfax County Animal Shelter, the county's only open-access municipal shelter. The shelter accepts all companion animals from Fairfax County who need care, regardless of health, age, temperament or history.

Currier earned a juris doctorate from Arizona State University and a bachelor's degree in geography from the University of Arizona.

Herndon Town Council updates parking regulations

The Herndon Town Council voted unanimously to amend the town's existing parking regulation ordinance at a public hearing Jan. 25, an action that addresses safety concerns and quality-of-life issues on the town's streets and in residential neighborhoods.

Among other updates to the town's previous parking ordinance, the newly-adopted ordinance

Defines commercial vehicles by weight, width and length and clarifies definition of utility trailers; prohibits parking within five feet of a driveway; prohibits parking that prevents use of curb ramps; prohibits parking of recreational vehicles in on streets in residential areas; and defines abandoned/inoperable vehicles, procedures for removal, and payment of fines.

"These new provisions to the town's parking ordinance are designed to address issues Herndon residents have identified as detrimental to the quality of life in their neighborhoods and – more importantly – to their safety," said Mayor Sheila Olem. "They provide our parking official and the Herndon Police Department with additional tools to keep our streets safe."

The town's updated parking ordinance follows recent initiatives designed to address parking concerns, such as the hiring of an official dedicated to education about and enforcement of parking regulations and the establishment of parking permit zones in neighborhoods meeting certain criteria. The new parking ordinance is in effect immediately and will be uploaded to the town's website at Herndon-va.gov/meetings (see "approved" notes for the January 25 Town Council Public Hearing).

Fairfax Fire Department receives \$7,000 grant

The **Fairfax Fire Department** has received a \$7,000 grant award from **Motiva Enterprises** to purchase an innovative learning tool to teach kids how to call 911 from smart phones.

The grant will be used to purchase the Next Gen Hero Project's 911edu+ system – a learning tool that will teach kids how to call 911 on smart phones. The system creates an opportunity for all ages to learn new technologies initiating emergency response using cellular phones to include special needs and the elderly population.

The **Fairfax Fire Department** was one of 17 emergency response organizations across six states that received a total of nearly \$130,000 in funding through the Motiva First Responder Grant Program, which is designed to support first responders in communities that host Motiva assets.

Motiva Terminals & Pipelines General Manager Jason Burnett said that the grant program is an important way for Motiva to strengthen its partnership with local emergency response organizations.

School Board adds holidays, approves 2022-2023 calendar



UNSPASH

By Michael Marrow
FAIRFAX COUNTY TIMES

The FCPS School Board voted to adopt a new calendar for the 2022-2023 school year on Jan. 27, incorporating new holidays for minority faiths following pushback from religious organizations. The vote was 10-0, with two members abstaining.

Last year, FCPS approved a calendar that created religious and cultural observance days, or “O” days, in lieu of formal days off for holidays like Rosh Hashanah, Eid, and Diwali. Instead, the calendar mandated that tests, field trips, and other important events, as well as new instructional material, could not be scheduled on O days.

After that calendar was adopted, FCPS stated the O day system “ensures students will not have to make choices between honoring their religious or cultural observance or taking a test this coming school year.” However, numerous faith organizations, many of whom worked closely with FCPS on a select committee created to provide input for the calendar, sharply criticized the O-day system.

The groups lamented that O days did not provide sufficient accommodations, as well as creating a confusing standard for faculty, students and parents. According to the groups, FCPS disregarded their input in the process, choosing instead to create numerous O days rather than heed feedback that several

days should be formal holidays. Moreover, the groups pointed to neighboring school districts that ensured days off for minority faith holidays.

The School Board’s adoption of the 2022-2023 calendar intends to remedy those shortcomings. The new calendar designates Rosh Hashanah, Yom Kippur, Orthodox Good Friday, and Diwali as student holidays – Eid and Lunar New Year fall on non-school days. The calendar also lists Veteran’s Day as a holiday, which was previously excluded.

FCPS released a statement after the vote noting the process involved extensive feedback from the community and brought the calendar into alignment with those from neighboring counties.

“I want to thank our community for their involvement in the development of this calendar,” wrote School Board Chair and Sully District Representative Stella Pekarsky. “This calendar has been a collaborative effort between staff, students, families, and our community, and it truly supports our strategic plan goals of Student Success, Caring Culture, Premier Workforce, and Resource Stewardship.”

Several groups that were critical of the 2021-2022 calendar have since expressed support for the new calendar.

“We are elated that the Fairfax County School Board has taken this landmark, long-overdue step to advance equity for minority-faith students,” wrote Guila Franklin Siegel, associate director

of the Jewish Community Relations Council of Greater Washington, in a statement released following the board’s vote.

Franklin Siegel added the calendar also communicates clearer guidelines compared to this school year. “Importantly, it also remedies the system-wide confusion and hardships caused by the current ‘O’ calendar, which both teachers and students found highly problematic, and gives Veteran’s Day the recognition it deserves.”

FCPS spokesperson Helen Llyod clarified the new calendar lists a small number of O days, but the criteria have been modified. Teachers are permitted to teach new material on O days for next year, but those materials must be uploaded to the Learning Management System so that all students have access. Tests and quizzes as well as sporting events and auditions that cannot be rescheduled will still be prohibited on O days.

The new calendar is not without tradeoffs. Virginia law requires schools to provide 180 days, or 990 hours, of instruction, which will require a moderate extension of the school year to offset the new holidays. Whereas the school year ending in 2022 ran through the second week of June, the year ending in 2023 runs through the third.

Several school weeks will additionally be shorter than five days, potentially creating difficulties for parents who depend on schools to supervise children during work hours.

One school board member who abstained from the vote, Braddock District Representative Megan McLaughlin, cited the impact on working families as a reason for her abstention in a statement to the Washington Post, adding that she was also concerned the calendar was not adhering to requirements that it remains secular. Virginia law mandates that school holidays must have a secular justification, such as the impact on the workforce and operations.

In the FCPS press release, Superintendent Scott Brabrand acknowledged creating the calendar required the School Board to weigh several factors. “Developing the school year calendar is both art and science, as it involves a careful balance of multiple considerations,” Brabrand said. “Our staff worked very hard to get this calendar right. We believe it is the best option to serve our families, staff, and students in the coming school year.”

The FCPS school year is scheduled to begin Aug. 22 and end June 16.

LAWSUIT

CONTINUED FROM PAGE A1

properly investigate sexual abuse.”

The petition on Change.org by Shatter the Silence has received almost 16,500 signatures calling for FCPS to drop its appeal to the Supreme Court saying that if the school district wins, they will get “one free rape.”

“It will also allow school districts across the country to ‘bury their heads in the sand’ rather than investigate reported sexual assaults,” the petition reads.

Students at Centreville High School and Mount Vernon High School held walkouts on Thursday and Friday in protest of the school district’s appeal to the U.S. Supreme Court.

However, an FCPS spokesperson says the school district’s goal is not to gut protections found in Title IX.

“The question, in this case, is only about whether Congress intended America’s public schools, and the teachers

that work in them, to be held financially responsible for student-on-student misconduct that they had no way to foresee and did not cause,” said Julie Moulton, a spokeswoman for the school district. “We believe the law should be applied the same way nationwide, and only the Supreme Court has the power to restore that uniformity.”

Supporters of the petition say that FCPS shouldn’t be able to get away with “one free rape” and they demand the school district follow the policy and procedures of Title IX. Fairfax County said they remain dedicated to protecting students from sexual assault.

“Fairfax County Public Schools is committed to upholding Title IX and firmly believes that every student deserves an education free from harassment or discrimination,” said Moulton. “The decision to pursue this legal avenue has nothing to do with challenging this critical civil rights law.”

FIRE

CONTINUED FROM PAGE A1

hours, however crews remained on the scene for several hours extinguishing hot spots present in numerous void spaces. There were no reported civilian or firefighter injuries.

According to Fairfax County Public Schools officials, the building was used for grounds maintenance and Central Operations Support. The building housed mower, cabinet, locksmith and sprinkler shops as well as a stock room, break room and office spaces. All but the mower shop and break room were destroyed, and there was also minimal impact to the Pickett Road entrance of the school they said. Full, normal operations continue at the school, said the FCPS spokeswoman.

Although FCPS Risk Management is still working to determine the value of the loss, fire officials estimated damages as a result of the fire were approximately \$8,851,409.

Fire investigators determined that the fire was accidental in nature and started in an office. The exact cause of the fire will be classified as undetermined.

The building was unoccupied when the fire occurred. The building’s local fire alarm did activate.

No occupants were displaced because of the fire. Red Cross services were not required.



COURTESY PHOTO

CALL FOR YOUTH CANDIDATES
McLEAN COMMUNITY CENTER 2022
GOVERNING BOARD ELECTION

Want to be a leader?

Want to earn valuable community service and outreach experience?

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We’re looking for high school students who wish to serve their community by playing a lead role in helping to carry out McLean Community Center’s goals.

Candidate Petition
Packets may be picked

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



[HTTPS://TINYURL.COM/MCLEAN-CENTER-ELECTION](https://tinyurl.com/mclean-center-election)

PROJECT

CONTINUED FROM PAGE A1

their kids were available, my kids would ask their friends, neighbors would walk by and join in, and it grew from that.”

Rustic Love has since diversified who they donate to, now focused on organizations that help those who are food-insecure. The nonprofit has also grown partnerships with multiple local businesses. From wine to jewelry, the Rustic Love icon can be found on products made by partnering businesses with some or all of the profits going towards supporting Rustic Love. “Most of those partnerships came to us and it’s just a matter of living in a very giving community,” said Davila.

There are thousands of the Rustic Love signs throughout Vienna and they are so revered that they often sell out quickly. The icon and name were created to open Rustic Love up as a space for community

and both have since earned significance from the impact. “Everyone involved in our project is doing it with open hearts,” Davila said, and “all of our signs are made by kids and families. They’re not perfect, they’re rustic, and hearts aren’t perfect either.”

Rustic Love has grossed \$250,000 in its pursuit to support the community and combat food insecurity—something personal to the Davila family. “My son was adopted from Ethiopia and comes from a food-insecure situation,” Davila said. “There are a lot of residual issues that come from having your formative years in a food-insecure situation. We see that in our own home. We’re all here, there’s something we can do about it.”

As Rustic Love has evolved, so has the scope of their mission. Being an official nonprofit “opens opportunities so we can work with bigger businesses,” Davila said, giving them a larger platform to support

the causes they care about. They now have a dedicated board with a team consistently involved. “We work at this everyday and none of us come from a nonprofit background. We’re trying our hardest to make a difference,” said Davila.

Rustic Love keeps growing to create new opportunities for people to engage with their work. “Our logo is tied into how we all feel about the project, it’s all about heart and caring for people around us,” Davila said. Through a pandemic that has been difficult for everyone, people managed to be sources of light amidst dark times—running on “the innate desire to help,” as Davila said.

Rustic Love has been selling their products online but can still be found conducting pop-up sales in various locations, with their signs available by donation. Their upcoming sale will be hosted at Body Grace Fitness & Yoga Feb. 6 from noon to 2 p.m.

Fairfax County breaks ground on affordable housing project

Courtesy of Fairfax County Redevelopment and Housing Authority

Fairfax County, SCG Development, and a host of partners and community members gathered to celebrate the groundbreaking for the county's One University affordable housing and student housing development Jan. 27.

In addition to quintupling the number of affordable housing units available on the 10.8-acre site, the project marks a historic milestone as the first federally subsidized property under the Rental Assistance Demonstration (RAD) program to receive approval from the U.S. Department of Housing and Urban Development (HUD) for such an extensive redevelopment and expansion.

"We are very proud of what One University represents for this community in terms of a major expansion of affordable housing and also what it means for similar properties across the nation," said C. Melissa McKenna, chairman of the Fairfax County Redevelopment and Housing Authority.



COURTESY PHOTO

ty. "Through an exceptional partnership with HUD and a multi-year effort in planning and development, One University has the distinction of being a pioneering project in creating a path for other RAD properties to follow in preserving and expanding affordable housing."

The redevelopment of One University includes the demolition of the former 46-unit Robinson Square affordable housing community and the construction of three buildings that will include 120 multi-family apartments,

120 senior independent living apartments, and 333 units of student housing. All affordable units will serve individuals and families earning up to 60 percent of area median income. The project will also include meeting space for the Fairfax County Redevelopment and Housing Authority (FCRHA).

"The One University Affordable Housing project highlights the reality that affordable housing affects people at every stage of their life. This unique project benefits young adults looking

to make their start, working families, and senior citizens with limited income," said Braddock District Supervisor James Walkinshaw. "I am proud our community is willing to be a part of the solution to incorporate homes where our neighbors can live safely and thrive with access to the plentiful opportunities Fairfax County has to offer."

Through a public-private partnership, the buildings will be constructed on land owned by the FCRHA. Pursuant to the terms of a ground lease, the 240 units of affordable

housing will be developed, owned, and operated by SCG Development. Concurrently, a portion of the property will be leased to RISE for the development of student housing – a critical component to the financial viability of the overall project.

"Approximately five years ago, to the day, we and our partners at RISE presented our initial proposal for One University," said Stephen Wilson, president of SCG Development. "Since then, we have cultivated a strong working relationship

with community leaders and neighbors to achieve a concept that will provide excellent homes for future residents and be well-integrated into the local community dynamic."

The One University project also represents a prime example of Fairfax County's multi-faceted approach to providing financing assistance for affordable housing development throughout the county. The financing plan for One University includes a creative investment and leveraging of valuable taxpayer dollars with other local and federal resources to deliver homes affordable to the county's low- and moderate-income households. One University includes:

- 10.8 acres of public land
- \$20 million in FCRHA revenue bond issuance
- \$6.5 million in local Housing Blueprint loans
- 71 federal project-based subsidies (46 RAD project-based vouchers, 24 non-RAD vouchers)
- The award of both 4 percent and 9 percent Low-Income Housing Tax Credits by Virginia Housing

One University is anticipated to be prepared for occupancy in 2024.

Supervisor Pat Herrity, not in favor of Prevailing Wage Ordinance, speaks out against passing of project

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

Springfield District Supervisor Pat Herrity cast the lone opposition vote (8-1) regarding the passing of the Prevailing Wage Ordinance. The Virginia Division of Engineering and Buildings has been implementing a prevailing wage requirement since May 2021 and continues to recommend a budgeting impact factor of 15 percent for the construction cost.

"I am not sure why we want to increase the burden of the contractor's doing business with Fairfax County and increasing the cost of capital projects to our taxpayers," Herrity said.

At a meeting held in December 2021, the Legislative Committee of the Board of Supervisors (BOS) passed the Prevailing Wage Ordinance Project. According to the Board, as per the ordinance, all contracts for construction, including maintenance, that are \$250,000 or more in value will require the contractor and all subcontractors to pay wages, salaries, benefits, and other remuneration.

Herrity, being the only one to vote against the passing, says it would increase project cost between five and 15 percent and add a significant reporting burden on contractors. He also argues that residents are being hit with a 45 percent increase in their real estate taxes, and

the inflation that comes with this and the burden it places on minority individuals is not clear.

Additionally, Herrity says it is a burden for both the contractors and County staff when in most cases, according to staff contractors, they are already paying above the prevailing wage.

Research conducted by George Mason University found construction unions to be among the most persistently exclusionary institutions in American society. Additionally, it was revealed that prevailing wage restrictions disproportionately hurt minority contractors.

The research concludes that prevailing wage legislation has been a disaster, specifically for minority construction workers. Such laws create a bias in the labor market favoring labor unions. Also, according to the reports, construction labor unions have been "among the most vociferously exclusionary entities in the United States."

Fairfax County BOS Chairman Jeffrey McKay had a different approach to prevailing wage, citing the ordinance as a way of increasing protection of workers' rights and ensuring that people are paid appropriately for their skills.

"Counties invest lots of resources in our community to help struggling residents," said McKay. "Workers getting a fair wage helps families towards self-sufficiency and into the middle class,

which helps the entire community. In addition, prevailing wage also helps keep taxpayer money in our local economy by helping our local companies compete more fairly for awards."

A potential roadblock that may affect the adoption of prevailing wage is the Federal House of Representatives passing a bill to repeal the Davis-Bacon Repeal Act. This would require the locally prevailing wage rate to be paid to various laborers and mechanics working under federally-financed or federally-assisted contracts for construction, alteration, and repair of public buildings or public works.

Additionally, a State Senate Bill was recently passed in an attempt to repeal the project, which would require or prohibit bidders, offerors, contractors, or subcontractors to enter into or adhere to project labor agreements with one or more labor organizations, on the same or related public works projects.

Herrity says that the county needs to make sure that they have people going out and verifying that the prevailing wage is being reformed, requesting contractors to submit what they are being paid so that it can be reviewed, potentially being a "big administrative nightmare."

"It's a lot of administrative burden for no good gain," Herrity said. "The only redeeming positive is that it possibly improves the

pay of unskilled workers." Fairfax County staff and the County Executive sent to

the Board echoing Herrity's reasons to avoid the project. As of right now, The County

Executive has not recommended the adoption of the ordinance.

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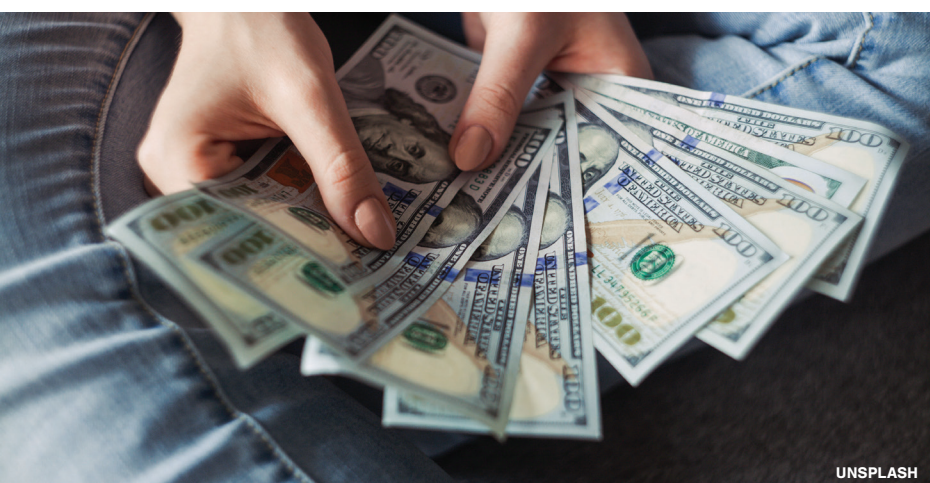
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UNSPLASH

Bond's Escape Room puts on an Escape Room at Luther Jackson Middle School



By Brad Byrne

SPECIAL TO THE FAIRFAX COUNTY TIMES

At Luther Jackson Middle School in Falls Church, After School Program Specialist Matt Hoffert was brainstorming ideas on what to do with an empty computer lab at the back of the school's library, when it finally hit him that he wanted to build an escape room. His idea came to fruition in November 2021.

The puzzles and the escape room were built by Fairfax-based Bond's Escape Room. Andrew Nicholson, the

senior puzzle designer, was immediately intrigued by the idea when brought to him by Hoffert. "Schools had been closed and he wanted something to bring the kids excitement," said Nicholson. "We love to design our own things and experiment. I've also had an interest in education, and I think that those puzzles can be used for different things in the educational world."

Nicholson has been a part of Bond's Escape Room for five years, and is an avid puzzle enthusiast himself. He has helped design more than 20 different escape rooms in all of their

locations, however this one was different.

"We made sure the puzzles were in the standards of learning and educational," he said.

Nicholson went into depth about how he comes up with ideas for these puzzles, and how he builds them, "I've always liked understanding why I like the things I like, and thinking about what [puzzles] I'd want to play and what I would be interested in doing," said Nicholson. "I get my inspiration from all over the place, from clocks to baseball games. There was

a lot to work off of for the school, however we didn't want the students to rely on outside knowledge and based off of the curriculum."

The puzzles Nicholson created covered topics like history, math, geography, science and English. They were based off of the school mascot, Jackson the Tiger, as the students try to stop his evil twin from capturing him. The puzzles had an 'Avengers' theme to them, with the students working together to gather all of the 'curriculum stones' to save Jackson the Tiger.

Nicholson noted how

different it was watching kids versus adults doing the escape room, "Being a kid is more difficult than adults, when a group plays in an escape room, everyone has their role. You have the 'quarterback' who tries to lead and you have the person who can't quite get their points across. The task is meant to be done by a group, analyze things and to work together, and the kids were able to solve it."

The escape room was funded through a partnership with Fairfax-based engineering firm Dewberry as a FCPS Ignite Partner. The

FCPS Ignite Partner program allows businesses and partner groups to partner with FCPS.

As for what's next for Bond's Escape Room and education, Egor Bond, the owner of Bond's Escape Rooms wants to continue building escape rooms for students.

"Our goal is to equip hundreds of schools in the area with ideas [escape rooms] like this and now we know that it's possible to bring escape rooms to students. It's meaningful and worth pursuing now that we know how successful it can be."

Fairfax County EDA worked with 146 businesses adding nearly 9,000 jobs to the local economy



Courtesy of FCEDA

In 2021 the Fairfax County Economic Development Authority (FCEDA) worked with 146 businesses that announced the addition of 8,973 jobs to the Fairfax County economy.

Companies that made large job-creation announcements included Peraton (Herndon) with 1,200 jobs; Guidehouse (Tysons) with 920 jobs; Qualtrics (Reston) with 400 jobs; Avantis Federal (Tysons) with 302 jobs; Kreative Technologies (Fairfax) with 296 jobs; Alpha Omega Integration (Tysons) with 154 jobs; Riva Solutions (Tysons) with 136 jobs; Appian (Tysons) with 135 jobs; TekMasters (Chantilly) adding 100 jobs; and StarKist (Reston) adding 83 jobs.

Firms that were new to Fairfax County and created jobs included Guidehouse (Tysons); StarKist (Reston); SpaceLink (Tysons); Golfzon (Chantilly); Siege Technologies (Chantilly); Cloudpermit

(Reston); PushNews (Tysons); Similarweb (Reston); D-Fend Solutions (Tysons); First National Bank (Tysons); Capital Investments (Vienna); Armored Fresh (Tysons); Brickyard (Chantilly); and Retreat Hotels & Resorts (Reston).

Of the 146 firms that worked with the FCEDA and announced new jobs, 117 are American companies, including 25 that are minority-, woman- and/or veteran-owned. Twenty-nine of the companies that announced job expansions are based in other countries.

"Despite the ongoing pandemic, business activity continued at a rapid pace in Fairfax County in 2021," said Victor Hoskins, FCEDA president, and CEO. "We would be proud to announce almost 9,000 new jobs in any year, but very few communities can claim that kind of job creation during the COVID crisis and few communities can claim the kind of diversity that we have in our business community. We congratulate these

companies on their growth, and we stand ready to assist even more companies and entrepreneurs in 2022 with the business development and talent-development services that they need to thrive here."

The Fairfax County Economic Development Authority promotes Fairfax County as one of the world's best locations for business and talent. The FCEDA offers site location and business development assistance, and connections with county and state government agencies, to help companies locate and expand in Fairfax County.

The FCEDA created the Work in Northern Virginia talent initiative to build the workforce that businesses need to thrive here. In addition to its headquarters in Tysons, Fairfax County's largest business district, the FCEDA maintains business investment offices in six important global business centers: Bangalore/Mumbai, Berlin, London, Los Angeles, Seoul, and Tel Aviv.

Park Authority asks public to leave grape vines in the woods

Courtesy of Fairfax County Park Authority

Although it may be tempting, removing native grape vines, or any other plants from Fairfax County parks and woodland areas, is illegal and may be harmful to the environment. Fairfax County Park Authority staff has become aware of native grape vines randomly being cut in the woods.

Grape vine is often used for ornamental projects and people may confuse these native vines for invasive vines and think they are doing a service for the tree. In fact, native vines, such as Virginia creeper, grapes and even poison ivy, usually coexist and do not harm trees. Native vines have coevolved with

other native flora and fauna in our region, including the trees on which they grow, and can offer benefits to local wildlife.

Virginia creeper berries are eaten by more than 35 species of birds; small and large mammals eat the plant's leaves and stems; and several insects use Virginia creeper as a host for their larvae (see Loudoun Wildlife Conservancy's article on the Virginia creeper). The fruit of native grape vines also serves as a food source for birds and mammals, as do their leaves for several species of moth larvae; and the bark of the vines is used by birds as nesting material (see this National Park Service document on native grapes from the Maryland Native Plant Society).

Furthermore, poison ivy

berries are a key winter food source for birds; poison ivy flowers are visited by pollinators in the spring; and caterpillars, from moths and other insects, feed on the plants (see more information about poison ivy from the National Park Service). Hence, it is important to conserve the native vines in our woods and protect the wider benefits they provide to wildlife.

The real tree-killers are invasive vines, such as porcelain berry, Oriental bittersweet, wintercreeper and English ivy. These invasive vines can constrict tree trunks and choke native vegetation.

If there are doubts about whether a vine is native or invasive, you can always get more information through the Invasive Management Area Program website.



COURTESY PHOTO

Smiling is more contagious than Covid

Dear Editor,

Maya Angelou is famously quoted as having said, "you do the best you can until you know better. Then, when you know better, do better."

Two years into this, the time for parental deference to "well-meaning" policies put forth by those with no public health expertise and which lack any commitment to science-guided substantiation has passed. Other countries have done better, and other expert health entities have proactively sought to balance risks more appropriately vs. harms of compulsory masking of children:

- The U.K., Sweden, Norway, Denmark, and others—have not taken the U.S.'s approach, and instead follow World Health Organization guidelines, which recommend against masking children ages 5 and younger, because this age group is at low risk of illness, because masks are not "in the overall interest of the child," and because many children are unable to wear masks properly.

- Even for children ages 6 to 11, the WHO does not routinely recommend masks, because of the "potential impact of wearing a mask on learning and psychosocial development."

- The WHO also explicitly counsels against

masking children during physical activities, including running and jumping at the playground, so as not to compromise breathing. Meanwhile, at my children's school: "Masks are on indoors. At all times except while eating. They may take them off for 30 min of outside recess." This includes during physical education.

Despite parents of Virginia delivering a message of electoral referendum to bureaucratic elites that we oversee our children (not you), you've chosen to litigate our ability to make informed decisions on behalf of our children (with taxpayer dollars). Despite feigning no choice but to force compliance with an executive order to mandate masking in 2021, in a new display of political petulance and hypocrisy, you're now attempting to illegitimize the authority of a new executive order to allow parents to opt their children out.

While all those things are bad enough, here is the worst thing you've done:

You've seduced our children into believing the most deceitful promise that they're "caring about others" by participating in a thoughtless rebuke of analytical objectivity. What's worse, through your punitive and forced-

fear reprimands, you've further warped their young minds into believing they're harming others by either not complying, or even daring to question your baseless lack-of-rationale. My children aren't even allowed to speak to one another at lunch. If they do, they are "yelled at."

This flies in the face of the very consecration of academia, a long-held societal pillar that once championed the concepts of critical thinking, a willingness to search actively for evidence against your favored beliefs, plans or goals, and to weigh all of the evidence fairly when it is available.

Instead, FCPS favors an approach that refuses to inject a corrective strength of judgement to counteract faulty thinking.

Is the collective ego of those of you running this district so fragile, you are incapable of admitting that favoring your antiquated precedent is no longer in the best interest of our children?

Is this a body comprised of such narcissism that you would rather gaslight our children than course correct and prove that, indeed, you are capable of learning new things?

To avoid accountability, you've abdicated acceptance of responsibility for enforcing this baseless mandate by citing an unsupported

recommendation by the Centers for Disease Control (CDC), an entity which acknowledges via information available on its own public-facing website is indeed unsupported. If this weren't a fact, it might seem unbelievable! Yet, here we are.

According to the CDC:

- The filtration, effectiveness, fit, and performance of cloth masks (which are, of course, the masks of choice for children) are inferior to those of medical masks and respirators.

- A much higher rate of infection in the cloth mask arm could be interpreted as harm caused by cloth masks, efficacy of medical masks, or most likely a combination of both.

- Adverse events associated with facemask use were reported in 40.4% of the medical mask arm and 42.6% of the cloth mask arm.

- General discomfort 35.1%, breathing problems 18.3% were the most frequently reported adverse events.

- Laboratory tests showed the penetration of particles through the cloth masks to be very high (97%) compared with medical masks (44%).

- Medical masks may be protective, but the magnitude of difference raises the

possibility that cloth masks cause an increase in infection risk in HCWs. Further, the filtration of the medical mask used in this trial was poor, making extremely high efficacy of medical masks unlikely, particularly given the predominant pathogen was rhinovirus, which spreads by the airborne route. Given the obligations to HCW occupational health and safety, it is important to consider the potential risk of using cloth masks.

- There is scope for research into more effectively designed cloth masks, but until such research is carried out, cloth masks should not be recommended.

- Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection.

According to infectious disease experts, "respirators and other high-quality masks are highly effective at protecting their wearers, regardless of what people around them are doing. That makes the old mantra "my mask protects you and your mask protects me" obsolete. As a result, schools can finally safely make masks optional for students and staff."

Additionally, the Biden Administration has committed to distributing 400 million respirators to the public. With access to more efficacious masks

and recognition that one-way masking is sufficient to the protect the wearer, while allowing those who choose to be mask-free to also determine their own level of risk tolerance, FCPS needs to immediately change course.

The fact that we have allowed this to go on for so long will have permanent effects on these children. What started as well-meaning has shifted to irresponsible peddling of fear, which has contributed to an environment of anxiety. You've effectively and fundamentally altered the childhood of these kids by failing to lead, think, question, challenge, and dig deeper for solutions that appropriately balance all inputs. You've also sent the message to them and their peers that schools are not safe. There is a complete void of any data to support such a sentiment as compared to any other normal school year.

Please, stop. Take it upon yourselves to seize a very belated opportunity to do the right thing for our children. Allow them to smile at one another.

Sincerely,

Tiffany McCaslin

references available online at fairfaxtimes.com

Fairfax County is deaf to noise issues

Dear Editor,

An amendment to the Comprehensive Plan to allow for development in noisy areas (airport and eventually traffic) is being considered.

This began in earnest in July, 2020 when MWAA's updated 2019 Noise Contours were being considered by the Board of Supervisors (BOS). Barbara Byron, Staff, stated "who's not to say that Elon Musk will develop aircraft that use those batteries he's developed, that we won't have noise at all" suggesting that her predictive analysis is superior to the predictive analysis modeling tools the experts at MWAA have used to develop their noise contours. Johnson Aviation, the consultant hired by the county, stated that MWAA's "noise analysis is well-documented and consistent with FAA

regulatory guidance". But Staff would prefer to use a more short term prediction of 5 - 20 years as they do on other land use issues, rather than the longer term 60 to 90 year modeling that MWAA used. But isn't it hypocritical to want to continue using the 30 year contour maps for the next 20 years? And then what, adopt the 2019 contours after residences have already been built where they shouldn't have been?

With Dulles desiring to become more of a cargo hub by increasing their heavy, cargo load craft (good luck to Elon on quieting those heavy crafts - I can personally attest to how loud they are, especially at night), the BOS decided that working with MWAA to determine "preferential runways" when noise complaints occur, would be sufficient. But if the BOS does not adopt the 2019 noise contours from MWAA,

then they will be allowing residential development in the flight paths, so how can there possibly be any "preferential runways" to divert traffic to?

In a recent meeting, Keith Meurlin, a long time member and current president of the Washington Airports Task Force, wondered why the BOS would want to start creating the same problems in the Sully district that the Mt. Vernon district already has? He also strongly warned that although United Airlines uses Dulles as a hub, if the public outcry creates limitations to their operations, then they will move to another airport.

The Board has chosen to ignore the experts and forge its own path by refusing to adopt the 2019 contours. Why? We can trace it back to the fact that some landowners in Land Unit J, south of the airport, with undeveloped or semi-

obsolete offices wanted to find another viable use so that their land could be developed. In order for those noisy sites to be eligible for residential, the Comprehensive Plan (which currently does not allow new residential above 60DNL) and the zoning ordinance (which forbids new residential over 65DNL) both had to be overcome.

Over a lot of objections, including citizens, the airport, the FAA, and even the Planning Commission, Sully district Supervisor, Kathy Smith, nevertheless urged passing of an amendment to the Comprehensive Plan so that 60-65DNL became eligible for new residential; several applications materialized almost instantly (Stanley Martin/Stonebrook, Toll Mid-Atlantic, etc).

By keeping the outdated noise contours, the current amendment is designed to weaken the Comprehensive

Plan noise standard and apply it countywide, not just Land Unit J, so that a wave of new residential applications could be approved, including some almost at the doorstep of the airport, and directly beneath the flight paths, on very noisy sites, by pretending they were still 60-65DNL. Although most of the affected land, at least for now, is in the vicinity of Land Unit J, it could also facilitate some similar site specific plan amendments to allow redevelopment of other noisy sites (near major traffic arteries for example) for new residential.

Tell the BOS, Staff, and the Planning Commission that the noise amendment to the Comprehensive Plan is flawed and the 2019 MWAA Noise Contours should be adopted:

DPDAirportNoisePA@fairfaxcounty.gov - Staff clerk to the BOS @ fairfaxcounty.gov - BOS

Plancom@fairfaxcounty.gov - Planning Commission

Important dates in 2022:

- PC Committee meetings February 10 and March 10 at 7:30 PM (public comment not allowed but letters received prior should be considered) - streamed on Channel 16 for public viewing.

- Planning Commission (PC) Public Hearing: 5/18/2022

- BOS committee meeting March 15
- PC May 15
- BOS June 28

Sincerely,

Cynthia Shang Chantilly, VA

https://www.fairfaxcounty.gov/boardofsupervisors/board-supervisors-land-use-policy-committee-meeting-july-21-2020

Students suspended over masks

Dear Editor,

I'd like to share the letter I recently wrote to FCPS Superintendent Scott Brabrand.

In the history of Fairfax County Public Schools, has the district ever suspended a student for a dress code violation for four days in a row? If not, how can FCPS claim that these suspensions are apolitical? Additionally, isn't Executive Order 2 a law until FCPS challenges it in court and the court rules in its favor? I'm confused about all of these illegal suspensions when Executive Order 2 was effective beginning January 24,

2022. FCPS is citing SB1303, but this law does not mention masks explicitly. Senator Dunnavant, a physician who introduced the bill explains, "SB1303 has been used against our children and against its intent this school year to advance an agenda. SB1303 does not mandate the use of masks in school because the CDC does not mandate masks." It seems that FCPS is overlooking the intent behind the law they are repeatedly citing in its illegal defiance of Executive Order 2.

Dr. Brabrand, I find it particularly interesting that my three preceding emails to

you have gone unanswered. Meanwhile, for the fourth day in a row, my three sons are illegally denied an in-person education at FCPS, as political casualties for being in the philosophical minority. To add insult to injury, today was the first day of the double-bonus round of suspensions. For every infraction, my honor-roll sons with otherwise clean disciplinary records, get a two-day suspension for each additional "dress code" infraction. Where's all the fear now that they're on the "school-to-prison-pipeline" as FCPS school members have discussed?

Without further introduction and here again, I would like to appeal the suspensions, for the *fourth and apparently fifth* days in a row, of my three sons. Again, I appeal these suspensions on two fronts. First, I object on the grounds of my right as their parent to opt-out my children from mask use explicitly described in Executive Order 2. Executive Order 2 states, "A child whose parent has elected that he or she is not subject to a mask mandate should not be required to wear a mask under any policy implemented by a teacher, school, school district, the Department of Education,

or any other state authority". I further appeal the suspension decisions based on bureaucratic grounds. Because of your recent made-up work-around to Executive Order 2, FCPS administrators are suspending students without masks on a dress code violation. When we signed the Student Rights and Responsibilities document in September 2021, however, masks were not part of the dress code. In fact, masks were not mentioned in the FCPS dress code until last week.

Each day following the implementation of Executive Order 2, my sons will continue to walk into school

without masks with the hope of receiving an in-person education. It is unconscionable to me that you can simply refuse them the right to a public education. If FCPS continues to deny them in-person education (while at the same time collecting benefits on their behalf in the amount of \$18,136 annually per pupil), I believe it is the district's responsibility to pay tuition to a school that can accommodate my sons' needs.

I continue to look forward to hearing your response.

Sincerely,

Stephanie Lundquist-Arora

SPORTS

Madison Warhawks boys varsity basketball beat Centreville Wildcats

By Michael Marrow
FAIRFAX COUNTY TIMES

Early in the first quarter of play between the Madison Warhawks and Centreville Wildcats, Warhawks senior forward Colin Sullender, standing alone behind the 3-point line, took a shot and sank it.

Then he did it again. And again.

Sullender's successive threes helped Madison take a commanding lead over Centreville on the Wildcats' home turf, a margin that narrowed for the rest of the game to end in a 47-44 win for the Warhawks.

With an additional three from senior guard Will Giery, as well as baskets from senior guard Andrew Gorkowski and junior guard Joey Chalabi, the Warhawks went on to score 21 points in the first quarter.

Centreville, on the other hand, was only able to manage scoring four.

Centreville's struggles continued into the second quarter. Though the Warhawks' hot streak started to simmer down, things hardly looked better for the



MICHAEL MARROW

Wildcats, who only netted an additional 10 points to bring their score to 14 at halftime.

The Warhawks, in contrast to their first-quarter performance, were able to add eight points to their tally, leading Centreville 29-14 at the start of the second half.

Both teams tried their chances with 3-point field goals but struggled to sink

most. For the Warhawks, four threes in the first quarter out of eight attempts gave way to zero in the second, where Madison missed all seven shots. Centreville missed all four attempts in the first, sinking two out of three in the second.

In the second half, both teams were only able to score two 3-point shots each.

It was a dismal first half for the Wildcats, but at halftime, they were determined to mount a comeback.

"In the first half, it seemed like we didn't want to play defense, we weren't talking," said Wildcats senior forward Ryan Newell.

The Wildcats then came out firing to start the third quarter. Better communication and execution helped Centreville score 20 points to claw their way back from a 15-point deficit.

It was a strategy in large part executed by Newell, Centreville's leading scorer for the match with 13 points, whose hard drives to the basket elicited fouls from the Madison defense.

"We started getting the ball around more, we started working inside," Newell said. "I tried working in there more to try to get fouled on."

It paid off: Newell had 7 points from free throws in the

third quarter. Madison, on the other hand, only picked up three points from foul shots in the entire game.

At the beginning of the fourth quarter, a daunting point deficit for Centreville had been narrowed to just a 38-34 lead for Madison.

Centreville Head Coach Joe Turner said that their halftime discussion centered around a mental adjustment. "I told the kids you've got to be mentally tough," Turner said. "It's more of a mental thing with us. We're a talented basketball team, but mentally sometimes we can become lax."

Momentum seemed to be with Centreville in the fourth quarter, where unforced errors by Madison prompted turnovers and new opportunities for the Wildcats. A 3-point shot by junior guard Doyle Brown then momentarily put the Wildcats ahead with a 41-40 lead.

In a game that could have gone either way, the Warhawks left their mark. A layup by senior forward Aidan Faulkner and a 3-point shot by Gorkowski put the Warhawks back on top with just minutes remaining.

After both teams traded layups, the Warhawks led 47-44. A timeout for the Wildcats with just under 30 seconds remaining tried to salvage one last opportunity, but they couldn't get a shot off. Madison then held the ball to run out the clock.

"We've been struggling on keeping four quarters together," Newell said, observing that the energy from the Wildcats in the second half should have been consistently applied in the first.

"We just kept fighting," he added. "No one in there gave up, but it didn't work out in the end."



MICHAEL MARROW

2022

THE BARNNS

AT WOLF TRAP



INTERNATIONAL GUITAR NIGHT
FEB 9 + 10 | 8 PM



AMY HELM
FEB 17 | 8 PM



NELLA
FEB 18 | 8 PM



MAVIS STAPLES
FEB 21-23 | 8 PM

THE MIRÓ QUARTET
CHAMBER MUSIC AT THE BARNNS
FEB 20

ALLISON RUSSELL
KYSHONA
MAR 6

CHOPIN
CHAMBER MUSIC SOCIETY
OF LINCOLN CENTER
CHAMBER MUSIC AT THE BARNNS
MAR 11

STRING MASTERPIECES
CHAMBER MUSIC SOCIETY
OF LINCOLN CENTER
CHAMBER MUSIC AT THE BARNNS
APR 1

JOSEPH
THE REQUESTS ONLY TOUR
APR 2 + 3

TOM PAXTON & THE DONJUANS
APR 13

MEOW MEOW
APR 20

PAUL THORN
APR 27

CHOIR! CHOIR! CHOIR!
APR 29

THE JAZZ EFFECT
CHAMBER MUSIC SOCIETY
OF LINCOLN CENTER
CHAMBER MUSIC AT THE BARNNS
MAY 8

AND MANY MORE!

WOLFTRAP.ORG



A Family Affair in Tysons

Clint Black has some familiar guests at his upcoming concert at Capital One Hall

COURTESY PHOTO

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Opry member and Grammy-winner Clint Black has been entertaining audiences for more than three decades, rising to stardom with his groundbreaking debut album, "Killin' Time." Since then, he's sold more than 20 million records, charted 22 No. 1 singles, and toured to sold-out audiences around the country.

For his upcoming gig at Capital One Hall in Tysons

on Feb. 5, Black has made it a family affair.

Not only will his wife, actress and singer Lisa Hartman Black be joining him on stage, leading to the appropriately nicknamed, "Mostly Hits & The Mrs. Tour"; but their 20-year-old daughter, Lily Pearl, will be appearing as well.

"We do a slightly longer than normal set to fit in all of the music that we've added with Lisa and our daughter," Black said. "Lisa does a throwback to 'Knots Landing' and one of the songs she

did on the show. Our daughter does one of her favorite Carrie Underwood songs, and she's just killing it."

The three do some songs together, and Black and his wife do a couple of duets, including "When I said I Do" and a new single, "Til the End of Time," which Black wrote after the couple did "The Masked Singer."

"We cut things to the bare bones several years ago, breaking things down to the simplest form and now we've amped production back up," Black said. "We have stage

screens and video that I put together with some nostalgia and some related to the lyrical content. It's fun to have."

He added that the show features his amazing band, some of who have been with him since 1987 when he first did a showcase for RCA, so the concert is not just about his family.

"I'm playing a lot more lead guitar than I used to, but I'm still doing quite a bit harmonica and acoustic guitar," Black said. "The girls probably have five wardrobe changes throughout, and I

have none, though I might roll up my sleeves."

Black is thrilled that he gets to spend so much time with his wife and daughter and is impressed with how talented his daughter is and sees a big future for her in the biz.

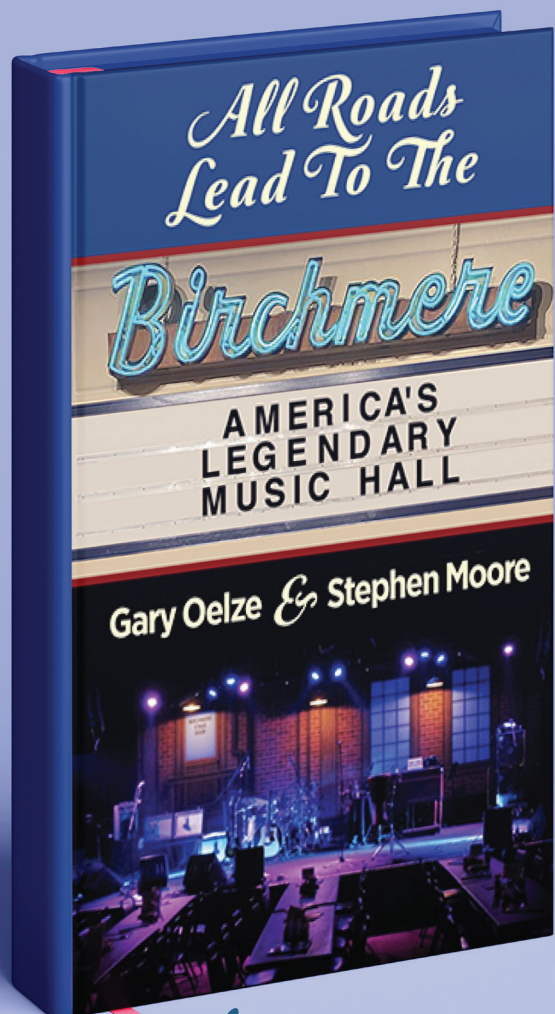
"Doing the music together is a fantastic thing to be able to do as a family, but the icing on the cake is just being together," he said. "I'm doing 70-90 cities a year every year for as long as I can remember so I get really homesick, so this is a

really special time to be able to have them out there with me. Tysons will be part of the last two weeks of this tour, so I'm starting to feel it that I will be back on the road without them. I'm enjoying it while I can."

During the pandemic, Black launched his own line of coffee, Black Cowboy Coffee, which is brewed in Texas and available at www.clintblackcoffee.com.

"A friend who has been in the coffee business for

See BLACK, Page B4



COURTESY PHOTO

The legacy of The Birchmere

A new book details some of the amazing musicians who have performed at the Alexandria music hall

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

The Birchmere opened for business in 1966, and over its 55 years has earned a reputation as one of America's top music halls.

A who's who of singers have played the legendary venue through

the year, including Ray Charles, Lyle Lovett, Buddy Guy, Arlo Guthrie, Tom Paxton, Vince Gill, Pete Seeger, Janis Ian, Townes Van Zandt, Steve Earle, Shawn Colvin, Rodney Crowell, and Johnny Cash. Even actors like Hugh Laurie, Kevin Costner, and Kevin Bacon have made appearances with their music.

In fact, one only has to walk

into the music hall to see a wall-to-wall collection of autographed photos from just about everyone who's ever hit the stage.

And performers continue to show their love for the venue, coming back year after year.

A new book by The Birchmere's founder and operator Gary

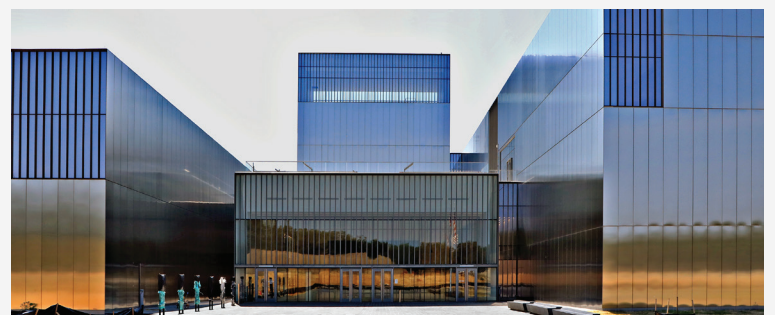
See BIRCHMERE, Page B4

HOT LINKS BY COLLIN COPE

Celebrating Lunar New Year in Tysons Corner • February 5



Tysons Corner Center partners with the Asian American Chamber of Commerce for a celebration of the Lunar New Year from 1 to 3 p.m. Feb. 5. The celebration will feature performances of a Lion Dance by the Choy Wun Dance Group, as well as Ethnic Chinese Dances by the Red Royals. Additionally, there will be music performed by the Alice GuZheng Ensemble, as well as Chinese Fusion Jazz and "CPOP" (Chinese Popular Music) dances from WJ Dance. More information for this free event can be found at <https://bit.ly/3HmBjqS>.



Buffalo Soldiers on The Battlefield • February 9

This Feb. 9, check out the National Museum of the United States Army's virtual tour entitled "Beyond the Civil War: Buffalo Soldiers on the American Frontier and Overseas." This virtual field trip centers on generations of battles centering on African American soldiers during the Civil War and Western Expansion periods. Registration is free and can be found at <https://bit.ly/3HIHn34>.



Winter Waterfowl Hike • February 11

Riverbend Park in Great Falls is hosting a morning nature hike from 9 a.m. until 11 a.m. on Feb. 11. Witness the majesty of the local waterfowl, including the many ducks and geese present in the park, while on a naturalist-guided tour along the Upper Potomac River. Tickets will be \$8 per person and registration is available at <https://bit.ly/3HkPhd3>. For more information, call (703) 759-9018.

COURTESY PHOTOS

Preserving Black history in Fairfax

Where to celebrate African American History Month in Fairfax County

By Collin Cope

SPECIAL TO THE FAIRFAX COUNTY TIMES

In observance of February as African American History Month, Fairfax County community organizers are working to preserve the history of African American civil rights and liberation, as well as promote conversations about the modern implications of such history.

With various events around the county including many opportunities to learn and grow, residents are encouraged to take in various artistic and historical displays in the interest of preserving a sense of diversity and community.

McLean Community Center continues its discussion of African American lived experiences with an upcoming panel on Feb. 4 to discuss their ongoing virtual reality exhibit, "Traveling While Black," as well as provide audiences with the opportunity to learn from local business owners and civil rights activists.

"Virtual reality is a 360-degree experience so, in a unique way, technology helps us experience what a situation might be like. If you were just watching on a flatscreen TV, you can just turn away [from it] or mute it. But in a 360 experience, you're surrounded by it and that's the intent of the film," expressed McLean Community Center Executive Director Daniel Singh.

ADOBE STOCK



In addition to its virtual representation of these social conflicts, the presentation's setting in the booths of iconic Washington, D.C. restaurant, Ben's Chili Bowl, encourages viewers to reconnect with the civil rights history of the restaurant, despite its little-known past.

"In some ways, Ben's Chili Bowl was serving as the original community center. That's what community centers are supposed to do. It was an anchor for many people before they went south to know this

one last restaurant you can stop to get food and use the restroom before [going South]," added Singh.

Other activities include a series of programs at Chantilly's Sully Historic Site. Originally constructed in 1794 during the land's occupation by the Lee Family, the site served as a plantation house, making it an important place to discuss the history of slavery in the United States.

During these programs, visitors have the opportunity to learn about the history of important African Amer-

ican figures, as well as the lives of enslaved people who lived on the site.

University of Maryland professor Dr. Richard Bell presents "The Fire of Frederick Douglass," a lecture about the activism and strength of the famed abolitionist Feb 5 at 3 p.m. Additional lectures from Bell on this topic will be held on Feb. 7, 15, 22, and 28.

Additionally, the Sully Site will host a Lunch and Learn Program on Feb. 17, where attendees have the opportunity to learn about life on the same land in a

pre-abolition world.

Ellanor C. Lawrence Park hosts a morning hike guided by a park employee Feb. 5 at 11 a.m. where attendees can hear more about the experiences of African Americans who spent their lives as slaves on the land. Learn of the resilience and strength of African Americans subjected to the cruelty of slave labor.

Alongside these in-person events, Fairfax County Neighborhood and Community Services (NCS) will host a virtual program in

recognition of local efforts to improve community life, as well as shine a light on African American voices in our government and community.

The program will air on Channel 16 and on the Fairfax County website at 7 p.m. on Feb. 19, with special guests including Board of Supervisors Chairman Jeff McKay, Fairfax County Executive Brian Hill, Cox Communications Field Operations Director Lynnette Clark, George Mason Professor Mark Hopson and Fairfax County Director of Health Gloria Ado-Ayensu, MD.

In addition to remarks from these individuals, viewers will also be treated to the performances of various African American musicians, such as hip-hop artist Dumi RIGHT, Aber Iman, The Hamilton Brothers, as well as from Alexandria's Alfred Street Baptist Church.

Finally, Green Spring Gardens will host a virtual lecture called "Lift Every Voice". From sea to shining sea, Black gardeners have made rich contributions to American garden history. Join horticulturist and historian Abra Lee on a journey through the District of Columbia, Virginia, Maryland, and beyond, as we celebrate these horticultural trailblazers. For more information visit <https://bit.ly/34xSMY1>.

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King Crossword

ACROSS

- 1 Kitten's cry
- 4 Opera set in Egypt
- 8 Garden intruder
- 12 Eggs
- 13 Some deer
- 14 -- bitty
- 15 Containers for laundering
- 17 Appease
- 18 "So there!"
- 19 Pittsburgh pro
- 21 Emphasize
- 24 Droop
- 25 Chop
- 26 Pirate's potato
- 28 Yokels
- 32 "I've Got -- in Kalamazoo"

1	2	3	4	5	6	7	8	9	10	11
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51				52	53				54	55
56				57				58		
59				60					61	

- 34 Pinnacle
- 36 "-- come back now, hear?"
- 37 Trifled (with)
- 39 PC alternative
- 41 Roman 151
- 42 "-- the sea-son ..."
- 44 NASA vehicle
- 46 Critic's essays
- 50 Part of DJIA
- 51 Send forth
- 52 Give a faded look to, as jeans
- 56 Lettuce vari-
- ety
- 7 Admin. aides
- 8 Know-it-all
- 9 And others (Lat.)
- 10 Diminutive suffix
- 11 Color worker
- 16 Dinner for
- 20 Corn spike
- 21 Excellent, in slang
- 22 Toy block name
- 23 Place
- 27 May honoree
- 29 Aftermath
- 30 Vogue rival
- 31 Thin cut
- 33 Beatles classic
- 35 Standard
- 38 Conk out
- 40 Pamper
- 43 Sage
- 45 Farm female
- 46 Country's McEntire
- 47 Actor
- 48 Unspoken feeling
- 49 Gulf War missile
- 53 Unwell
- 54 Yon maiden
- 55 Sweetie

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ZED by Duane M. Abel



www.corkeycomics.com



Expert tips for welcoming a kitten

Courtesy of Family Features

Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, 6 in 10 have “foster failed” and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you’re fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you’ve prepared for the kitten with the kitten still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a safe place

Kittens can tire easily. After a

little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but on the first night you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don’t like to eat too near their litter boxes and should always have fresh water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten’s diet can cause digestive trouble, so for the first few days, keep the same feeding routine as the previous caretaker. You can slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet’s office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.com.

FROM THE DOG’S PAW

Spay & Neuter Month



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

“Arf! A topic that over the country would like to avoid discussing because it takes away their fun and paw-some enjoyment of, well, er, life, you know. Barkingly, not quite as bad as that may sound, but it is quite an impawtant one that needs to be addressed by pet owners. It is the need to spay/neuter.”

“Meows! Nothing says ‘love’ for your pet, like taking them to the veterinarian and having them spayed or neutered. HISS! HISS!- not sure how ‘love’ does fit into that- except it does help us to live longer, healthier lives.”

“Paws, well guys, I remember the day they did it to me as it was only a year or so ago. The good thing is, I will never have to go through that again in my lifetime. Barks, I will paw that I loved being spoiled by my humans when it was over. I rested on a comfy plush dog pillow, was given my favorite treats, water, and a brand-new fancy-schmancy dog toy to ease my discomfort and unhappiness. The veterinarian specified a period of rest, but I pushed it for longer!”

“Woof, Abby and Samson, the three of us were spayed/neutered by our respective rescues soon after they found us. By doing this, it allowed us to be adopted without causing our new humans to be concerned about it.”

“Meows, when I was neutered, they told me that it will help to prevent certain cancers for males, like testicular and pancreatic. Purrs, it may help prevent prostate pawblems too. Overall, it helps improve our

health. Purrs, it prevents the costs of pawssible surgeries too.”

“Barks, being the female in this group, they told me that spaying greatly reduces my chances of developing breast cancer and eliminates the threat of uterine and ovarian cancer and uterine infection, common in unaltered females. Arf!”

“Woofs, for all of us, though Samson never goes outside, the spaying/neutering helps us to stay home rather than wandering off. If we weren’t, we would wander off the pawpertry looking for a mate. Barkingly, it could save our lives since our desire to roam diminishes. We won’t be traveling across roadways or highways to find love. Paws, our neighbor with the nice bushes, are happier since we will not spray them with urine. Humans will be pawleased as we will not need to mark or leave other messes inside the home either. WOOF!!

“Meows! The spaying of your pets eliminates the surprise gifts of babies, which could be unwanted or a pawblem finding or affording care for them. Paws, the world is already full of millions of cats and dogs, including youngsters, who need ‘Forever Homes’ with humans to love who will love them back without adding to that pawpulation.”

“Barkingly, a pawsome aspect of neutering male dogs whose humans have mini-humans is they tend to become less aggressive toward them. Woofs, they are usually better behaved, affectionate, and focused on their humans. Spaying your female pet will eliminate aggressive males from coming to your pawpertry searching for a mate.

A myth of spaying/neutering your pets is it will lead them to become lazy and overweight. Purrs, pets become

lazy and overweight because humans overfeed them, provide too many treats, and have little to no exercise or stimulation to keep them motivated. Even cats need to have some pawlaytime every day with their humans helping to keep them healthy.”

“You know, as unique and pawnerful Labrador Retriever that I am, it’d be great to share my pawnderful self with a litter of puppies so many humans could be blessed by having me in their lives. Unfortunately, it doesn’t work that way. Nor is it a good idea to allow your pet to have a litter to teach mini-humans about birth. What it does is bring more pups and kittens needing adopting into a world already full of pets needing homes. If yours get adopted, what if the new human doesn’t spay/neuter either, adding more pets needing adoption while many are euthanized.”

“Meows, purrs, there are pawlenty of pawlaces in Northern Virginia offering low-cost procedures. Pawlease visit the Humane Society of Fairfax County (<https://hsfc.org/low-cost-spay-neuter-and-wellness/>). The cost is minimal compared to surgeries or newborn kitties, or puppies.”

About us!

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

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Art News

Ana Popovic brings her fiery technique to stage. She's best known as the "Serbian Scorcher" of blues guitar. 8 p.m. Feb. 4. Tickets start at \$30. The Barns, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/3GpJph7>.

A Reading of Amercian Moor Keith Hamilton Cobb embarks on a poetic exploration that examines the experience and perspective of Black men in America through the metaphor of Shakespeare's character Othello. 8 p.m. Feb. 5. Tickets are \$15 to \$20. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3L4nyiO>.

Three Decembers is a

two-act chamber opera about family – the ones we are born into, and those we create. 8 p.m. Feb. 5. 2 p.m. Feb. 6. Tickets start at \$45. Center for the Arts, 4273 Mason Pond Dr., Fairfax. For more information visit <https://bit.ly/3IX9O80>.

Custom Valentine Making Bring your smocks and creativity to the Visitor Center to get creative with your family and friends. 10 a.m. Feb. 6. Cost is \$5. Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit <https://bit.ly/34UfrN>.

International Guitar Night Enjoy this eclectic lineup with Lulo Reinhardt, Luca Stricagnoli, Jim Kmo West and

Thu Le. 8 p.m. Feb. 9 and 10. Tickets start at \$32. The Barns, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/3ohUavV>.

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

Near and Far features the work of 36 photographers. The show celebrates 61 images from photographers who have interpreted the world around them by capturing minute details of

macro photography and scenic vistas around the globe and beyond our solar system. All artwork is for sale to the public. Feb. 5 to 20. Falls Church Arts Gallery, 700-B W. Broad St., Falls Church. For more information visit <https://bit.ly/3IQbvDY>.

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 Feb. 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 Feb. 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3IZaf28>.

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

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

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

Community Information

DMV Connect Looking to renew your license, get real ID or complete other DMV tasks? The DMV will have a station in the library meeting room. Appointment is required. 10 a.m. to 4 p.m. Feb. 4. John Marshall Library, 6209 Rose Hill Dr., Alexandria. For more information visit <https://bit.ly/3AN5ANI>.

Oakton Year-Round Farmers Market This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs, and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. Feb. 5. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujvsiK>.

The Fire of Frederick Douglass In this talk, we'll explore this many-sided man's life, family, and career, and consider his impact upon our modern struggle to advance the cause of Black freedom in the United States. 3 p.m. Feb. 5. Online. Free. For more information visit <https://bit.ly/3ggWGOC>.

History of the Civilian Conservation Corps Mary Lipsey from the Burke Historical Society will speak on how the Civilian Conservation Corps—President Franklin Roosevelt's "Tree Army"—impacted life in Northern Virginia during the Great Depression. 4 p.m. Feb. 5. Free. Register for this online event. Visit <https://bit.ly/3s85EmS> for more information.

Thomas Rainer Garden Design Take lessons from his garden creations to improve your own planting plans for an ecologically diverse and beautiful garden. 1:30 p.m. Feb. 6. Cost is \$10. Register online for this virtual event. For more information visit <https://bit.ly/3AR1OST>.

Maple Syrup Boil Down Bundle up, watch, and learn as sap is boiled down into sweet syrup over an outdoor, open fire. Sample the delicious combination of maple syrup served over cornbread. 1 and 2 p.m. Feb. 6. Cost is \$10. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3ssuJcv>.

Wildlife Walk Enjoy a naturalist guided walk through the forested trails and wetland boardwalk.

Look and listen for seasonally active wildlife like birds, frogs, turtles, dragonflies, muskrats and more. 1:30 p.m. Feb. 8. Cost is \$9. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3AS4Fev>.

Night Sky Tour Take a fun tour of planets, constellations, stars, nebulae and galaxies that can be seen with the naked eye and through telescopes at the Roll-Top Observatory. 7:30 p.m. Feb. 8. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3rfZLVs>.

DMV Connect Looking to renew your license, get real ID or complete other DMV tasks? The DMV will have a station in the library

meeting room. Appointment is required. 10 a.m. to 4 p.m. Feb. 9 and 10. Richard Byrd Library, 7250 Commerce St, Springfield. For more information visit <https://bit.ly/32Vd1pe>.

ONGOING

Golden Girls Senior Women's Softball is looking for players of all experience levels for games on Wednesdays and Saturdays in Vienna. For more information visit <https://bit.ly/3vokjut>.

Ice Skating through February 22 at Reston Town Center Pavilion, 1818 Discovery St., Reston. For more information visit <https://bit.ly/3ELIhC>. Or multiple dates at Cameron Run Regional Park, 4001 Eisenhower Ave.,

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

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.

Theatre at McLean High School finds "Airness"

By Aafreen Ali

THOMAS JEFFERSON HIGH SCHOOL FOR SCIENCE AND TECHNOLOGY

Swirling fog surrounds the audience. Strobe lights flash in rainbow hues around the venue. Everyone is dressed in outlandish rock garb, yet there's not a single instrument in sight. Welcome to the world of competitive air guitar: the world of McLean High School's production of "Airness".

"Airness" centered around Nina (Jackie Stoll), a band guitarist making her first foray into air guitar in a scheme to get back at her ex, the semi-sellout D Vicious (Kate Fontaine). Upon completely bombing her first event, Nina joined forces with a motley group of air guitarists, comprised of Golden Thunder (Arielle Else), an optimistic Energizer Bunny of a performer; Facebender (Jack Abba), the wise guitarist with a heart of gold and hair the size of Texas; the angry yet committed Shreddy Eddie (Charlotte Carson), and the technically brilliant Cannibal Queen (Idil Erdogan). Guided by this group, Nina transformed into her alter ego, The Nina, and started on her path to discovering the true meaning of air guitar.

All six of the air guitarists showed attention to the technical aspects of their choreographed air guitar performances while adding their characters' own personality and touches to the movements. Idil Erdogan as Cannibal Queen exemplified this; her wide stance and rapid movements imbued her character with fury.

The characters' chemistry was notable in both comedic and serious scenes. The camaraderie and comedic timing between Else's Golden Thunder, Carson's Shreddy Eddie, and Abba's Facebender brightened all the ensemble's scenes, Else's dynamic vocal acting providing an extra touch. On a more dramatic side, Fontaine's angry chemistry with both Erdogan and Stoll added a depth of emotion to the more confrontational scenes the duos had together.

Stoll's performance highlighted Nina's individual journey to her persona of The Nina, conveying her awkwardness through her posture and voice early on, then building up to the relaxed slouch and forward-



CLARE A'HEARN

Charlotte Carson, Jackie Stoll

ness of the other guitarists.

The intimate blackbox setting of "Airness" really allowed the tech elements to shine. The immersive set (created by a crew lead by Vivian Kreeb, Haidyn Brockelman, Chris Tillotson, Allie Mazur, and Eliza Hager) revealed new details at every fresh glance, from the name tags all over the walls to the wine cork curtain to the working keg setup. The costumes (Bri Zawicki, Kyrsten Lewey), hair, and makeup (Sabrina Beadie, Erin Sharpe, Emery Graninger) were precise, down to the guitarists' rings and Carson's impressive makeup as Shreddy Eddie. Lastly, incredible projections (Megan Wright, JT Fulkerson, Ethan Jones) and lighting (Alessandro Martinat-Pilhaca, Scott Fulkerson, JT Fulkerson, Colin Coerr, Ethan Jones) were personalized to each air guitarist, providing an additional individualizing aspect to their performances.

It's easy to have reservations about a play about air guitar, of all things, but the committed performances from the actors and the immersive, intimate nature of the technical elements completely sold the concept. With a performance that perfectly balanced the silly nature of air guitar with the serious concepts the play tackled, McLean High School's "Airness" left the viewer with a new definition of what it means to embrace yourself.

BIRCHMERE

CONTINUED FROM PAGE B1

Oelze and music writer Stephen Moore shares some of the most memorable stories from the venue's past, with performers, staff, journalists, and patrons recounting their favorite times and performances.

In addition to the great stories, more than 300 previously-unpublished photos from The Birchmere's history are included in the book.

Moore and Oelze met in 1986 and developed a long friendship talking about their shared passion for much, with Moore attending numerous shows through the years.

When Moore wrote a biography of John Duffey of the Seldom Scene two years ago about his bluegrass life based on four 90-minute interviews he conducted at his house in 1985, Oelze approached the author about putting something together on The Birchmere.

"We met in his office and he had this idea to use the thousands of pictures that his wife and others have taken over the years and do a picture book, but I didn't want to do that," Moore said. "I wanted to do a history book. That was the one and only disagreement we had."

They eventually agreed to a format that would include the fun photos and use the myriad of stories that have come to life inside The Birchmere. The result is "All Roads Lead to The Birchmere."

"It was a wonderful experience for me because I had



COURTESY PHOTO

just retired from Georgetown [where he had worked for 20 years] and Gary gave me his office and then put all the pictures and calendars on the desk and I went to work," Moore said. "I started going through everything and we would usually talk a couple of hours a day. And when the acts came in, I would talk to them about their memories. I did that for about 100 shows."

The calendars played a big part in putting together the book, as there wasn't any electronic database of every act who had played previously, and Moore wanted to ensure that he was painting the full picture of the place.

"I would ask Gary to tell me stories about these performers and get ideas," Moore said. "For instance, I asked him once about his favorite performer, and it's someone who not a lot of people know—Mickey Newbury. And I asked him to tell me why he's so great, and I learned a lot."

In fact, one of the reasons that Oelze wanted to do the book was to turn people on to musicians they may have missed. Moore was given a

lesson himself and learned how important some of the musicians are from the stories he was told.

"I worked a lot with promotor Michael Jaworek, who has been with Gary for almost 30 years and is one of the best promoters in the world according to everyone I talked to," Moore said. "I would give Michael a list of people and he helped me connect with artists and I did about 165 interviews."

The book is flush with amazing stories from the artists in 502 pages in 33 chapters, with just hundreds of first-hand accounts of working at The Birchmere.

"The first tier is about people Gary had stories about," Moore said. "Then we had a second-tier, of people who played there like Ray Charles or Little Richard, who he only met, but directed me to others who had stories about them."

The one common phrase Moore heard was just how incredible The Birchmere is. The book is available on Amazon or at the venue itself. All music lovers will appreciate all it offers.

BLACK

CONTINUED FROM PAGE B1

years always joked with me about having the perfect name for coffee," Black said. "At one point, I started getting some coffee roasted and sending it out to friends and family at Christmas time, and they always wanted to know where they could get more. So, when I lost my day job in 2020, I started a long journey

to making a coffee I love."

He also spent time working on his TV show, "Talking In Circles," which airs on the Circle Network and has featured recent guests such as Brad Paisley and Trace Adkins.

"That also kept me pretty busy during the pandemic," Black said. "When the gates opened up and I started touring again, now I was three times as busy between the music, coffee company, and TV show."

And that's the way he likes it. Black enjoys staying busy and is thrilled to be back on the road again.

"Looking back over the last 30 years, we've had a lot of fun," Black said. "We're getting in the habit now of sharing more archival footage and bringing fans on a walk down memory lane with us. We're trying hard to entertain and we feel really good about the show and the responses we've had."

Get heart healthy

KEYS TO BETTER HEALTH
CINDY SANTA ANA



According to the CDC, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Furthermore, one person dies every 36 seconds in the United States from cardiovascular disease.

Heart disease is a type of cardiovascular disease that affects the heart's function and structure, the most common being coronary heart disease (CHD). According to the American Heart Association, about 659,000 Americans die from heart disease each year.

February has been designated as Heart Health Month and is a national initiative to encourage and motivate everyone to adopt heart-healthy behaviors. The goal is to raise awareness about heart health and urge people to lower their risk of developing heart disease. Heart disease is currently the leading cause

of death in the United States; fortunately, it can be largely preventable.

Coronary heart disease, also called atherosclerosis, is a condition in which plaque builds up along the walls of the coronary arteries that supply the heart with nutrients and oxygen. As plaque continues to collect, there is a progressive decrease in oxygen and supply of nutrients to the heart, which can lead to damage of the heart muscle, heart attack, arrhythmias (irregular heartbeat), and heart failure. If the plaque ruptures, a blood clot can form on its surface. A large blood clot can mostly or completely block blood flow through a coronary artery. Also, ruptured plaque hardens over time and narrows the coronary arteries.

Oxidation is a biochemical process that results from a loss of electrons, which are essential due to their role in energy production. However, excessive oxidation can damage the cells lining the arterial walls (endothelium) and

lead to the accumulation of plaque (i.e., blocked or clogged arteries). The progression of atherosclerosis, beginning with the oxidation of low-density lipoprotein (LDL), is thought to promote complex inflammatory and immunologic mechanisms, leading to an abnormal lipid profile and damage to the endothelial cells of the arteries. The concept that oxidative stress, and the oxidation of LDL, might play a role in atherosclerosis originated more than 25 years ago. The idea stemmed from a simple observation that in-vitro incubation of macrophages with oxidized LDL, and not with native LDL, led to an accumulation of cholesterol. The resulting discovery was that the oxidation of LDL promotes the formation of plaque on arterial walls.

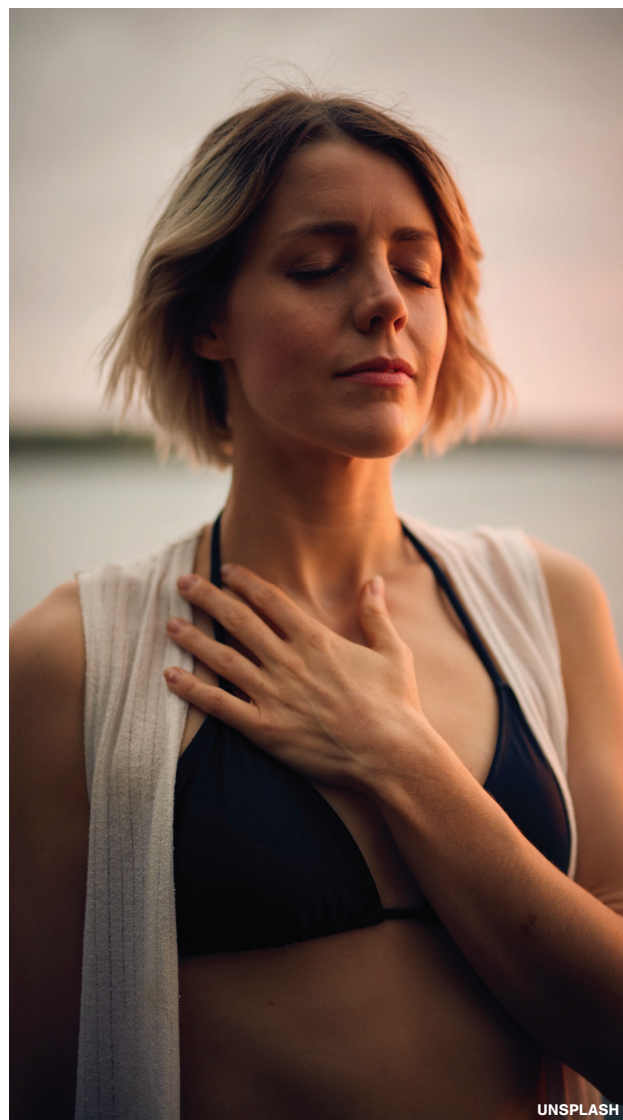
Risk factor checklist:

- High cholesterol and triglycerides
- High blood pressure
- Diabetes and pre-diabetes
- Overweight and obesity
- Smoking

- Lack of physical activity
- Unhealthy diet
- Stress
- Family history

A critical component of preventive medicine for assessing the risk of heart disease is laboratory testing. Laboratory testing can identify a majority of risk factors such as high cholesterol, diabetes, pre-diabetes, chronic body inflammation, elevated blood clotting factors, genetic risk factors, heart stress markers, as well as ratios of healthy and unhealthy dietary fats. Along with proper nutrition, physical activity, and stress reduction, laboratory testing is considered a foundational part of the approach for the treatment and prevention of heart disease.

Instead of a simple lipid panel, ask for the NMR fractionation test to look at the type and size of low-density lipoproteins. Check your Hemoglobin A1c annually as well. If you need support in these areas, let's set up a consultation. www.UnlockBetterHealth.com.



Can you get sick from cold weather?

By Zain J. Sultan, MD
INOVA MEDICAL GROUP

Each year there are millions of cases of the common cold. They tend to occur in the winter and early spring, with adults averaging two to three colds per year.

But common colds aren't the only health issue winter seems to invite. Your respiratory and mental health are big causes for concern in the colder months.

The good news is by taking some proactive measures, you may be able to ward off winter health woes. Here's what you need to know:

Why you're more likely to get sick in winter

Winter weather offers the perfect atmosphere for respiratory conditions – the air changes in both temperature and moisture, while we huddle together indoors to ride it out. Here's what's happening beneath the surface:

Cold air hinders normal body functions: Our bodies have internal processes in place to keep us safe. But those processes don't always work as well in the cold. For example, hairs that line your respiratory tract filter out debris and bacteria, but don't work well in below-freezing temps.

Cold air triggers breathing issues: Changes in weather and temperatures can inflame airways and trigger asthma. Just breathing in cold, dry air can cause muscle spasms and irritate airway linings.

Cold air causes us to make more mucus: To combat cold winter air, our



COURTESY PHOTO

bodies increase mucus production in our noses and sinuses (think drippy nose). But any time mucus becomes stagnant (doesn't move), it's a breeding ground for infection.

Viruses spread more easily indoors: Bacteria and viruses spread more easily when someone sneezes or coughs, especially in enclosed rooms with poor air circulation. To make matters worse, your increased mucus production in the winter makes you more likely to sneeze and cough.

Who is at risk for winter infections?

Anyone can pick up a virus and everyone is more prone to getting sick in the colder weather. But some groups of people are more likely to develop a severe illness:

Elderly people, since age affects the body's immune system and ability to heal

People with asthma, for whom cold weather may trigger an attack

People with chronic conditions, especially heart and lung issues

Most common winter health issues

Our bodies endure many small changes during the winter season, including dry skin, chapped lips, and mild dehydration. But there are some health issues that PCPs see repeatedly through the winter months. Those include:

Asthma: Trouble breathing and repeat asthma attacks are often triggered by cold air or an unrelated upper respiratory infection.

Mental health issues:

The decrease in sunlight and increase in isolation (due to weather or illness) can bring on anxiety or depression. Seasonal affective disorder (SAD) affects about 5% of the population.

Upper respiratory infections: The most common infections treated in adults each winter are the common cold, flu, sinusitis, and bronchitis. Kids most often develop strep throat, ear infections, and RSV (respiratory syncytial virus).

Upper respiratory symptoms: Many people deal with respiratory symptoms, like post-nasal drip and cough) that are unrelated to an infection. The symptoms are typically brought on by weather changes.

Winter health tips to avoid illness

Taking a few small steps during the winter months may

be enough to help you stay healthy:

Clean humidifiers regularly to avoid mold and other allergy and asthma triggers.

Consider your vitamin D intake and talk to your PCP about taking a supplement or correcting a deficiency.

Make sure you are up to date on vaccinations, especially for the flu and COVID-19

Stay hydrated to decrease mucus production.

Take care of your mental health by exposing yourself to morning sunlight or artificial light and keeping up social contact either in-person or virtually.

When to see a doctor for a winter illness

While some winter health issues can be treated with rest and over-the-counter medication, it's important to seek medical help if you have:

- Difficulty breathing
- Fever of 103F or higher
- Symptoms that are interfering with your daily life

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Help Wanted

SOFTWARE ENGINEER
Deutsche Telekom North America, Inc. has an opening for an Software Engineers in Reston, VA to work w/ RT-NSM team to develop SW sys to transform way telecommunication/network services are created & managed. BS degree + 1 yr of exp req. Send resume to Lauren Fischetti, HR Generalist, Deutsche Telekom North America, Inc. 1901 Butterfield Road Ste. 700, Downers Grove, IL 60515. Ref. Job Code LC21-102.

Amazon Data Services, Inc., an Amazon.com company - Herndon, VA:

Software Development
Engineer II: Design, develop, implement, test, & document embedded or distributed software applications, tools, systems & services. (AMZ5755591).

Multiple job openings. Apply online: www.amazon.jobs - search by AMZ5755591. EOE.

Software Development Engineer III
Amazon Development Center U.S., Inc., an Amazon.com Company, has multiple openings in Arlington, VA, for Software Development Engineer III to build high-performance, highly available & scalable distributed systems utilizing exp & knowledge of distributed high performing systems, algorithms & data structures; design, develop, implement & support internal/external APIs using current & emerging standards & technologies. To apply: visit amazon.jobs, 1876483 in search bar, click link w/ matching Job Title & Job ID and click Apply now.

Accounting Assistant for JSSB Fairfax LLC (Fairfax, VA): Resp for coll'ing, vrf'ing, & ent'ing det's of biz transactions; ass't'ing acct'ing mgr by compiling recs to show acct'ing stats; calc'ing employee wages & submt'ing payroll regtrs; calc'ing & prep'ing chks for utilities, txes, & other pymnts; & ensuring acct'ing recs are maintained in compliance w/ acct'ing prncpls. AS in biz admin or rtd req. Mail resume to JSSB Fairfax LLC, 11717 Fair Oaks Mall, Unit 135, Fairfax, VA 22033.

CH2M Hill Engineers, Inc., a Jacobs Engineering Group company, Instrumentation & Controls Engineer, Herndon, VA Complete a variety of technical tasks in the design & operation of SCADA systems for water/wastewater treatment facilities. Cisco network certification. Mail resume to CH2M Hill Engineers, Inc., a Jacobs Engineering Group company, Attn: Miriam Garcia, 5985 Rogerdale Road, Houston, TX 77072 and reference job code 21-VA-3877.

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

- Bachelor of Science in Civil Engineering;
- Must have completed at least one semester of coursework that covered Highway Capacity Software (HCS) and MUTCD;
- Must have at least two years of experience in AutoCAD and AASHTO Design Manual.

Please send resume to Melinda Eleazer, Gorove/Slade Associates, Inc., 3914 Centreville Road, Suite 330, Chantilly, VA 20151 or email resume to ame@goroveslade.com. Refer to Job #MP22 in your cover letter.

Call Marcia Patch
703-904-1004

Legal Notice

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon will hold a work session on Wednesday, February 2, 2022 at 7:00 p.m. in the Town of Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, February 16, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR SIGNAGE, HDRB #21-016, to consider an application for an exterior wall sign located at 702 Elden Street, Herndon, Virginia, Suite A, and further identified as Fairfax County Tax Map 0162 52 0010. The site is located within the Junction Square development and is situated approximately 90 feet west of the intersection of Elden Street and Monroe Street. This property is zoned as PD-TD, Planned Development - Traditional Downtown, and consists of 461 square feet of floor area. Owner: Kavitha Maddi, Skyvish Square 702 Elden St A LLC. Applicant/Agent: Clay Downing, Signs by Clay Downing.

APPLICATION FOR BUILDING ALTERATIONS, HDRB #22-001, to consider an application for alterations and a rear second story addition to a single-family house located at 743 Florence Place, Herndon, Virginia, approximately 250 feet south of the intersection of Florence Place and Oak Street, and further identified as Fairfax County Tax Map 0162 02 0104. The property is zoned as zoned R-10, Residential Single Family-10 District and consists of approximately 43,560 square feet of land. Owner: Venture Atlas Herndon LLC. Applicant: Michael Wijdoogen, MW Architects.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning January 28, 2022 after 3:00 p.m.

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

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

 Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 28 and February 4, 2022

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon will hold a work session on Wednesday, February 2, 2022 at 7:30 p.m. in the Town of Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, February 16, 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 #22-002, to consider an application for three exterior wall signs located at 1062 Elden Street, Herndon, Virginia and further identified as Fairfax County Tax Map 0161 02 0026A. The site is located within the Dulles Park Shopping Center on the west side of Elden Street and is situated approximately 520 feet south of the intersection of Elden Street and Sterling Road. This property is zoned as CS, Commercial Services District, and consists of 351,915 square feet of land. Owner: Dulles Park Shopping Center LLC TR. Applicant/Agent: Betsy Marino, Service Neon Signs.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 28, 2022 after 3:00 p.m.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to 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 January 28 and February 4, 2022

Legal Notice

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, February 15, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, February 22, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

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

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

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

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

 Viki L. Wellershaus, Town Clerk

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

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon will hold a work session on Wednesday, February 2, 2022 at 7:30 p.m. in the Town of Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, February 16, 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 #22-002, to consider an application for three exterior wall signs located at 1062 Elden Street, Herndon, Virginia and further identified as Fairfax County Tax Map 0161 02 0026A. The site is located within the Dulles Park Shopping Center on the west side of Elden Street and is situated approximately 520 feet south of the intersection of Elden Street and Sterling Road. This property is zoned as CS, Commercial Services District, and consists of 351,915 square feet of land. Owner: Dulles Park Shopping Center LLC TR. Applicant/Agent: Betsy Marino, Service Neon Signs.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 28, 2022 after 3:00 p.m.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to 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 January 28 and February 4, 2022

[(Full name(s) of owner(s))]: **ABC**
PYM Holdings, LLC

Trading as:
Taco Bamba Taqueria
6250 Little River Turnpike
Alexandria, Fairfax County, VA 22312

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

William Susinski, Manager

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

3009172 (01-28-22, 02-04-22)

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

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

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

CHANHEE CHOI, PRESIDENT

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

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

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

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

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

Christina Hirachian, Authorized Person

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

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

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

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

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

Sang H. Woo, President and Treasurer

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

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

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

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

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

Serkan Gozubuyuk, Managing Member

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

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

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FAIRFAX COUNTY TIMES

NOTICE OF DELINQUENT TAXES AND JUDICIAL SALE OF REAL PROPERTY

On March 15, 2022, or as soon thereafter as may be effected, actions will be commenced under the authority of Virginia Code §58.1-3965, et seq., to begin proceedings to sell the following parcel of real estate for the payment of City of Fairfax, Virginia, delinquent real estate taxes:

Property Owner(s)	Account Nos.	Description
Anne Marie McGaffic Jeffrey Allen McGaffic	Tax Map No. 57-1-10-084 Account No. 3771 TACS No. 720632	3904 Egan Drive, Fairfax; Fairchester; Section 6; Lot 84; 0.38354 Acre, More or Less

Property subject to delinquent real estate taxes may be redeemed by paying all accumulated taxes, penalties, interest, costs and fees. Payments should be made payable to the City of Fairfax and mailed to Taxing Authority Consulting Services, PC at Post Office Box 31800, Henrico, Virginia, 23294-1800. Interested bidders and inquiries regarding the above-listed property should be directed to TACS by telephone to (804) 545-2500, by email to questions@taxva.com, or by mail to:

Jeffrey A. Scharf, Esq.
Re: City of Fairfax Delinquent Real Taxes
Taxing Authority Consulting Services, PC
Post Office Box 31800
Henrico, Virginia 23294-1800