FAIRFAX COUNTY TIMES

WWW.FAIRFAXTIMES.COM | VOL. 134, ISSUE NO. 03 | JANUARY 15 - 17, 2021

*Friday* - Mostly Cloudy *High:* 50° *Low:* 36° | *Saturday* - Mostly Cloudy *High:* 44° *Low:* 30° | *Sunday* - Partly Cloudy *High:* 44° *Low:* 30°

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UNSPLASH

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25¢ NEWSSTAND PRICE

# The man with the flag




VINSON XAVIER PALATHINGAL

**By Brooke Lewitas**
FAIRFAX COUNTY TIMES

"Here I am. The man with the flag." So starts Vincent Xavier Palathingal's Youtube video in which he 'explains, but does not apologize for' his decision to wave the Indian national flag at the Capitol Hill protest last Wednesday.

The photo went viral in the Indian media, sparking controversy from Indian politicians like Former Ambassador T.P. Sreenivasan and Indian Parliament member Varun Gandhi. Sreenivasan stated in an op ed, "He should have known that it was a motley crowd of White supremacists and other goons, who were ready to kill."

But who is the man behind the flag? He was born Vinson Palathingal in the Kochi region of India and came to America to receive his master's degree in the late nineties. In 98, he started his own business and he and his wife started their family in Fairfax County. In those days, he was a Democrat and voted for Barack Obama in both the 2008 and 2012 elections. Of his Democrat past, he says he was "confused". In 2013, he began to see Obama's handling of healthcare as a big problem, and became a Republican in 2015. Trump, as he saw it, was a man not unlike Xavier himself: a businessman, a straight talker, and a go-getter. Like Trump, Xavier saw big problems with the way things were going in the country.

His first platform was as a school board candidate for Fairfax County Public schools. Throughout the education of his two sons, he states that the district experienced a 'deterioration'. He ran for school board in 2019 on a platform of meritocracy and parental involvement. He lost the school board election, but was elected as Vice Chair for Community Outreach of the Fairfax Republican party.

On January 6th, he and a group of like minded friends, attended the Capital Hill rally, to show support for 'weak' congresspeople who would be voting whether or not to object. He carried an American flag and an Indian flag. The Indian

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POSITIVE VIBES with Brooke Lewitas



# One Book for One Ethiopean




COURTESY PHOTO

When Westfield High Junior Naomi Tekola was six years old, she lived in Ethiopia, where her aunt would drive her to and from school every day. In the back seat, Naomi would look out at the Ethipoean children and wonder why they weren't in school.

"I was really lucky that my family prioritized my education, because that's somewhat rare in Ethiopia," she stated.

Naomi's family relocated to the United States, where she started first grade. In an attempt to improve her English skills, she became a voracious reader, amassing a huge collection of June B. Jones and the Magic Treehouse Series. She was such a big reader that when her family returned to Ethiopia for a visit in 2015, she brought a backpack entirely filled with books—and then finished them in the first week of the trip. She asked her aunt to take her to a library, but although she was in the capital of Ethiopia, they couldn't find

See ONE BOOK, Page A4

# Nova Chamber to discuss real estate

## *Annual conference will address local economy post-COVID*

**By Rick Horner**
FAIRFAX COUNTY TIMES

The Northern Virginia Chamber of Commerce will hold its 29th annual Regional Economic Outlook meeting on January 28. This annual event brings together the local industry executives with economists who are looking for insight into key markets and industries.

The meeting is typically held as a live event but due to the continued issues with the coronavirus pandemic it will be held online.

"Usually, a bigger affair such as this would be held at hotel ballroom or a conference center," stated the Chamber's Vice President of Government Relations Clayton Medford, "but with COVID going on we've had to go online for this event."

This year the focus will be on the real estate market which has been heavily affected by the pandemic. Medford stated that real estate is an industry that affects every one and is watched by different sectors of the economy especially those who have had their office personal working from home over the last nine months.

Medford notes that keeping an eye on the real estate market would allow watchers to catch any indicators at how the economy is recovering and what the office presence of local businesses may look like going forward.

Another aspect of the real estate market that will be looked at is

See REAL ESTATE, Page A4




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# PUBLIC SAFETY NOTES



COURTESY PHOTO

Firefighters on the scene of a house fire in the Rose Hill section of Alexandria.

## Unattended cooking cause of Rose Hill house fire

Units from Fairfax County Fire and Rescue Department and the City of Alexandria Fire Department were dispatched for a reported house fire in the 3900 block of Ivanhoe Lane in the Rose Hill area of Fairfax County Jan. 8 At 11:05 p.m.

Crews arrived on the scene of a two-story, single family home with smoke showing from the front of the house. They found a fire in the kitchen with extension to the second floor and attic. They worked quickly to extinguish the fire. One cat was located, and removed, by firefighters and delivered unharmed to the owner. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. One occupant discovered a fire on the stovetop. Both occupants tried unsuccessfully to extinguish the fire. The occupants safely evacuated prior to fire department arrival. There were no working smoke alarms in the home.

Fire Investigators determined that the fire was accidental in nature and started in the kitchen on the stovetop. The cause of the fire was food left unattended on the stovetop, which ignited the nearby combustibles.

Two occupants and two pets were displaced because of the fire. Red Cross services were offered and declined. Damages as a result of the fire were approximately $60,000.

## Volunteer Fire and Rescue hosting blood drives

Several Fairfax Volunteer Fire and Rescue stations are holding blood drives.

Inova Blood Donor Services is taking all precautions as it relates to COVID-19. There will be plenty of space to spread out and use appropriate social distancing. To help protect firefighters and paramedics, access to the fire station is prohibited.

A list of days, times and locations are below. To register to donate, please visit https://bit.ly/3boOB9t.

January 19, 1 p.m. – 7 p.m. at McLean Volunteer Fire Department/ Fairfax County Fire Station 1. 1455 Laughlin Ave McLean. Sign up at https://bit.ly/3hY6PQg.

January 25, 12:30 p.m. – 6:30 p.m. at Greater Springfield Volunteer Fire Department/ Fairfax County Fire Station 22. 7011 Backlick Rd., Springfield. Sign up at https://bit.ly/35swz29.

January 30, 9 a.m. – 3 p.m. at Vienna Volunteer Fire Department/ Fairfax County Fire Station 2. 400 Center Street, South Vienna. Sign up at https://bit.ly/2Xno43Y.

## Virginia State Police investigate fatal Fairfax County crash

At 12:51 p.m. Jan. 8, Virginia State Police responded to a crash on the southbound side of Interstate 495 near the 54.8 mile marker.

A 2005 BMW R1200 GS motorcycle ran off the right side of the road and struck a disabled dump truck parked on the right shoulder.

The driver of the motorcycle, William H. Engelbrecht, 53, of Alexandria, died at the scene. He was wearing a helmet.

There was no one in the dump truck at the time of the crash.

The crash remains under investigation.



COURTESY PHOTO

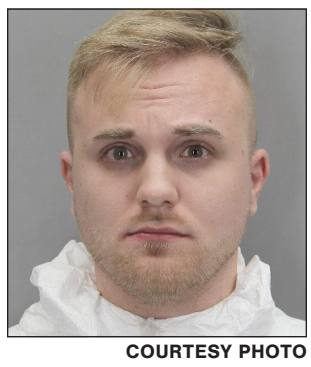
Curtis Lewis.

## Alexandria man runs after attempted carjacking

A man entered the driver's seat of a parked car at 12:27 a.m. Dec. 21 in the 7500 block of Richmond Hwy., made threats to blow up the car to a woman in the passenger seat and attempted to drive away with the car.

The woman pepper sprayed the man and he ran away.

Curtis Lewis, 38, of Alexandria, was found nearby and threw personal items at officers as they arrested him. Lewis was charged with attempted carjacking, abduction, threats to bomb, simple assault, possession of a scheduled I narcotic, assault on law enforcement officer and disorderly conduct.



COURTESY PHOTO

Adam Kedzie.

## Arlington man arrested after stabbing in Fairfax

A man was stabbed during an argument with an acquaintance at 9:30 a.m. Jan. 2 in the 3900 block of Persimmon Drive.

Officers arrived and arrested Adam Kedzie, 35, of Arlington, and charged him with malicious wounding. The victim was taken to the hospital with serious injuries.

## Online COVID-19 vaccine appointment registration available

All adults age 75 and older and health care personnel not affiliated with a hospital now have two ways to schedule an appointment to receive the COVID-19 vaccine from the Health Department: Complete an online registration form at https://bit.ly/3ibmY4T

Call 703-324-7404. Please be aware that there is currently high call volume and it may take some time to get through.

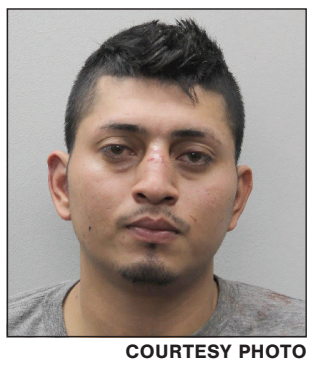
The COVID-19 vaccine appointment registration form includes pre-screening questions to confirm that residents are eligible to receive the vaccine. This form should only take a few moments to complete.

Once eligibility is confirmed, you will then need to complete a vaccine appointment questionnaire, which should take about 10 additional minutes. For this portion of the form, you should be prepared to share:

- Contact information
- Demographics
- Answers to some medical history questions to ensure you do not have any medical issues that would give reason to not be vaccinated
- An active email address

After completing the form, the Health Department will contact you by phone or email to schedule an appointment.

At this time, only those eligible in Phase 1a and 1b are being vaccinated. For more information, visit the COVID-19 vaccine webpage at https://bit.ly/3bxorRL.



COURTESY PHOTO

Kevin Rosales.

## Alexandria man charged with multiple offenses after DWI

A man crashed his car after driving recklessly through a neighborhood in the 4500 block of Braddock Rd., Jan. 4 at 5:56 p.m.

The man ran away from his car, broke into a nearby home and assaulted the homeowner. Officers arrived and arrested Kevin Rosales, 28, of Alexandria, and charged him with driving while intoxicated, destruction of property, trespassing and assault.

## Temporary realignment of W&OD Trail commences at Idylwood Park

The Washington & Old Dominion Trail (W&OD Trail) near Idylwood Park (between Virginia Lane and the trail bridge over I-495) in Falls Church will be realigned slightly to the south of the current trail for approximately five months beginning on or about January 14, through June 2021.

The trail is being shifted temporarily while crews construct the new, permanent trail alignment to accommodate new ramps as part of the Transform 66 Outside the Beltway Project. Crews will also construct a retaining wall to support the widening of the ramp from I-66 West to I-495 South during this period.

All work is weather dependent and will be rescheduled if inclement conditions occur.

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FAIRFAX COUNTY TIMES
Established 1965
www.fairfaxtimes.com

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## PEOPLE AND PLACES



COURTESY PHOTO

George Sachs.

### MCC Executive Director George Sachs announces his retirement

McLean Community Center (MCC) Executive Director **George Sachs** is announcing his retirement effective May 7.

At the time of his retirement, Sachs will have served as the executive director at MCC for 11 years (2010-2021). The MCC Governing Board will be conducting a national search for his replacement with hopes of identifying his replacement by the end of March 2021, to allow time for a transfer of institutional knowledge from Sachs to the new director.

"There was never a dull moment or lack of challenges," said Sachs about his tenure with MCC. Among them was his successful leadership of the recent renovation and expansion of the center's 40-year-old Ingleside Ave. facility. The five-year, $8-million-dollar project involved securing an architectural firm to design and plan the renovation, working with Fairfax County staff to secure contracted services, closing the center for two years and relocating programs and services, and the entire MCC staff to four separate locations in McLean, overseeing the construction from beginning to end, returning programs and staff to the facility upon the renovation completion and creating a new slate of programs and services in the newly expanded facility.

Sachs' career in the Recreation, Parks and Leisure Services profession started in 1974, when he was hired as a recreation specialist with the Fairfax County Department of Recreation. He later was hired by the Fairfax County Park Authority and opened the first RECenter at Wakefield Park, now named Audrey Moore RECenter. He left the county in 1982 to open the new Fieldhouse Sports Complex at George Mason University and managed the university's recreation and sports facilities. While there, he also became an adjunct professor for the Department of Parks, Recreation and Leisure Services. In 1991, he was hired as the deputy director of MCC under Executive Director Page Shelp. Four years later, he moved to South Carolina, where he owned and operated what grew to be a chain of five recreation, health and fitness centers.

Sachs returned to Fairfax County in 2009 and was hired to manage MCC's Old Firehouse Teen Center. A year later, the MCC Governing Board appointed him the community center's new executive director.

At age 70 Sachs has decided to enter his next phase in life, retirement, and plans to now become an active participant in a variety of programs and activities similar to the ones he has been directing for the past 47 years of his career.

### Engineering Leadership purchases Wiles Mensch Corporation's federal projects division assets; forms Sorba Engineering

**Meredith McComas,** PE, president, and **Matt McComas**, PE, LS, LEED AP, associate principal, have announced the establishment of **Sorba Engineering** in Reston, effective January 1.

The new entity was formed after the engineers purchased the assets of the Federal Projects Division of Wiles Mensch Corporation, a civil engineering and surveying firm that serves public- and private-sector clients in land development consulting.

Sorba Engineering is a certified woman-owned small business. The company retains its complement of 12 engineers and technical specialists, along with more than 40 active projects in the Washington metropolitan area. Meredith McComas will serve as president of Sorba Engineering, overseeing administration and quality assurance programs for the firm. Matt McComas will continue to direct engineering projects, a role he held with Wiles Mensch for more than 12 years.

"We are proud to continue offering civil engineering expertise under the new banner of Sorba Engineering, a woman-owned small business within the Washington region," said Meredith McComas. "Most importantly, we will offer continuity to all of our clients, with the same expert leadership and project staffing in place for projects now underway."

Meredith McComas is a professional engineer with more than 10 years of experience in civil engineering consulting services. She holds a Bachelor of Science degree in civil engineering (2003) from Virginia Tech. Matt McComas is a professional engineer licensed in four jurisdictions, a licensed land surveyor, and LEED® accredited professional with 20 years of experience. An active member of the Engineers and Surveyors Institute, he holds a Bachelor of Science in civil engineering (2000) from Virginia Military Institute.

Under Matt McComas's direction, the Sorba Engineering portfolio includes many complex and high-profile projects in the Washington region and overseas, including the Smithsonian Institution's renovation of the Historic Core in Washington, D.C.; the renovation of the historic chancery at the U.S. Embassy in Athens, Greece, for the U.S. Department of State; the new Wall of Remembrance at the Korean War Veterans Memorial in Washington, D.C. for the National Park Service; renovation of the Folger Shakespeare Library in Washington, D.C.; utility relocations for the CSX Virginia Avenue Tunnel in Washington, D.C.; renovation of the Cannon House Office Building in Washington, D.C., for the Architect of the Capitol; lead civil engineer for the development of the Foreign Affairs Security Training Center at Fort Pickett in Virginia, and the first academic building at the Virginia Tech Innovation Campus in Arlington, Va. Additional clients include the U.S. Army Corps of Engineers, the U.S. General Services Administration, and several state and local governments. The firm has also supported many architectural clients, including the SmithGroup; Skidmore, Owings & Merrill; EYP Architects; Kieran Timberlake; Ann Beha Architects; KCCT; and HGA.



COURTESY PHOTO

Gerald Gilbert.

### MITRE names new fellow

MITRE named **Gerald Gilbert**, Ph.D., a MITRE Fellow to expand MITRE's quantum science initiatives.

MITRE Fellows are a select group of preeminent scientists in their fields who lead critically important programs. The MITRE Fellows program has a history of deeply impactful work to the nation and world, including the Global Positioning System (GPS) and adaptive signal processing.

A 24-year MITRE veteran, Gilbert is the founder of quantum science research at MITRE and principal investigator of MITRE's quantum program. A partnership of leading physics research groups at MITRE, MIT, and Sandia National Labs, the project aims to build the world's first fully universal scalable quantum computer and integrated quantum network. The project is designing and building programmable nano-photonic quantum processors that will be the engines of a scalable universal quantum computer.

"Gerry's contributions to MITRE and his field run deep—few people in the world have dedicated their lives to this level of expertise and innovation," said Charles Clancy, chief futurist, senior vice president, and general manager, MITRE Labs. "As a MITRE Fellow, Gerry will continue to push the boundaries of what's possible, which is mission critical in the race for global competitiveness in quantum science."

Our fellows are given a mandate and resources to develop and lead high-risk scientific or technical initiatives to address national- or global-scale problems. They also serve as subject matter experts and advisors to mission-critical programs, officers, and our board of trustees. They drive innovation in science and technology, accelerate solutions for the nation's biggest challenges, and deliver on MITRE's pioneering vision.

Gilbert is a member of the IEEE Standards Board for Quantum Technology and has served on the U.S. Defense Science Board and the U.S. Air Force Scientific Advisory Board as an expert on quantum information science. He is co-inventor on five patents in quantum information science and has written or co-authored scientific publications spanning the fields of quantum information science, the theoretical physics of elementary particles, string theory, and radar propagation.

Gilbert earned his doctorate in theoretical physics from the University of Texas under Nobel Laureate Steven Weinberg. Afterward, he held academic research positions at the California Institute of Technology as Weingart Prize Research Fellow in Theoretical Physics, at Cambridge University under Professor Stephen Hawking, and at the University of Maryland at College Park. Gilbert has been at MITRE since 1996.

## OBITUARIES

*In loving memory*

### *Douglas Cecil Faull*



Douglas Cecil Faull, 65, of Fairfax, VA, died December 17, 2020, at home with his wife and son by his side, after a long and courageous battle with brain cancer.

Douglas was born December 8, 1955, in Norfolk, VA, to the late Elizabeth "Betty" (Cofer) and Joe Douglas Faull, CDR U.S. Navy (retired). Douglas' family settled in McLean, VA, where he attended McLean High School. Douglas then moved to Salt Lake City, UT, to pursue his passion for skiing. He eventually moved back to Virginia, where he was an avid golfer and always looked forward to vacationing and surf fishing with his family at the Outer Banks of North Carolina. Douglas had a roofing business until a fall forced him to change careers.

He worked as a superintendent with Associated Custom Builders until he started a wallpapering business to afford him more time to spend with his family. He maintained the grounds of his home with the art and precision of a landscaper, and also served as the family's primary chef. He was so skilled at home maintenance that he was often recruited by friends and neighbors to lend a hand with repairs and improvements. There was nothing Douglas couldn't fix, replace, or improve.

Douglas is survived by his loving wife of 31 years, Cheryl Ann (Blankenship) Faull, who is proof that eternal love at first sight truly exists, and son, Shawn Douglas Ross Faull, who is the pride and joy of both of his parents. He also leaves a sister, Nancy Miller (Doug) of Kill Devil Hills, NC; aunt, Sacra Vaughan (Rex) of Decatur, GA; sister-in-law, Sharon Queen of Culloden, WV; brother-in-law, Eddy Blankenship (Mark) of West Palm Beach, FL; and nieces, Nola Queen of Culloden, WV, and Alison Queen of Winchester, KY.

Douglas was preceded in death by grandmothers, Nancy Carola (Ross) Cofer and Eloise Faull; and uncle, Dr. Vernon L. Cofer, Jr. (Judy).

Due to the pandemic, there will be a celebration of life at a later date. Donations in his memory may be made to the American Cancer Society, PO Box 22478, Oklahoma City, OK 73123 (www.cancer.org).

## ONE BOOK

CONTINUED FROM PAGE A1

one. They finally found a bookstore, but the selection was small, and the prices inflated. Thinking back, to her huge collection at home, Naomi realized she had the ability to conquer the problem. "I wanted to give the children of Ethiopia the chance to benefit from reading the way that I had."

This was how her project, One Book for One Ethipocean, was born. Together with her parents, she created a website and found a way to send books directly to Ethipocean schools in need. She began working with the Ethipocean embassy and connecting with specific schools. Then, she enlisted the support of her community.

Club leaders at Westfield High have come together to hold a book drive on January 16th-18th, where anyone can bring used books from 10-4 p.m. It will take place at the Dollar Tree on Westfield Drive. The books will be sent to Ethipocean schools in need.

Naomi says that making a difference has been extremely rewarding, as well as meeting and working with people who share her passion for literacy.

Although she's only in her junior year, she has her sights set on law school. And she's far from finished with advocating for the people of Ethiopia.

"I'm hoping to minor in African studies, and hopefully be able to advocate more for the people of Ethiopia," she said of her college plans.

Naomi wishes to extend her thanks to the teachers at Annandale High school who have contributed books, as well as students who have helped with book collection and storage, especially Ben Garcia.

You can learn more about the project and upcoming book drive https://oboethiopia.com/index.html .

## FLAG

CONTINUED FROM PAGE A1

flag, he says, was to show support for the president on behalf of the Indian community and to show the diversity of Trump's base.

The group saw that the gate to the Capitol lawn was open, and so they proceeded to stand on it. They noticed that there was teargas at the front of the rally, which they assumed was to discourage people from getting too close. Unable to connect to the Internet or see what was going on, Xavier called his wife, who turned on the news and saw that someone had been shot inside. (The victim, later revealed to be Ashli Babbitt, an Air Force veteran who was a strong supporter of President Donald Trump.)

At that point, Xavier and the rest of the group returned to their metro stop and then home. He was disappointed. He described it as the saddest day he's ever experienced in his decades of living in America. He felt the message he was trying to communicate was hijacked by those who committed the violence.

"I hate political violence. Everyone who was involved in the violence should be prosecuted to the fullest extent of the law, regardless of political affiliation."

He's not convinced, however, that the people who committed the violence were there for the same cause as him. "It's really hard to be a Trump supporter. What Trump supporter would be that stupid?"

In statements made to various media organizations, he seemed to cast blame on leftists, once specifically calling out Black Lives Matter. However on Wednesday he told Fairfax Times that he wasn't sure, and he didn't have any proof, but that he didn't see how a Republican could do such a thing.

Xavier does believe that Biden will be inaugurated, as planned on January 20th, but that he will be a "very weak" president.

The Fairfax Republican party condemned the violence at the suggestion of a follower on January 7th, stating We support the peaceful exercise of free speech, consistent with law and order. Of course we condemn yesterday's lawlessness in our nation's capital. We unequivocally oppose all political violence, to include the destruction of property, no matter the stated cause."

Additionally, Fairfax GOP Chairman Steve Knotts offered the following statement on Xavier's behalf: "The Fairfax GOP will always defend the right of citizens to lawfully express themselves, as Vinson did last week. Of course, we unequivocally oppose all political violence, and we know Vinson fully shares this conviction. Vinson broke no laws last week. All Vinson did was peacefully exercise his First Amendment rights, and for that he is now being viciously attacked and defamed by the intolerant, authoritarian Left. We proudly stand with Vinson, and we remain thankful for his continued leadership."

# How your family can adopt healthier digital habits in 2021

**Courtesy of State Point Media**

As we head into 2021, adults and kids alike may still be enjoying the excitement of digital devices received as gifts over the holidays. However, the new year is always a great time for a reset, so alongside those new devices, consider adopting some new digital habits.

Here are some great ideas for helping your family build healthier relationships with their digital devices:

• **Get healthy:** Not all screen time is wasted time. You can use your device in positive, productive ways that help your family work toward improved physical health. For example, a steps counter might encourage your family to move more or even take up running, while a yoga app can help guide your family through quick routines you can practice from the comfort of home.

• **Get smart:** Likewise, the members of your family can use their devices to exercise their minds. Encourage everyone to let their smartphones and tablets double function as e-readers, and to download apps that teach new skills and build knowledge. You can even try setting a goal as a family, such as learning a new language using the same app.

• **Schedule digital downtime:** Too much screen time is associated with poor quality sleep, increased anxiety and a range of other physical and mental health concerns, so be sure each day includes digital downtime. This is especially important if your family is working and learning from home right now. Make the most of these screen-free blocks by engaging in active play, moving, getting fresh air or spending quality time together.

• **Get assistance:** Making sure every member of the family is using their device only in safe and healthy ways is easier said than done, however, a parental guidance app can help. Using OurPact for example, the most comprehensive parental control app, you can remotely establish automated schedules for when internet, apps and the device itself are unavailable. Features include URL whitelisting and blacklisting, daily screen time allowances and iMessage/SMS blocking, helping ensure device usage passes your approval. Available at the iOS App Store and Google Play Store, parents can also sign up for an account at www.ourpact.com.

For better overall health and wellness, make 2021 the year your family adopts great digital habits.



STATE POINT MEDIA

## REAL ESTATE

CONTINUED FROM PAGE A1

the moratorium on evictions during the pandemic. These moratoriums were originally set by the federal government though the CARES Act in response to many businesses shutting down due to the pandemic leaving millions unemployed.

Many state and local governments have set their own bans on evictions during the pandemic and the Center for Disease Control recently enacted a nationwide moratorium in September. Medford stated that these moratoriums could be a potential discussion topic during the conference since there will be a focus on residential data.

Medford also mentioned that the approach or the conference will be more business focused because of the affect the pandemic has had on businesses. Typically, the approach is a mix of academic and corporate points of view but due to recent events it will be all business.

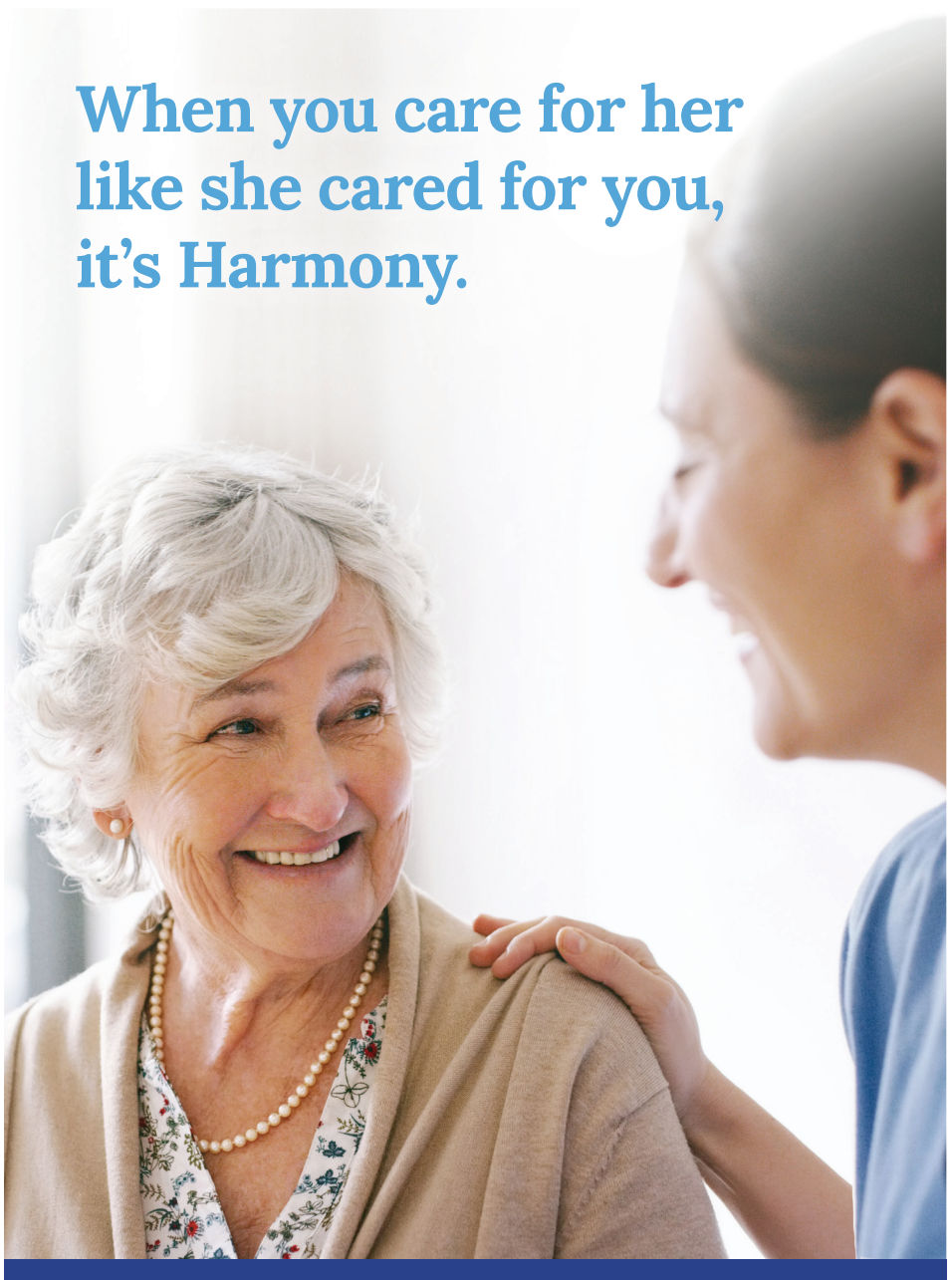
"Community business leaders want to be prepared for what the economy does over the next six months as the vaccine rolls out and the people start heading back to the office," stated Medford.

The advertised speakers for the annual event will be the chief economist of the Wilmington Trust Luke Tilley, Cooley LLP partner Mark Looney, chief economist for Virginia Realtors Lisa Sturtevant, and the executive vice-chairman of Cushman and Wakefield William Collins.

Previous speakers for the event have been Dr. Stephen Fuller of the Fuller Institute, Dr. Anne Crest of Northern Virginia Community College, and Dr. Terry Clower of George Mason University.



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# How much protein do we need to eat?

KEYS TO BETTER HEALTH
CINDY SANTA ANA



Whether you are looking to lose weight, gain muscle, recover from that tough workout, feel more satiated after a meal or even just maintain good health, getting enough protein is crucial.

How do you know if you're getting enough protein per day? You can buy protein powders, protein bars, even protein water. But what's all the hype about? What does protein even do? And can you eat too much protein?

Let's start by looking at what protein is and why our bodies need it.

**What is protein?**

Protein is one of the three main classes of food—also known as macronutrients (the other two being carbohydrate and fat). It's needed to keep your body functioning properly because proteins are the main building blocks of your body. They are used to build and repair muscle, tissue, skin, nails, hair, as well as hormones, enzymes, neurotransmitters and various other tiny molecules that serve important functions.

Proteins are made up of smaller molecules called amino acids linked together like beads on a string. The amino acids form long chains of protein, which are then folded in different ways to create three-dimensional structures that are important to our body's functioning.

There are 20 different amino acids that combine to form proteins, and although your body requires all of them, you only have the ability to make 11 of them! These are termed non-essential amino acids. The other nine—those you can't make—are termed essential amino acids, and must be obtained from your diet.

**How much protein is too much?**

The amount of protein that you need depends on a few factors but one of the most important is your activity level.

The Dietary Reference Intake (DRI) for protein intake is 0.8 grams per kilogram of body weight per day (or, around 0.36 g per pound). For someone who weighs 150 lbs (68 kg), the consumption would be around 54 grams of protein a day.

However, the DRI for protein is only to prevent a protein deficiency. It's not necessarily optimal, particularly for athletes who train often and train hard. For people doing high-intensity training protein needs can be anywhere from 1.2g - 2.0g/kg/day.

Not only is the total amount of protein important, so is the distribution of protein throughout the day. See, you can't just eat a 16 oz steak and call it a day. The body needs its protein stores to be continually replenished, meaning you should aim to consume a moderate amount of protein every 3-5 hours.

An equal daily protein distribution can help you achieve a healthier body composition, improve athletic performance, maintain a strong immune system and a healthy metabolism. And since protein promotes satiety (makes you feel full longer) it can help you manage your body weight.

**Protein calculator:**

**Step 1. Get an accurate body weight.** It's most accurate to weigh yourself first thing in the morning on an empty bladder. You could take an average of your weight readings over a few days to minimize any temporary weight fluctuations.

**Step 2. If you took your weight in kilograms, you can skip this step.** If not, convert your weight from pounds to kilograms. There are 2.2lb in 1 kg. So if you weigh 150lb, divide 150 by 2.2 to get 68kg.

**Step 3 Next, consider your activity level.**

**Sedentary**—you are seated or lying all day with no physical activity (0.8g/kg; *1.0g/kg if over the age of 70. A lot of research points to the fact that that older adults need more protein)

**Light active**—you sit all day for work and sometimes do light activity such as walking or household chores (1.1g/kg)

**Moderately active**—you spend most of the day sitting with occasional standing or walking and sometimes participate in light activity (1.4g/kg)

**Very active**—you are either standing or walking for most of the day, or you spend your day sitting but also do a fair amount of regular physical activity such as going to the gym or attending spin classes regularly (1.7g/kg)

**Vigorously active**—you do strenuous work such as construction or do high intensity exercise most days (2.0g/kg)

Now take this number and multiply it by your body weight (in kg). So let's say our 150lb (68kg) example is 'light active'. Their protein requirement would be 68kg x 1.1g/kg = 74.8, or about 75g of protein per day.



SHAYDA TORABI / UNSPLASH

**Step 4. Keep a food journal and look at food labels to determine their protein content.**

**Where can I get quality protein?**

Protein is not just about quantity but also quality. Generally speaking, protein from animal sources provides all the essential amino acids—which kind of makes sense if you think about it—animal tissues are similar to our tissues.

**Did you know?**

Research has shown that bone broth is one of the world's richest sources of natural collagen, the type of protein that makes up about 30 percent of all of the proteins in our body!

Animal sources of protein include grass-fed meat, fish, pasture-raised eggs, and raw dairy. Egg protein is considered the highest quality protein of all foods. Many plant-based protein sources, however, are lacking in essential amino acids, making it important for vegetarians and vegans to eat a variety of plant-based protein sources throughout the day, like legumes, nuts/seeds, vegetables, and quinoa.

If you eat too much protein, the extra can be converted into sugar or fat in the body. So, calculate your needs. If you need more help, consider joining my Nourish + Flow group program starting Jan. 16. Visit www.UnlockBetterHealth.com for more info.


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# Leigh sees his future with Clemson

**By Rick Horner**
FAIRFAX COUNTY TIMES

Tristian Leigh has the world of football at his fingertips.

The young senior is considered to be one of the top recruits in the country and listed as number 11 by 247Sports.com. Leigh, the young 6'5", 270-pound offensive tackle from Robinson High School had been scouted by six different colleges.

This list included top-tier football schools like Alabama, Florida, Louisiana State University, Clemson, Ohio State, and Oklahoma. All these schools vied for Leigh to join their offensive lines.

On the Jan. 2 edition of NBC's "All-American Bowl: Declaration Day", the five-star rated Leigh made a decision under a national spotlight to commit to Clemson University. All-American Bowl is a show that spotlights top-tier talent choosing the schools that they've decided to play for.

"It starts up top with Coach [Dabo] Swinney and the message he brings down to the players, which is it's all a family," Leigh told NBC. "We do everything together and lose together and win together."

Scott Vossler is Leigh's football coach at Robinson and almost immediately recognized the young man's tremendous. Leigh's talent, size, and ability caught eyes at Robinson and eventually caught the eyes of many in the NCAA.

"Tristan is a hard worker and a good student," said Vossler. "He does what he's told to do the way he was taught to do it."

That attention to direction is a good trait to have for coaches, but a great player like Leigh is more than just an agreeable personality. Vossler lauded Leigh's natural abilities on the field which he will attest coaches don't it very often

"Tristan is a rare opportunity as a player, most coaches never able to coach a player like that. He's worked hard. But he can't rest on his laurels and he knows that. He knows he's going to be like everyone else once he gets there and he's ready for challenge." Said Vossler

Coach Vossler holds Leigh as an example not just for future players but for coaches as well.

"A player can only go as far as their ability, but they can learn to maximize their abilities. Coaches are only as good as their hardest worker." Said Vossler

Vossler holds Leigh as a shining example not just on the field but off the field as according to the coach the young prospect carries himself well off the field and treats others with respect and gives a great first impression.

"We'll miss him when he goes but we wish him the best of luck," said Coach Vossler of Leigh.



COURTESY PHOTO

# Langley beats Washington-Liberty 60-34

**By Rick Horner**
FAIRFAX COUNTY TIMES

The Langley Saxon's Varsity girls team met the Washington-Liberty Generals team on their home court. The Coronavirus pandemic is still keeping fans from attending but this game still had a few faces in the stands wearing masks and observing social distancing rules.

The first quarter saw Langley take control of the game by constantly penetrating the paint. The Saxons did blow a pass around the five-minute mark but even that mistake wouldn't stop their drive which would end with Langley taking the lead 20-11 at the end of the first quarter.

The second quarter would see the Generals get off to a good start with a nice free throw. But the Saxons would break the three-pointer out of their arsenal to expand their lead.

Washington-Liberty would tighten up their defense and held off Langley for a good four minutes until the Saxon broke through at the 1:21 mark. The Generals would bookend the quarter with another free throw but would end the quarter trailing the Saxons 33-15.

The third quarter saw back and forth action as each team answered each other shot for shot. It looked as though the Generals would kick things into another gear but as hard fought as the quarter was, they ended the quarter still trailing Langley 43-22.

The final quarter saw the Saxons turn up the heat and deny the Generals opportunities at the hoop. But by drawing fouls Washington-Liberty managed to get around the blockade with several completed free throws.

While it looked as though the Generals could muster a comeback the Saxon replied with a flurry of free throws of their own. The Saxon's final free throw of the game would round out the final score of 60-34 giving Langley a well fought but dominating win over Washington-Liberty.



COURTESY PHOTO

# OPINION

FAIRFAX COUNTY TIMES

# The positive impact of immunizations

Dear Editor,

As a pediatrician who has been taking care of children and families for 40 years, I have been able to witness advances in medicine that improve the lives of individuals and strengthen our communities. Of all the ways I have helped my patients, I consider providing immunizations as my single most important and impactful service, as part of a foundation for health and well-being. The COVID-19 pandemic has paralyzed us socially, economically, politically, and interpersonally and it is with great relief and expectation that we now have vaccines that can turn the tide and permit us to resume our lives with the freedoms and opportunities we so value.

The diseases we control through vaccination are devastating and world-wide. Polio, smallpox, major types of meningitis, measles, and many other communicable infections have caused more death, pain, and suffering that most of us know or understand. COVID-19 is another stealth killer that has devastated us through its ability to kill and create chronic illness in those who survive it. The virus has an uncanny ability to infect some without creating illness, leading to asymptomatic spread that has multiplied its impact in ways we could never have imagined or expected. It has been the most destructive force against humankind most of us will ever see, with no regard for race, creed, religion, or geography.

Before vaccines, the only ways we could try to control the spread of infection have been through quarantines and careful hygiene. Wearing a mask and social distancing is worth it, even if it reduces death and disease by a small degree. We owe this precaution to each other. Getting vaccinated is a bigger commitment but is the only way to liberate us from this scourge.

There are some who are vaccination hesitant, worried about the safety of the COVID-19 vaccine or some undiscovered side effect. I can only reassure them that the science and experience has been incredibly positive and reassuring. Millions have received it and the incidence of serious side effects is remarkably small. There are some who brill against the idea that they should be vaccinated and are of the mind set to refuse it if they suspect it is a challenge to their personal autonomy or constitutional freedom of choice. They may view it as a political statement. Vaccination is not a conspiracy or individual subjugation; it is a humanitarian solution.

There is a lot of misinformation about COVID-19, its origins, contagiousness, severity of illness, diagnosis, treatments, and the vaccine. It can be hard to understand or know unless you have seen it firsthand. Those of us who care for infected patients and their families know its reality.

We need to emerge from the socio-economic disaster the COVID-19 pandemic has imposed upon us along with its toll of human suffering. As a physician who has witnessed the positive impact of immunizations, I implore all to get immunized. It is the only way we can do it.

*Russell Libby, MD*
*Pediatrics Specialist*

# *Iran deal*

Dear Editor,

In striking a nuclear deal with Iran or North Korea, President Biden must not repeat the fatal flaw of the first Iran deal: It imposed a waiting period for the inspection of suspected sites. This would have allowed them to move the materials for making a nuclear weapon--such as enriched uranium--to a second site during the waiting period for the first site; then when the second site comes under suspicion, it will have a waiting period during which the material can be moved to a third site; and so on.

*Alex Sokolow*
*Reston, VA*

**If you have something to share, write the editor at chase@fairfaxtimes.com**

Fairfax County Times' Guide to
Arts & Entertainment



PETS:
WINTER AND
YOUR DOG!
Page B2



# Bringing the laughs to Alexandria

## *Felipe Esparza set for two fun nights at The Birchmere*

**By Keith Loria**
SPECIAL TO THE
FAIRFAX COUNTY TIMES

There hasn't been a lot to laugh about over the last year in our area, as the pandemic and political turmoil has created a lot of depressing days. But comedian Felipe Esparza wants people to consider 2021 a fresh start and find those laughs again.

Esparza will be performing at The Birchmere for two nights—Jan. 15 and 16—in a safe, socially-distanced setting, and he promises that people will leave in a good mood.

"I love topical stuff so I'll be talking about what I've been doing through the last couple of months and all this COVID stuff, but it won't be depressing," he said. "I love standup and I always have. It makes me happy and I want to make others happy."

He was inspired by watching Eddie Murphy, Sinbad and Howie Mandel, and saw how they dressed on stage and thought this was the job he wanted.

"It's casual Friday every single day," he said.

The comedian first burst onto the comedy scene by winning "Last Comic Standing" in 2010, and he is so grateful for the experience.

"It was my third time auditioning, and as they say, the third time is the charm," he said. "I rode to the Improv on my beach cruiser with my coat in a bag. When they told me I made it through, I was so happy. I popped on my bike and rode down Sunset."

Over the past decade, he's spent his time refining his set and touring around the country. He's made quite the name for himself in recent years thanks to stand-up specials like "They're Not Gonna Laugh at You" and appearances on TV shows such as "Superstore" and "The Eric Andre Show." Most recently, he recurred on Netflix's "Gentefied."

He was the first comedian to receive a Netflix deal for comedy specials in both English and Spanish. Esparza also hosts a popular podcast, "What's Up Fool?" on the All Things Comedy Network.

"I was the last comedian to film a special before the pandemic started," Esparza said. "I shot my special the same week Kobe Bryant passed away, and everyone was already sad, and we had a lot of Lakers fans in the audience. That should have showed us how the year was going to go."

During the pandemic, Esparza spent his time at his home in Beverly Hills, watching his wife—who has an MBA—teach his son and help him with Zoom classes.

"That's left me out, so I'm like the janitor in our home school," he said. "I'm just the class clown."

Obviously, there wasn't much work to do, as standup was pretty much dead from March through September. Esparza did manage to do a few live performances, but mostly stuck to doing his routine on his podcast.

"I did do a movie that will come out in March called 'Seventh and Union,' which is very COVID-related," Esparza said. "We took a COVID test every morning and did a temperature check after lunch, and they were really good at making sure we were all safe."

He also filmed three new episodes for the last season of "Superstore" and was excited to be a part of the NBC hit show. Last year, he also filmed a movie with Pauley Shore that came out later in 2020.

"I had a lot going on but I wasn't able to go on any TV shows to promote my stuff, so I had to do it all over Zoom," Esparza said. "I've done a lot on social media and that has helped people know more about who I am."

For those that follow Esparza on social media, they know a popular hashtag among his fans is #NotFelipe and people around the world post pictures that look just like him.

Looking ahead, Esparza hopes to be part of a sitcom as a "regular" instead of an "irregular," and he's been taking acting classes every Tuesday for the last five years to polish his skills.

"I can tell I'm getting better by the calls I'm getting," he said. "If you stick around long enough, people remember you and put you in things and don't forget about you."



STAY TUNED

# Marvel's 'WandaVision' is weird, wonderful fun

**By Melissa Crawley**
MORE CONTENT NOW

Horror in the nursery and on the streets of Naples returns, the queen of murder mysteries gets two specials and Marvel kicks off the TV arm of its film universe with a fresh, zany comedy.



Elizabeth Olsen and Paul Bettany star in fun new comedy "WandaVision." [Disney+]

### Dispatches: Weekly TV news

Roku has acquired the rights to the majority of Quibi's programming portfolio, which accounts for more than 75 shows. It will make them free to stream in 2021 on the Roku Channel.

### Contenders: Shows to keep on your radar

Set in a Miami hotel room, **"One Night in Miami"** (Jan. 15, Amazon) imagines a conversation between Cassius Clay (Eli Goree), Jim Brown (Aldis Hodge), Sam Cooke (Leslie Odom Jr.) and Malcolm X (Kingsley Ben-Adir) after Clay knocked out Sonny Liston in February 1964. Regina King directs.

Creepy horror series **"Servant"** returns for more scares of the infant kind (Jan. 15, Apple TV+). Lauren Ambrose plays a Type-A mom whose child is an actual baby or a baby-shaped doll, depending on the scene.

The TV section of the Marvel Cinematic Universe hits Disney+ with **"WandaVision"** (Jan. 15). The weird and funny story, which relies heavily on classic sitcom tropes, features secret superheroes Wanda Maximoff/Scarlet Witch (Elizabeth Olsen) and Vision (Paul Bettany) who start to suspect that something is off about their idealized suburban lives.

**"Batwoman"** starts its second season with Javicia Leslie in the title role following the unexpected exit of Ruby Rose (Jan. 17, The CW, 8 p.m. ET).

Agatha Christie wrote 66 murder mysteries, and several plays, including **"The Mousetrap,"** the longest-running play of all time. Her books have sold over a billion copies in English and a billion in translation. Millions of readers across the world know her characters but much less about the writer herself. Two new specials offer some insight on the prolific author. "Inside the Mind of Agatha Christie" (Jan. 17, PBS, 10 p.m. ET) uses her letters, manuscripts and notebooks to explain how her experiences shaped her stories while "Agatha Christie's England" (Jan. 24, PBS, 10 p.m. ET) explores the settings of her work and their connections to real places.

In the early 1960s, Perth, Australia was plagued by a series of murders. The media was convinced that a serial killer was on the loose and nicknamed him **"The Night Caller."** In a new true crime series of the same name, director Thomas Meadmore explores the case, the failure of the local police to connect the murders to one man until it was too late, and the devastating impact that the killer had on a community that eventually came together to hold the police accountable. "The Night Caller" premieres on Jan. 19 on Sundance Now.

The fight for control of the drug trade in inner-city Naples continues on the long-awaited third season of **"Gomorrah"** (Jan. 21, HBO). The story catches up with Genny and Ciro (Salvatore Esposito and Marco D'Amore) who are busy navigating a complex maze of secrecy and betrayal. For fans of gangster drama, it's a welcome return.

### Report Card: Ratings winners and losers

**Winners:** New comedy, **"Mr. Mayor"** (NBC), starring Ted Danson, debuted solidly in the ratings. Over 4 million viewers tuned-in for each of its first two episodes.

**Losers:** The potential **"Arrow"** spinoff about the Canaries will not go forward at The CW.

# The arts are in Fairfax

**By Dana C. Stewart**
SPECIAL TO THE FAIRFAX COUNTY TIMES

The year 2020 is over, and we can thank our creativity, innovation, and desire to connect for getting us to January. The arts community led the way in transitioning exhibits, classes, and experiences to an online format. It has not been easy, and the arts, like many in our community, struggle to meet their financial obligations while continuing to create opportunities for you and our community.

This year make a resolution to explore new art experiences. Just one hour a week will expand your mind, entice your creativity, and provide you with a connection to the art, an artist, and the arts community.

**New COVID Relief for the arts**

Federal relief for the arts is coming through the Consolidated Appropriations Act signed by the President in late December. The package includes grants for shuttered venue operators providing $15 billion for the Small Business Administration to make grants to live venue operators, theatrical producers, museum operators, and others. The bill also provides a second loan from the Paycheck Protection Program for smaller and harder-hit businesses and specific non-profit organizations. Visit sba.gov for additional information.

**ArtsFairfax Offers Recovery, Innovation and Access Series**

The 2021 ArtsFairfax WORK-SMART: Recovery, Innovation and Access Series begins with a February 4, 2021, 12:00 p.m. community round table exploring building inclusion, diversity, equity, and access to arts sector recovery. ArtsFairfax invites the entire community to participate. The workshop is free, but registration is required. Visit artsfairfax.org for more information.

**COVID-19 Pro Bono Collaborative**

The Fairfax County Economic Development Authority (FCEDA) is partnering with the Northern Virginia Pro Bono Law Center and Start Small Think Big on the COVID-19 Pro Bono Collaborative, an initiative to provide free legal assistance to small businesses in Northern Virginia during the COVID-19 pandemic. The initiative includes help with federal assistance, grant and loan programs, leases, and employment issues. Visit fairfaxcountyeda.org for more information.

**Art Works for Virginia 2021**

The Virginia Commission for the Arts annual conference, Art Works for Virginia 2021, is offered free this year, but participants must register. The theme, A New State of the Arts: Reimagined, Reinvented, Restored, will be online January 26-28. Register at arts.virgina.gov.

**Sam Nester: *Arcadia***

Murals at Mason public art project Elements 2020 presents Sam Nester's Arcadia. Arcadia creates a stream of non-repetitive music and light by capturing the natural biorhythms of Virginia native plants and converting them through a Musical Instrument Digital Interface (MIDI) into sound and light signals. Livestream Arcadia at masonexhbitions.org or the outside of George Mason University's President's Park Hydroponic Greenhouse (Building 26 on Fairfax Campus Map) with your own headphones/speaker."

# Community Information

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

**Adventures in Learning** Register for a variety of virtual classes presented by the Shepherd's Center serving Oakton-Vienna-Reston-Herndon. For a full class schedule visit scov.org/ail. Registration deadline is January 19. Classes begin Jan. 21 and continue through March 11. Cost is $45.

**Family Hilltop Outing** Hop back in time to discover a life in days past. Master old-fashioned children's games. 2:30 p.m. Jan. 15. Cost is $8. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit https://bit.ly/3bzeVgT.

**Community Service Project** RCC is partnering with Reston Association, Cornerstones and The Closet for small, socially distanced community service projects. Volunteers will sort items from The Closet and make bag lunches for the Embry Rucker Community Shelter. Weather permitting, additional volunteers will be outside doing clean up on the paths around RCC Hunters Woods. All projects take place Jan. 16 and 18. To register, contact Ha Brock at 703-435-7986 or habrock@reston.org.

**Venona** Learn how an astonishing and closely-held work of decryption led us to the atomic spies, the Cambridge Five and much more in this virtual event with the Cold War Museum. 2 p.m. Jan. 17. Cost is $20. To register visit https://bit.ly/2LNVsOH.

**African Americans at Walney** Hear the names and stories of many African American families who lived at Walney during this walking tour and learn about their stories of resistance and survival. 2 p.m. Jan. 18. Cost is $7. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3i83jTr.

**Women Who Lead** Speaker Series presented by the Junior League of Northern Virginia features Vicki Warker in this virtual event. 7 p.m. Jan. 19. Cost is $20. For more information visit https://bit.ly/39oydTC.

## ONGOING

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

**Virtual Active Aging** Exercise Classes include low-impact aerobics, balance, coordination and stretching. Wednesdays through February 24 via Zoom. For more information contact Casey Tarr at 703-821-6838 or email at eileentarr1@verizon.net.

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

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

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

# Art News

**Rayne** this quartet brings Americana and Roots Rock to the A Song & A Slice series. Doors open at 6:30 p.m. Show is at 7:30 p.m. Jan. 16. Free, but donations are accepted. Jammin Java, 227 Maple Ave. E., Vienna. For more information visit https://bit.ly/2XA6REM.

**Keeping the Dream** Celebrate the life and work of Dr. Martin Luther King Jr. at this virtual performance with the Reston Symphony Orchestra on the RCC YouTube channel Jan. 16 at 2 p.m. Visit https://bit.ly/3sjrxyL.

**Akua Allrich and the Tribe** Jazz vocalist and Washington, DC, native performs Jan. 17 at 2 p.m. Tickets are $15 to $30. To comply with current public health guidelines, the seating capacity of the CenterStage is limited, mask-wearing is required, and other strategies will be in place to promote safe attendance. Center Stage, 2310 Colts Neck Rd., Reston. For more information visit https://bit.ly/35zGYJD.

**Chamber Music at the Barns** presents this streaming concert featuring David Shifrin on the clarinet. 3 p.m. Jan. 17. Free. Streams until Jan. 24. For more information visit https://bit.ly/3sl3rUg.

**Couples Therapy** is your scheduled appointment to laugh about relationships and single strife. Doors open at 6 p.m. Show is at 7 p.m. Jan. 21. Tickets are $20. Jammin Java, 227 Maple Ave. E., Vienna. For more information visit https://bit.ly/3oDL36X.

**Fiber Art** 5 Ways showcases the different approaches to the use of fabric and thread to make original artistic statements that may be new to those used to thinking of quilts as simply bedcoverings. On exhibit through Jan. 31. Free. Jo Ann Rose Gallery, 1604 Washington Plaza North, Reston. For more information visit https://bit.ly/37Vn9h6.

**Art Classes** The Workhouse Arts Center offers a variety of classes both in person and online. For more information visit https://bit.ly/3rZB2Da.

MOVIEW REVIEW

# HBO's documentary on Tiger Woods aces it

**By Ed Symkus**
MORE CONTENT NOW

Forget the ludicrous mini-series "Tiger King," which premiered right around the same time as the pandemic hit America. Forget Tony the Tiger, whose voice and visage have sold millions of boxes of Frosted Flakes. Forget, if you're an old hippie, Tiger Balm, the cooling, menthol-infused cream you and your friends would dab on your forehead after passing around a joint.

The only thing that the word Tiger should conjure up is Tiger Woods. But even if that does happen, what thoughts come next? For followers of the tabloid press, it could be that he was the first Black professional golfer (false), or he was a philanderer (true), or a sex addict (true). But as sports fans and folks who make use of more mainstream news sources (who certainly didn't ignore the disreputable side of the story) know, Eldrick "Tiger" Woods was, in his prime, one of the greatest players ever to hit the links.

HBO's two-part, three-hour documentary "Tiger" (Part I, Jan. 10; Part II, Jan. 17) covers a lot of ground in telling of the man who really did change the game. Using footage as far back as when he was on "The Mike Douglas Show" demonstrating drives at the age of 2, and up to him competing in the 2019 Masters Tournament, co-directors Matthew Hamachek and Matthew Heineman paint a celebratory warts-and-all picture of the ambitious and talented and troubled athlete.

Eschewing a chronological approach to the Woods story, the film jumps all over the place for the sake of drama, detail, and a deeper understanding of his character. The directors hint of that method right near the beginning, when they flash three clips of him: playing as a little kid, winning as an adult, and handcuffed.

Part I focuses on Tiger's relationship with his dad, Earl, who taught him, shaped him, pushed him into being the best he could be, supposedly starting when he was 8 months old. It's not long before Tiger's blooming career seemed to be more of Earl's vision than young Tiger's.

Amazing footage of his wins as an amateur and later a pro are accompanied by insightful talking heads segments with people who have known him, have worked with him, have reported on him, among them his high school girlfriend Dina Parr, his former caddy Steve Williams, and sports journalist Bryant Gumbel.

The film never shies away from the cultural aspects of what Woods went through and inevitably helped to change. After turning pro and getting a big endorsement from Nike, the company decided to play the race card in their ads, with one of them showing him and, in printed words, asking, "Are you ready for me?" in reference to a Black man becoming a star in a white man's game. It just didn't matter to fans. They all ate him up, swarmed him for autographs, were blown away by his violent swings and insane putts.

Included in Part I are Tiger's press conference admission that he missed his privacy, some tension in the father-son relationship, his surprise marriage to Swedish fashion model Elin Nordegren, and the death of Earl.

Part II gets into darker territory, and a dive into marriage problems caused by Tiger's introduction to the anything goes world of Las Vegas, and a developing interest in other women, sometimes many other women, often at the same time.

While plenty about him is revealed, the filmmakers, to their credit, don't go overboard in presenting it as sleazy business; they don't OK or gloss over his activities, but they give him a partial benefit of the doubt by pointing out that he was dealing with an addiction.

Still, he remained a great champ, piling up wins, trophies, endorsements, and even more fans. But, as Steve Williams eventually says, time had taken its toll on Tiger Woods being Tiger Woods. Some of that came in the form of leg and knee problems, some was due to personal demons he had been ignoring through the years, one big dilemma evolved out of his lengthy affair with Rachel Uchitel, who many people believed was his "main" mistress. Some of the most intriguing parts of the film are of Uchitel explaining her side of the story, right to the camera.

It's difficult to believe that through it all, he continued to be what one reporter called a "winning machine." Until things caught up with him, until all hell broke loose in his life. Until, with comedians milking his downward turn, and paparazzi making the people close to him miserable, he hit bottom and knew the only way out was to try to climb back up.

This is a story that's as dark as it is triumphant. Things got worse for him before they got better. Here's a hint of where it goes. As he's competing in his attempted comeback at the 2019 Masters, an announcer says, "The impossible has become possible."

Part I of "Tiger" premieres on HBO on Jan. 10 at 9 p.m. Part II is on Jan. 17 at 9 p.m.





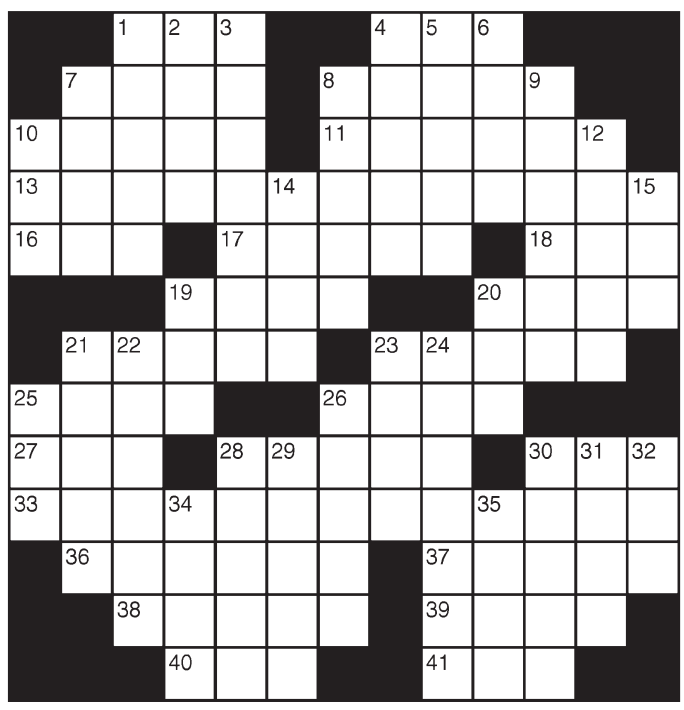
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## King Crossword



**ACROSS**
1 Opening
4 Cartoon frame
7 Vend
8 "Dallas" matriarch
10 Sleep problem
11 Court hammers
13 1998 Bruce Willis thriller
16 Shock partner
17 Hoodwinks
18 Water tester
19 Gum flavor
20 Roll call reply
21 Fry lightly
23 Belted area
25 Cooking fat
26 Uttered
27 Chemical suffix
28 Up and about
30 Quilters' get-together
33 Wimbledon champ of 2008
36 Wife of Jacob
37 Edition
38 Nodded off
39 D.C. baseball team
40 Picnic crasher
41 Ram's mate

**DOWN**
1 Category
2 Sir Guinness
3 Enthusiastic approval
4 County of Ireland
5 Graceland idol
6 Fibs
7 Gush
8 Pharaoh's land
9 Upper crust
10 Docs' org.
12 Bull's sound
14 Ancient letter
15 "My word!"
19 Wet dirt
20 Secreted
21 Less loony
22 Sports venues
23 Banshee's cry
24 Delta, for one
25 Actress Tyler
26 Long-legged shorebird
28 Wan
29 Used a broom
30 Butter up the turkey
31 Flightless birds
32 Compass pt.
34 Bruins' sch.
35 Caesar's "vidi"

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FROM THE DOG'S PAW

# Winter and your dog!



IOVOVNA / UNSPLASH

**By Noah!**
SPECIAL TO THE FAIRFAX COUNTY TIMES

Woof! The winter weather snuck up on me this year. It brings challenges for dogs and humans, especially for those who recently adopted a dog. So far, we haven't had much snow, ice, or freezing weather days. Barkingly, it's best to be prepared though and have a plan.

BARKS! In the cold weather, dogs and cats should never be left outside! Not even if they have a dog house or a place to hide! Many humans believe dogs and cats are less bothered by the cold weather because of their fur. Nope! Barks, cats and dogs are susceptible to frostbite, hypothermia, and just being downright cold! Even the longer-haired and thick-coated breeds which were bred for colder climates should not be left outside for long periods! Have crates prepared indoors to bring dogs inside.

Barkingly, one of the most impawtant issues with cold weather and dogs is their tolerance. Woofs, not all pups are created equal, nor is every winter storm or the elements making up the weather. Woofing, you need to know what you do to keep your individual dog safe and healthy! Paws, the first step is to have a wellness exam with your pet's Veterinarian. Ask about your specific dog's tolerance for the cold weather. This will allow you to plan before taking Fido outside! Woofs!

Paws, I have a short-hair coat, so Dad bought me a beautiful flannel coat that looks like a horse coat- I look so handsome! I wear it outside when the temperatures are around freezing. Barkingly, Dad spent time paying attention to me when I get cold and puts the coat on as needed. Some windy winter days when the temperatures are in the 40s, maybe 50s can be challenging! He knows I do not like it, so he doesn't make me wear it any more than I need. Barks.

As dog's age, like humans, we can develop arthritis, it becomes harder to maintain body temperatures, and other issues that make it harder to enjoy cold weather. I have had some arthritis in my left paw, which makes being outside in the cold weather more challenging. We tend to take shorter walks on frigid days. Barkingly, there are products, way too embarrassing for me, such as booties for paws, and sweaters that help keep dogs warm.

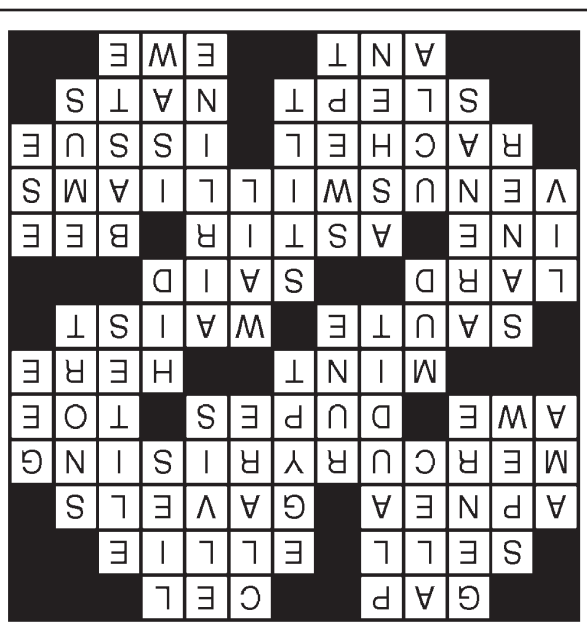
Barkingly, always pay attention to the weather forecast before heading out, especially for one of those long walks. Paws, several years ago, our area was hit by a Polar Vortex. It was so cold my doggie-snot froze- not pretty nor fun. This weather condition made it very dangerous for me, not to mention my human, to be outside for very long, so our walk was cut very short. Ice is another factor that can be dangerous when walking. While some dogs will trot across it, others may have challenges that could cause them harm.

WOOFs, humans walking their dogs on public sidewalks and paths should be on alert for de-icing compounds and the like. Barkingly, many humans over-treat their sidewalks to make it safe to walk on. Growls! It makes it easier for the dogs to get the product in their paws, or between their toes, and pawssibly become ill by licking them later. Look ahead as you walk Fido to avoid those areas. If you cannot, make sure you clean your dog's paws before they have a chance to do it themselves. At the end of your walk, check your dog's paws for ice embedded between toes, frostbite, and any chemicals. Barkingly, humans who maintain the sidewalks or driveway aprons should consider using products that are non-toxic to pets, and mini-humans too, such as sand.

Paws, cats who roam the neighborhood at night are often looking for a warm place to sleep. A car engine's warmth can be attractive to an animal looking for a place to warm up. Barkingly, humans should get into the habit of making noises in the winter months, such as pounding on the hood and opening and shutting the car doors to alert any animals sleeping on the car engine.

Barkingly, my friends who are Huskies and St. Bernards reading this article should prepare their humans with extra winter clothing and warm boots so they can enjoy the winter weather as much as you! Barks!

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



— King Crossword —

Answers

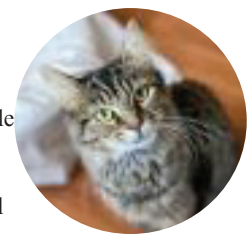
Solution time: 24 mins.

ADORABLE ADOPTABLES

## The Feline Foundation

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

### Barbie



**Breed:** Domestic medium hair
**Age:** 1 year **Gender:** female spayed
Barbie recently gave birth to 6 adorable kittens. She was a great mom and is now ready for her own forever home. Barbie is a petite kitty with a furry tail who enjoys being pet, playing, and hanging in her cat tree watching the happenings outside the window. We think she would be ok with other cats.

### Bonnie



**Breed:** Domestic short hair
**Age:** 2 year **Gender:** female spayed
Bonnie is a petite little girl full of love to give. She has the softest bunny fur and loves her head butts and chin rubs. Bonnie was given up at a rural shelter when someone thought she was pregnant and didn't want her. Don't miss out on this snuggly and soft little girl!

### Midnight



**Breed:** Domestic short hair
**Age:** 3 months **Gender:** female spayed
This sleek black beauty enjoys playtime with her brother Chester. They both came to FFGW from a rural shelter and are looking for a new home together. They are easy going and friendly kittens who can't pass up a good lay to lie on.

### Chester



**Breed:** Domestic short hair
**Age:** 5 months **Gender:** male neutered
This sleek black beauty enjoys playtime with her brother Chester. They both came to FFGW from a rural shelter and are looking for a new home together. They are easy going and friendly kittens who can't pass up a good lap to lie on.

### Mrs. Claus



**Breed:** Domestic short hair
**Age:** 1 year **Gender:** female spayed
Mrs. Claus is ready for a home for the New Year. Mrs. Claus is a sweet affectionate lady who raised two kittens and is ready to be pampered. She likes to play with her kittens as she's a youngster herself. She purrs, loves to be with people and take in as much attention as she can. She has a quiet meow but likes to talk when she is happy to see you.

### Bijou



**Breed:** Domestic short hair
**Age:** 6 months **Gender:** femaled spayed
Like her namesake, Bijou is small and elegant. Bijou is a bit shy at first, but quickly warms up to new people in her life. She is a sweet tempered, playful and curious girl who wants nothing more than to spend time with her people whether that's napping together, playing with wand toys or hunting "prey".






# Business & Services Directory

Contact Karen Washburn for all your Business & Services section needs • Phone: 703-994-4940 • Email: kwashburn@fairfaxtimes.com


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Former IRS Attorney
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Amended & Late Returns • Back Taxes • IRS Audits
Civil Litigation • Business Law • Contracts
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**www.beastonlaw.com**


# Classified

Contact Karen Washburn for all your Classified section needs • Phone: 703-994-4940 • Email: kwashburn@fairfaxtimes.com

## Legal Notice Legal Notice Legal Notice 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, January 19, 2021 at 7:00 p.m. and a public hearing on Tuesday, January 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

**Ordinance**, to approve the dedication of right-of-way for public street purposes on Town-owned property located in the northeast quadrant of the intersection of Herndon Parkway and Van Buren Street, known as Haley M. Smith Park at 320 and 324 Van Buren Street, Fairfax County Tax Map #: 0164-02-0002.

**Resolution**, to consider a special exception, **SE #20-03, 763 Dranesville Road,** to permit an accessory dwelling unit as an accessory structure associated with a single-family residence in an R-15, Residential Single Family District. The accessory dwelling unit would be located above the existing detached garage. The property is designated in the Herndon 2030 Comprehensive Plan as "Neighborhood Conservation." The property is located within the boundary of the Town of Herndon Historic District. The property is located on the southwest corner of the Dranesville Road and Third Street intersection and is approximately 22,000 square feet in area. Fairfax County Tax Map Number: 0104 03110006A. Applicant: Thomas J. O'Neil, O'Neil Architects, Inc. Owners: Leland D. Ewers, Mary Jo Ewers.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

TOWN OF Herndon VIRGINIA

**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold a work session on Monday, January 11, 2021, at 7:00 p.m. and a public hearing on Monday, January 25, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work sessions and public hearings may be by electronic means.

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

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

**APPLICATION FOR A SPECIAL EXCEPTION – SE #20-04, 459 Herndon Parkway, Suites 7 & 8, Christ Fellowship Church**, to consider a special exception to permit a religious institution with a capacity of 300 or fewer persons. The property is zoned O&LI, Office & Light Industrial, and is designated in the Herndon 2030 Comprehensive Plan as "Regional Corridor Mixed Use." The property is located within the Parkway Crossing Condominiums and on the southeast side of Herndon Parkway approximately 350 feet from its intersection with Spring Street. Fairfax County Tax Map Reference Numbers: 0164-22-0007 and 0164-22-0008A. Applicant: George Churchwell. Property Owner: HLI Group LLC. Prospective Purchaser: Walter Hamilton, III, Christ Fellowship Church. **(Continued from December 14, 2020 Planning Commission public hearing.)**

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 6, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

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, January 19, 2021 at 7:00 p.m. and a public hearing on Tuesday, January 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

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, January 19, 2021 at 7:00 p.m. and a public hearing on Tuesday, January 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

**Ordinance**, to approve and authorize the Mayor to sign a third lease amendment with New Cingular Wireless PCS, LLC d/b/a AT&T Mobility Corporation to revise the premises description, approved equipment list, use of premises, drawings, and the Town's contact information at the Town's Alabama Drive Water Tower.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning January 15, 2021, after 3:00 p.m.

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Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 8 and January 15, 2021

## Lease Available Lease Available

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

## Help Wanted Help Wanted

Advansys, Inc., Herndon, VA, seeks Software Engineer. Visit http://www.advansysinc.com/careers.html for reqmnts & to apply online. Or mail resume to 722 Grant Street, Suite I, Herndon, VA 20170.

IT Professionals (Chantilly, VA) Ent. Lvl to Sen. Lvl DBAs, Pro. Analysts, QA Analysts, SAP ABAP Conslts. are needed for our Chantilly, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Ven Soft LLC, 4221 Walney Rd, Ste # 500, Chantilly, VA 20151.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Senior Professional Product Test in Tysons, VA (Ref. #5038048 ). Develop automation tests for Responsive Web Design Applications using Selenium, Bobcat and Cucumber. Lead design and development of test cases for different Modules in KP.org AEM (Adobe Experience Manager) implementation. Telecommuting permitted. Position requires up to 50% travel to various unanticipated locations throughout the US. Mail resume to CSC Covansys Corporation, 3400 N. Central Expressway, Richardson, TX 75082. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

## Legal Notice Legal Notice

**[(Full name(s) of owner(s)]:** TH Big Buns LLC

**Trading as:**
Big Buns Damn Good Burgers
1908 Reston Metro Plz Ste C
Reston, Fairfax County, VA 20190

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

Alireza Azima, CFO

**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.**

3007943 (01-08-21, 01-15-21)

**[(Full name(s) of owner(s)]:** Pho Vietfresh LLC

**Trading as:**
Pho Vietfresh
13340 Franklin Farm Rd. Ste. B
Herndon, Fairfax County, VA 20171

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

Tam Nguyen, Owner

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

3007957 (01-08-21, 01-15-21)

**[(Full name(s) of owner(s)]:** Thompson Matchbox Ventures LLC

**Trading as:**
Matchbox Reston
1900 Reston Metro Plz Ste 100
Reston, Fairfax County, VA 20190

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

Alireza Azima, 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.**

3007956 (01-08-21, 01-15-21)