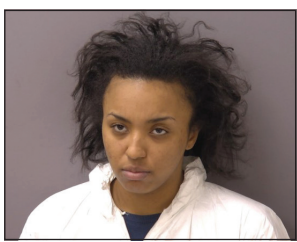
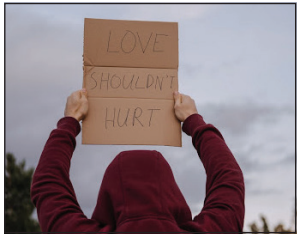


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HONORING BLACK HISTORY MONTH



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25¢ NEWSSTAND PRICE

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Governor signs SB739 into law

Bi-partisan bill creates parental opt-out for school mask mandates

By Heather Zwicker
FAIRFAX COUNTY TIMES

It was a cool, sunny day Wednesday on the Capitol steps as a mask-less crowd of parents, children, legislators and cabinet officials gathered to witness Governor Glenn Youngkin sign Senate Bill 739 into law.

The legislation, which permanently mandates both in-person education in Virginia, and a parental opt-out for masks, first arrived at the governor's desk last week after passage in the House of Delegates, but was sent back for another vote after Youngkin added an emergency clause so the law would take effect immediately, rather than July when most new laws take effect in Virginia.

The updated bill passed in the Senate with a vote of 21-19, and was approved on the House floor with a vote of 52-48.

"I just want to start by saying how wonderful it is to see your beautiful faces," said Senator Siobhan Dunnivant (R-Henrico) bill sponsor, eliciting cheers from the crowd at the Capitol on Wednesday. "This has



been a long time coming. Listen, it is time to stop putting kids last and I am going to tell you that decisions about protecting yourself in health are never made well globally because we're all different. This is a decision that needs to be made individually." The senator went on to say that political entities need to get out of these types of decisions, parents are perfectly capable. She thanked everyone for their calls and support. "Children have not

only suffered learning loss, they've suffered relationship loss," said the governor. "Now's our chance to give all parents the right to make decisions that we know they have, to put it into law. This is not about any individual, it's about us. Today we are reestablishing and restoring power back to parents. But we are also reestablishing our expectations and we will get back to normal and this is the path." He then thanked everyone in the crowd and signed the bill

into law. After the signing, Youngkin gave his pen to a student from Wayneswood Elementary School. She had been suspended for not wearing a mask for the ninth time Wednesday morning. Fairfax County Board of Supervisors Chairman Jeff McKay posted to social media on Tuesday decrying the fact that 80 percent of the General Assembly doesn't directly represent the county. "FCPS is funded primarily by local taxpayers, yet the GA is not allowing

decisions like masking (for starters) to be made by our schools," he tweeted. Although some people agreed with McKay, there were others who didn't and many called him out. "Are you implying that the Senator who brought the amendment to SB739 isn't the same Senator who represents Fairfax? Who's also a FCPS parent? That has friends, family, neighbors & constituents that are also

See SB739, Page A4

Man hospitalized after officer-involved shooting



By Heather Zwicker
FAIRFAX COUNTY TIMES

A man is recovering in the hospital after an officer-involved shooting in Lorton Tuesday morning.

The Fairfax County Police Department received a call for service after a resident reported a suspicious van being parked in the 8300 block of Fitt Court for a prolonged period. The van was not known to the community but had been parked there for at least 24 hours, according to Fairfax County Police Chief Kevin Davis.

Officers responded to the call shortly after 8 a.m. and ran the license plate, which was determined to have been stolen

in North Carolina, and called a towing service to come and get the vehicle. Davis said the police officers had been on the scene for quite some time before encountering the van's occupant, who had been inside the entire time. After the tow truck driver arrived and they got ready to tow the vehicle, the occupant a 34-year-old man armed with a carbine-style rifle opened the driver's side sliding door and pointed it at officers, according to Davis. "A carbine rifle is nothing more than a short-barreled rifle," said Davis. "It had a magazine of 9mm

See SHOOTING, Page A6

POSITIVE Vibes BY JAYA PATIL • Fairfax County Times

Hope for the warriors

Local man finds way to give back, bring awareness



In 2013 the Department of Veterans Affairs reported an average of 22 veterans a day committed suicide between 1990-2010. It's a sobering number that has evolved into "a challenge number to support mental health for veterans," said Navy Veteran Jake Welch.

Nearly 10 years since that statistic was published and stuck around military circles, Welch was one of those to accept the challenge. "I have the time, effort, and desire to do it," Welch thought when, in the fall of 2020, he felt the inspiration to manifest his miles spent cycling into something that serves—22 miles a day for a year.

See WARRIORS, Page A4

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PUBLIC SAFETY



COURTESY PHOTO
Kaitlynn Nicole Nicholas

Woman in custody after fatal shooting

A 39-year-old man died Feb. 10 in a fatal shooting that occurred in a parking lot of an apartment complex.

Officers responded at 8:12 p.m. to the 3300 block of Willow Crescent Drive in Fairfax for the report of man who was shot in the upper body. Community members heard a man and a woman arguing outside followed by a single gunshot. A woman was seen running from the scene as a community member called 911.

Officers found Johnny Lee Robinson III, of Leesburg, suffering from a gunshot wound to the upper body. He was taken to a nearby hospital where he was pronounced deceased. Fairfax County Police officers, along with K9 officers, and a police helicopter responded and immediately began canvassing the area.

During the search, officers found a suitcase as well as a firearm believed to be related to the shooting. Surveillance footage was obtained from the apartment complex and based on the video, detectives believed the man and woman appeared to be known to each other and the shooting was not a random act.

Detectives determined the man and woman left an apartment prior to the shooting. Neither resided in the apartment complex and witnesses were able to provide information about the identity of the victim and the suspect, Kaitlynn Nicole Nicholas, 23, of Harrisonburg. Later that evening, detectives obtained a warrant for second degree murder and use of a firearm in the commission of a felony for Nicholas.

FCPD detectives from the Fugitive Track and Apprehension Unit and officers from the Harrisonburg Police Department took Nicholas into custody Feb. 11. She is currently being held in the Rockingham County Regional Jail without bond.

Detectives are asking anyone with additional information about this crime to contact them at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

This is the third homicide of the year in Fairfax County. Year to date, there was one homicide at this point in 2021.

Springfield woman arrested

The victim saw a woman hitchhiking in the 6700 block of Loisdale Road and picked

her up in his 2021 Honda CRV at 4:25 p.m. Feb. 10. The victim stopped at a store, exited his car with the vehicle running.

Kayla Barb, 34, of Springfield got into the driver seat and drove away. An officer saw the stolen CRV nearby and made a traffic stop, arresting the woman. She was charged with grand larceny and driving without a license.



COURTESY PHOTO
No one was injured in fire

Herndon house fire caused by electrical event

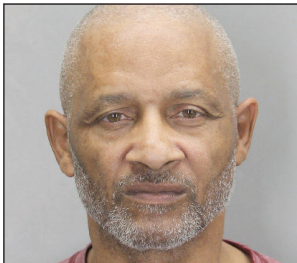
The Fairfax County Fire and Rescue Department and Loudoun County Fire and Rescue Service, were dispatched for a reported house fire in the 12100 block of Eddyspark Drive in Herndon at approximately 11:44 a.m. Feb. 5.

Units arrived on the scene of a two-story, single-family home with fire visible on one side of the house. The fire was extending into the attic. Crews worked quickly to extinguish the fire. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. Both occupants were in the family room when they heard a loud explosion outside. One occupant then noticed smoke visible in the backyard. Upon further investigation, he noticed fire coming from the AC disconnect outside the home. He then called 9-1-1. Both occupants self-evacuated prior to fire department arrival. Smoke alarms were present but did not sound due to the location of fire.

Fire investigators determined that the fire was accidental in nature and started on the exterior of the home. The fire was caused by an electrical event involving the AC disconnect box.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$100,000, which included a small amount of property damage to a neighboring house.



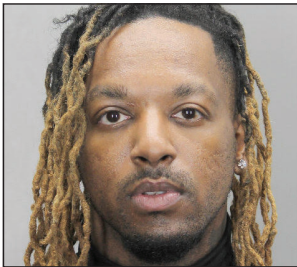
COURTESY PHOTO
Gregory Edmondson

Maryland man charged with robbery

A man entered the CVS at 1636 Belle View Boulevard

and took property Feb. 5 at 4:57 p.m.

As he was exiting, the store manager tried to stop him. The man displayed a knife then left the store. Officers quickly found Gregory Edmondson, 60, of Maryland nearby, placed him under arrest and charged him with robbery/homicide at this point in 2021.



COURTESY PHOTO
Nathaniel Robinson



COURTESY PHOTO
Ricardo Ball

Two D.C. men arrested on several charges

A man stole property from a store inside Tysons Corner Center at 1961 Chain Bridge Road Feb. 8 at 5:55 p.m.

As officers were investigating, the man's vehicle was found in the parking garage, and determined to be stolen during a carjacking in a nearby jurisdiction. Three men returned to the car and were arrested. A loaded handgun was found on one of the men and determined to be stolen. Nathaniel Robinson, 33, of Washington D.C., was charged with receiving stolen property, possession of burglarious tools and three counts of petit larceny. Ricardo Ball, 29, of Washington D.C. was charged with grand larceny, possession of a stolen firearm, possession of a concealed weapon, obstruction of justice, and improper registration.



COURTESY PHOTO
Fire was in the Oakton area

Smoke alarms alert residents to fire

Fairfax County Fire and Rescue and the City of Fairfax Fire departments were dispatched for a reported house fire in the 2600 block of Lake Ridge Court in the Oakton area at approximately 5:15 a.m. Feb. 2.

Units arrived on the scene of a one-story, single-family

home and found fire in the basement. The fire was rapidly extinguished. There were no civilian or firefighter injuries reported.

Two occupants were home at the time of the fire. One occupant woke to the sound of the smoke alarm and, upon investigation, discovered smoke in the basement. 9-1-1 was called, after which both occupants self-evacuated.

Fire investigators determined that the fire was accidental in nature and started in the basement. The cause of the fire was an electrical event involving the overhead lighting.

Two occupants were displaced because of the fire. Red Cross services were offered but declined. Damages as a result of the fire were approximately \$25,000.



COURTESY PHOTO

Customs and Border Protection officers seized \$29,900 in unreported currency at Washington Dulles International Airport Feb. 8, from a man who arrived on a flight from Ethiopia.

Dulles CBP seizes nearly \$30K in unreported currency

U.S. Customs and Border Protection (CBP) officers seized \$29,900 in unreported currency from a man who arrived on a flight from Ethiopia at Washington Dulles International Airport Feb. 8.

CBP officers interviewed the Congolese national traveler and explained the U.S. currency reporting law to him. The traveler declared both verbally and in writing that he possessed \$10,000. During an inspection, CBP officers discovered a total of \$29,900 in the man's possession.

CBP officers seized the currency for violating U.S. currency reporting laws, then released the man. CBP is not releasing the traveler's name because he was not criminally charged.

There is no limit to how much currency or other monetary instruments travelers may bring to or take out of the United States; however, federal law [31 U.S.C. 5316] requires travelers to report all currency \$10,000 or greater to a CBP officer and captured on U.S. Treasury Department form (FINCEN 105).

"The consequences for violating U.S. currency reporting laws are severe; penalties may include seizure of most or all of the traveler's currency, or potential criminal charges," said Daniel Escobedo, CBP's area port director for the Area Port of Washington, D.C. "Customs

and Border Protection strongly encourages all travelers to be well informed of their role in CBP's international arrivals inspection process at CBP's Travel website."

CBP officers have observed that smuggled bulk currency may be the proceeds of illicit activity, such as proceeds from the sales of dangerous drugs or revenue from financial crimes, and officers work hard to disrupt transnational criminal organizations by intercepting their currency smuggling attempts at our nation's borders.



COURTESY PHOTO
Jay Abdallah

Alexandria man arrested in Fairfax

City of Fairfax Police officers responded to the 10600 block of Judicial Drive at approximately 5:30 p.m. Feb. 11 for the report of a subject trespassing. Officers located the subject nearby. The subject was identified and returned as having an active warrant out of Maryland.

Jay Abdallah, 31, of Alexandria, was taken into custody and transported to the Fairfax County Adult Detention Center where he was charged with being a fugitive from justice. Abdallah was held on a \$15,000 secured bond.

Arlington man arrested after traffic stop

A City of Fairfax Police officer on patrol observed a traffic violation which resulted in a traffic stop at Fairfax Boulevard and Warwick Avenue Feb. 13 at approximately 1:07 a.m.

An investigation revealed that the violating driver was intoxicated. Kevin Cifuentes Hidalgo, 19, of Arlington, was arrested and transported to the Fairfax County Adult Detention Center where he was charged with Driving under the Influence. Cifuentes Hidalgo was held until sober.

Falls Church woman arrested for trespassing

City of Fairfax Police officers responded to 7 Eleven at 9617 Fairfax Boulevard for a trespassing at approximately 12:35 p.m. Feb. 13.

The reporting person stated that a subject previously trespassed was on the property. Officers located and identified

the subject in front of the business. Sarah Hardy, 66, of Falls Church, was issued a summons for Trespass.



COURTESY PHOTO
The cause of the fire was electrical

Woodlawn house fire injures one

Fairfax County Fire and Rescue units responded to a house fire in the 8100 block of Norwood Drive in the Woodlawn area Feb. 12 at approximately 6:08 a.m.

Crews arrived on the scene of a two-story, single-family home with smoke showing. Firefighters quickly advanced one (fire) hose line to the first floor and extinguished the fire. One occupant was transported to the hospital with non-life-threatening injuries. There were no reported firefighter injuries.

One occupant was home at the time of the fire. The occupant was on the second floor when she heard a noise downstairs. Upon investigation, she observed fire in the living room. She then self-evacuated through the front door. The smoke alarm activated after the occupant was aware of the fire. Smoke alarms were monitored by an alarm company who then notified 9-1-1.

Fire investigators determined that the fire was accidental in nature and started in the living room. The cause of this fire is electrical in nature.

One occupant was displaced because of the fire. Red Cross assistance was offered and accepted. Damages as a result of the fire were approximately \$187,500.



COURTESY PHOTO
Rubaa Ahmad

Springfield woman arrested for alleged third DUI

A City of Fairfax Police officer on patrol observed a traffic violation at Old Lee Highway and Fairfax Boulevard which resulted in a traffic stop at approximately 2:03 a.m. Feb. 10. A subsequent investigation revealed that the violating driver was intoxicated.

Rubaa Ahmad, 28, of Springfield, was arrested and transported to the Fairfax County Adult Detention Center where she was charged with Driving under the Influence (Third offense) and Refusal. Ahmad was held on no bond.

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PEOPLE AND PLACES

GMU establishes Mason Center for the Health Workforce

George Mason University has established the **Mason Center for the Health Workforce** to address the shortage of and immediate need for health workers in Virginia. Directed by PJ Maddox and Caroline Sutter, the Center will also support the development and delivery of public/private strategies to optimize physical and behavioral health careers education and post-graduate skill training. The Center will also serve as a technical assistance center for health workforce research, program evaluation, planning and analysis for government agencies, academic entities, and professional organizations.

“A competent health workforce is a critical asset for fielding essential health/public health services in all communities,” said Maddox, professor and chair of the Department of Health Administration and Policy. “Mason’s commitment to providing access to higher education and its commitment to service to the Commonwealth make it the right home for the Virginia Health Workforce Center.”

The center will build on work currently funded by the Claude Moore Community Foundation for early health workforce development, supporting the Claude Moore Scholars program and providing technology and services that enhance existing education and training pathways to employment programs in Virginia. The Scholars program, which works with 46 school systems in Virginia, is designed to introduce young people to healthcare careers and help them get the necessary education and training that will enable them to become employable in meaningful jobs upon completion of high school.

The Center also provides data on health workforce, supports teachers, and does program evaluation. It is poised to take on a larger role in support of healthcare workforce in the Commonwealth.

“The current health workforce crisis in Virginia—exacerbated by COVID-19—demonstrates the need to think strategically about how we attract talent to healthcare, how we educate and train workers, and how we make healthcare jobs more appealing in terms of work environment and career opportunities,” said Bill Hazel, senior deputy executive director of Claude Moore. “The Center for Health Workforce is a collaborative effort that will provide support to leaders around the Commonwealth as these issues are addressed.”

The Mason Center for the Health Workforce will grow the Virginia (physical and behavioral) health workforce pipeline, support public/private agency, cross-sector commitment and resource sharing for workforce development; develop innovative curricula, training and delivery methods that support increased access to education for (physical and behavioral) health careers and career advancement; and evaluate the impact of workforce development programs relative to demand and investments for expanding workforce supply.

“The need for well-trained health professionals, across disciplines and among fields, is one of the most critical issues facing communities in Virginia and throughout the nation. These challenges have been exacerbated during the COVID crisis,” Mason Provost and Executive Vice President Mark R. Ginsberg said. “I am confident that our new Center will help to address these critical challenges and also provide opportunities for continuing

professional education for the health workforce in the Commonwealth.”

Moving forward, the Center will provide robust administrative support and infrastructure for core work activities that are conducted through data analysis and research; training and education; and integration and innovation. Learn more at the Center’s website: <http://vahlthwf.gmu.edu/>



COURTESY PHOTO
Tom Hospod



COURTESY PHOTO
Stacey Piper

Brain Injury Services welcomes new board members

Brain Injury Services, the leading nonprofit provider of resources and support for Northern Virginians coping with brain injuries, announced the election of two Virginia-based business leaders to its Board of Directors: Real Estate Finance Executive **Tom Hospod**, Esq. (a TBI survivor), and marketing veteran and business owner, **Stacey Piper**.

“Our two new members bring exceptional complementary experiences to our Board,” said Erin O. Mattingly, Brain Injury Services Board chair. “Tom’s first-hand understanding of our TBI clients as a survivor himself and Stacey’s extensive business and marketing expertise will help improve services and forge new opportunities for Northern Virginians recovering from brain injuries.”

Hospod is a real estate finance and development specialist in the Washington metro area. He had a catastrophic accident a year and a half into his first job out of law school while vacationing with his family, and suffered a TBI. He was left with spastic hemiplegia, which affects movement on the left side of his body, and underwent an extensive physical and occupational therapy regimen. After those therapies only took him so far, he enrolled in an experimental treatment at Johns Hopkins University for spasticity (a muscle condition associated with brain injury), as well as an experimental robotic-assisted therapy program produced by Harvard Labs.

“As someone who lives with TBI, I’m eager to help others in Northern Virginia learn of the incredible resources and services that BIS provides and to help bring new supporters into the fold. I’m committed to helping expand our work to thousands of other brain injury survivors here in our region,” said Hospod.

Hospod lives in Alexandria, with his husband, a former naval officer and founder of Forge/VFR who runs a company dedicated to meeting the mental health needs of veterans and first responders where Hospod has served unofficially as the company’s go-to resource for all matters TBI-related, ensuring these veterans have access to all available resources.

Hospod served as a legislative aide in the Massachusetts House of Representatives, working on issues related to disability education before earning his JD from the University of Miami School of Law in 2015. He graduated from Boston College.

Piper founded Piper Strategies marketing and creative agency in 2017 after nearly 30 years of developing

and implementing successful integrated marketing campaigns for various national companies, including a billion-dollar global brand.

“I look forward to helping apply marketing best practices and digital trends into strategies to raise awareness of the remarkable resources Northern Virginians have in BIS as therapists, advocates, and caring case managers,” Piper said.

Piper served as an adjunct professor at Marymount University and is currently on the faculty of Government Marketing University. She earned her MS in Marketing from Johns Hopkins University in 2007 and graduated from Bloomsburg University of Pennsylvania in 1994 with a BS in Marketing.

She lives in Fairfax with her husband and daughter.

Inova provides PHI Air Medical with blood products

Inova Blood Donor Services signed a contract to provide the blood supply needed for PHI Air Medical’s Virginia and Maryland emergency medical air operations. PHI Air Medical helicopter bases in Virginia including Front Royal, Leesburg, Manassas, Fredericksburg, Harrisonburg, and Culpepper will be supplied with blood products under the new agreement.

Patients in our region will benefit from the new agreement. Inova Blood Donor Services boasts a diverse donor base across the community and is able to supply safe and adequate blood products to all five Inova hospitals, including a Level One Trauma Center and a Level Three trauma center as well as supporting additional trauma centers in the region outside of Inova.

This is the latest effort by Inova Blood Donor Services to ensure safe blood products are supplied directly to emergency medical care first responders in Virginia. In 2019 the Field Available Component transfusion Response (FACT*R) program was launched by Inova Blood Donor Service in conjunction with local EMT and Fire Departments. The program keeps large-volume massive transfusion protocol blood products, a valuable and scarce resource, in hospital circulation and makes it rapidly available to the field when it is needed most.

“We are proud of the expanding role we continue to be asked to play across the state and Washington, DC region,” Said Terri Craddock, Senior Director, Inova Blood Donor Services. “We welcome a partner in PHI that shares the same mission, to serve the community by saving lives.”



COURTESY PHOTO
FMCC President Cecilia D. Closs presents the award to William Glenn Yarborough, Jr.

Friends of MCC name 2021 “Friend in Deed”

The Friends of the McLean Community Center (FMCC) awarded its 2021 “Friend in Deed” Award to the group’s former president and community leader **William Glenn Yarborough, Jr.**

Yarborough is the 29th person to receive the award “with gratitude for outstanding leadership and support of the McLean Community Center.” FMCC President Cecilia D. Closs presented the award at the Friends meeting in December.

“Glenn’s continued dedication to the McLean Community Center and to Friends cannot be overstated,” said Closs. “He ensured a smooth transition after his tenure as president and provided



COURTESY PHOTO

Last week 6-year-old Everett Eskew, and Penelope Schwarten made 50 Valentines, and delivered them to Jessica Peters, executive director, along with bags of Hershey Kisses to share with the residents of the Renaissance Assisted Living facility in Annandale. Eskew’s mother, Angela, said the children were excited to spread some Valentine’s Day love to residents at the facility. “Its so important for our children to learn to give back to our community at a young age” she said.

constant support to his community in spite of the pandemic’s many challenges.”

Yarborough retired from the Army as a colonel after 27 years of service, and thereafter worked at the nexus between the Department of Defense and private sector, supporting many organizations, both large and small. He is active in various McLean-based organizations and has long been recognized as a valued servant of his community. He is an active Rotarian, current president of Region II of the Association of the United States Army (AUSA) and a recipient of the 2020-2021 Major General Anthony J. Drexel Biddle Award from AUSA. Yarborough also received a distinguished citation from the Virginia state legislature for his support of veteran causes within Virginia in 2020.

Yarborough’s name will be added to the list of award recipients on the “Friend in Deed” plaque displayed in the center’s main lobby.



COURTESY PHOTO
Tracy M. Morey



COURTESY PHOTO
Billy T. Lawrence



COURTESY PHOTO
David B. Nazari

Thompson Greenspon expands nonprofit practice

Thompson Greenspon, a full-service CPA firm in the Washington D.C. Metro area, is excited to announce that its Nonprofit Practice Group is growing.

The firm is pleased to welcome **Tracy M. Morey**, CPA, as principal and nonprofit practice leader, **Billy T. Lawrence**, CPA, as manager, and **David B. Nazari**, CPA, as supervisor.

“Having Tracy, Billy and David join our team is an incredibly exciting moment for our firm,” said Chip Helme, managing principal. “Their unique nonprofit audit and tax expertise will be a tremendous asset to both our clients and

the firm.”

Prior to joining Thompson Greenspon, Morey was a partner with a Metro D.C. area accounting firm where she gained more than 16 years of experience working extensively with nonprofit organizations of a variety of sizes and types, including schools, membership organizations, and public charities. Her experience includes audits, reviews, agreed-upon procedures engagements, Form 990/990T preparation and consulting.

Lawrence has been in the practice of public accounting since 2014. Prior to joining Thompson Greenspon, he worked in public accounting in Rockville, Md. Nazari joins Thompson Greenspon with more than five years of accounting experience. Both Lawrence and Nazari are responsible for providing accounting, auditing, and tax services solely to clients within the nonprofit industry.

Johns Hopkins Community Physicians opens McLean practice

Johns Hopkins Community Physicians announced its expansion into northern Virginia with the opening of a practice in McLean.

This new facility houses a mix of adult primary care, subspecialty and ancillary services, such as lab services, EKGs and COVID-19 testing. The practice is currently open Monday through Friday from 8 a.m. to 5 p.m. and can be reached by phone at 571-730-6262. The office provides in-office and video visits, and most insurance plans are accepted.

The 8,600-square-foot Johns Hopkins Community Physicians practice in McLean is located at 6849 Old Dominion Drive, Suite 300. It includes 12 exam rooms and is staffed by two primary care physicians, with plans to further expand in coming months. In spring 2022, the practice will welcome gynecologic oncology providers.

“The opening of the McLean practice signals the

first Johns Hopkins primary care location in northern Virginia,” said Dr. Steven J. Kravet, MBA, F.A.C.P., president of Johns Hopkins Community Physicians. “Access to care, especially primary care, continues to be a national need and a need in our local communities. This practice will provide comprehensive primary care to community members who live and work in Tysons Corner and the surrounding areas, and we are proud to be a part of the solution.”

“By extending services to the Tysons Corner business district, the region’s largest employer hub and home to a number of Fortune 500 companies, we are bringing the care of Johns Hopkins physicians to where people work and live,” said Carolyn Carpenter, M.H.A., F.A.C.H.E., president of the National Capital Region (NCR) for the Johns Hopkins Health System. “Establishing this practice aligns with development efforts for the NCR by expanding access to services offered by Sibley Memorial Hospital in Washington, D.C., and Suburban Hospital in Bethesda, Maryland.”

Students from Fairfax County make SU Dean’s List

Eight-hundred-ninety-nine students were named to the Dean’s List at Shepherd University for the fall 2021 semester.

Following are the students from Fairfax County: **Spandan Shrestha**, **Pustak Sunuwar**, and **Andrew L. West** of Annandale; **Nicole C. Purtell** of Centreville; **Sajal Nepal** of Chantilly; **Eric T. Connelly** of Clifton; **Jackson G. Cohen**, **Sierra N. DiFalco**, and **Sankalp KC** of Fairfax; **Ashim Karki**, **Jose A. Machado Orellana** and **Georgia Ohmke** of Falls Church; **Kayla E. Austin** of Herndon; and **Michelle Rene A. Fuhrer** of Vienna.

To be eligible for the Dean’s List, a student must achieve a minimum 3.4 grade point average for the semester while carrying at least 12 hours of coursework.

OBITUARIES

In loving memory
David Wayne Pearson, Sr.



David Wayne Pearson, Sr., 84, of Springfield, VA, passed away on February 2, 2022, from complications brought on by a stroke. David, the youngest of four brothers, James, Maurice and Roger, was born on September 6, 1937, to Dorothy (Lekites) and Drew Pearson in Dover, Delaware. He was later raised in Massachusetts by relatives, George and Sarah Shane Short. David graduated from Chelmsford High School '56 and followed his brothers by enlisting in the U.S. Marine Corps. He later went on to study civil engineering at Lowell Tech. In 1962, he married his childhood sweetheart, Mary Jane Brooks and relocated to Springfield, Virginia in 1974, working as an engineer for Naval Sea Systems Command (NAVSEA) in Arlington, Virginia until his retirement in 2002.

David was predeceased by his daughter, Jennifer Lynne Pearson. He is survived by his wife of 60 years, Mary Jane Pearson, their children, Sarah S. Pearson, David W. Pearson Jr. and Kathleen C. Jenkins and grandchildren, Brennen and Kylan Jenkins. He is also survived by his sister-in-law, Barbara Lawrence and her son, Matthew (Beau) Lawrence.

Services were held on February 17, 2022

Teen Dating Violence Awareness Month

February is for healthy love and help in abusive relationships



By Jaya Patil
FAIRFAX COUNTY TIMES

“Teens and young adults are at the highest risk of experiencing intimate partner violence,” said Debra Miller, youth education & outreach specialist with the county Domestic and Sexual Violence Services (DSVS). “The highest risk age group for women experiencing that type of violence is 16-24,” she said.

The risk is not of an incident, something that exists in one moment, but of these experiences becoming violent cycles that continue throughout their life. October has been National Domestic Violence Awareness Month since 1989, built to amplify the voice of victims and survivors. The importance of Teen Dating Violence Awareness Month (TDVAM) specifically in February is in tracing violence to where it may have been first experienced.

“As much as we don’t want to think of our youth as experiencing these issues, they already are,” said Miller. The statistics vary but by the time they are in college, more than 20 percent of young adults have experienced dating abuse. As such, the main goal of TDVAM “is to raise awareness of dating violence for youth and teens and focus on preventing those future cycles

of violence from occurring,” Miller said.

Cycles can erupt from “experiencing teen dating violence or witnessing domestic violence as a child,” Miller explained. A long-term Cornell study published 10 years ago highlighted the effect of teen dating violence (TDV) on victims in adulthood, observing increased drug use, mental disorders, and suicidal behavior. The conclusions drawn in that study remain supported by data today.

Even being a victim of dating abuse or domestic violence can “potentially [increase] the risk of being a perpetrator as well,” said Miller. The experience or witness of abuse in early relationships has the power to keep people in the role of victim or morph them into perpetrators well into adulthood.

TDVAM is powered by efforts from the county DSVS, driven to “interrupt violence before it starts, with the understanding that some teens might have already been exposed,” Miller said. TDVAM encompasses education on how to identify what is and isn’t healthy in a relationship and tools for prevention of or response to TDV.

While February is centered on advocacy and action, DSVS is focused on year-round efforts. DSVS has multiple programs to address TDV, most notably their Healthy Youth

Prevention Education (HYPE) program and Teen Advocates program, which can be found in schools and teen centers throughout the county.

The HYPE program has eight sessions in the curriculum with the option to customize which sessions will be delivered if there are time constraints. “We focus on topics like teen dating violence 101, healthy sexuality, sexual violence prevention, and others that go into root causes, such as self-esteem and jealousy, healthy communication skills, bystander intervention, and victim blaming,” said Miller.

The Teen Advocates program engages youth and young adults in learning the material around TDV as well as raising awareness, putting teenagers in that highest at-risk age range in the center of preventative efforts. The Teen Advocates program shows youth how to be responsible for the health and wellness of themselves and their peers.

Teenage program participants usually have an annual art showcase, expressing the relevant topics through visual art, spoken word, and more. DSVS had to get creative due to COVID by virtually conducting the showcase and other events, but they hope to have an increase in physical resources by the summer.

One of the biggest obstacles in the way of people seeking out resources is uncertainty or fear of the unknown. DSVS recommends anyone calling the 24-hour Domestic and Sexual Violence Hotline (703-360-7273) if they don’t know where to start. “If they decide they don’t want to move forward, then they know what their options are if they do at another time,” Miller said.

Regardless, DSVS will remain as a safe, resolute available resource to teens and the communities that support youth and young adults well beyond February.

If you or anyone you know may benefit from TDV resources (local, state, national), more can be found at <https://bit.ly/3oRFYdo>.

If you can reach out, please consult the following:

Domestic and Sexual Violence 24-Hour Hotline
703-360-7273

Domestic Violence Action Center
703-246-4573

Domestic and Sexual Violence Services Main Office
703-324-5730

If the threat is immediate, call **911**



SB739
CONTINUED FROM PAGE A1

FCPS parents? And that he listened to them?” replied @JohnPar82442957, referring to Senator Chap Petersen (D-Fairfax).

Fairfax County Parents Association acknowledged the masking vs. unmasking of school children is a controversial issue. “Our parents believe that each family is better situated to assess the risk tolerance and socio-emotional health needs of their children than school system bureaucrats who cannot possibly be expected to understand the individual needs of children in this vast school system,” they said in a statement. “While other levels of our Fairfax County bureaucracy now complain

about their fiefdoms being challenged by actions taken in the General Assembly, the reality is that these families and students spent two years begging the levels of local government or leadership on these issues.”

Tracy Anne Compton, of Fairfax, took her two daughters to witness the signing of the bill. “I was really excited to show them democracy at work. To say I’m excited is an understatement,” she said. “One thing that was not emphasized is that in-person education is going to be the requirement for Virginia. This is crucial. The educational loss was evident and so difficult. We cannot do this again. Being able to tell my children that they will be able to go to school without a mask is

such a relief.” Compton said it was the first time her daughters, age 8 and 10, have seen the Capitol.

The new law was signed the same day that CDC Director Rochelle Walensky announced the agency was looking at new metrics for relaxing pandemic guidance including masks and said they would release the updated guidance “soon.”

“We want to give people a break from things like mask wearing when these metrics [hospitalization levels] are better, and then have the ability to reach for them again should things worsen,” said Walensky.

Although the bill takes place immediately, school districts will have a transition period to comply by March 1.



WARRIORS
CONTINUED FROM PAGE A1

Welch knew how “some charities are better than others” and searched to find the best one to which he could funnel donations. Headquartered in Springfield but serving the nation, the nonprofit Hope For The Warriors (HFTW) stood out among the list. Once Welch looked into their work, he “agreed with everything they were doing,” from re-education and job placement assistance to financial and mental health support.

“If you don’t have that proper support lined up, it can be extremely challenging,” Welch said of veterans. HFTW aims to nourish “mind, body, and spirit” of those who reach out, said Director of Physical Wellness, Sports & Recreation Jenna McDonald. It’s not just the military community that HFTW supports but also those that uphold individual military members—loved ones, stations, neighborhoods.

Founded by two military spouses in 2006, the organization “stemmed from a necessary reaction to a situation” to supply much-needed support to families of military members. As much as they’ve

grown, HFTW remains the grassroots organization that “came from a place of love, community, and need,” said McDonald.

With the majority of employees being veterans or military spouses, McDonald said, “we’ve lived it and realized you can’t do it alone.” As McDonald put it, “the shared experiences bring us together [and] sometimes it’s just a hand up, and not a handout, that they need.”

After about an hour-long conversation with a HFTW representative, Welch said he wanted 100 percent of the donations from his 2021 challenge to go to HFTW. They proceeded to set up a page to receive donations from those interested in supporting as Welch raised awareness to the cause.

After a random accident that blew out his back and led to surgery, Welch was 700 miles behind and approaching the end of his year-long challenge. “I was riding 355 miles a week,” said Welch. Five blown-out discs, back surgery, and 8,030 miles later, Welch was just “a completely average guy” whose cycling helped raise nearly \$2,000 in donations—and counting.

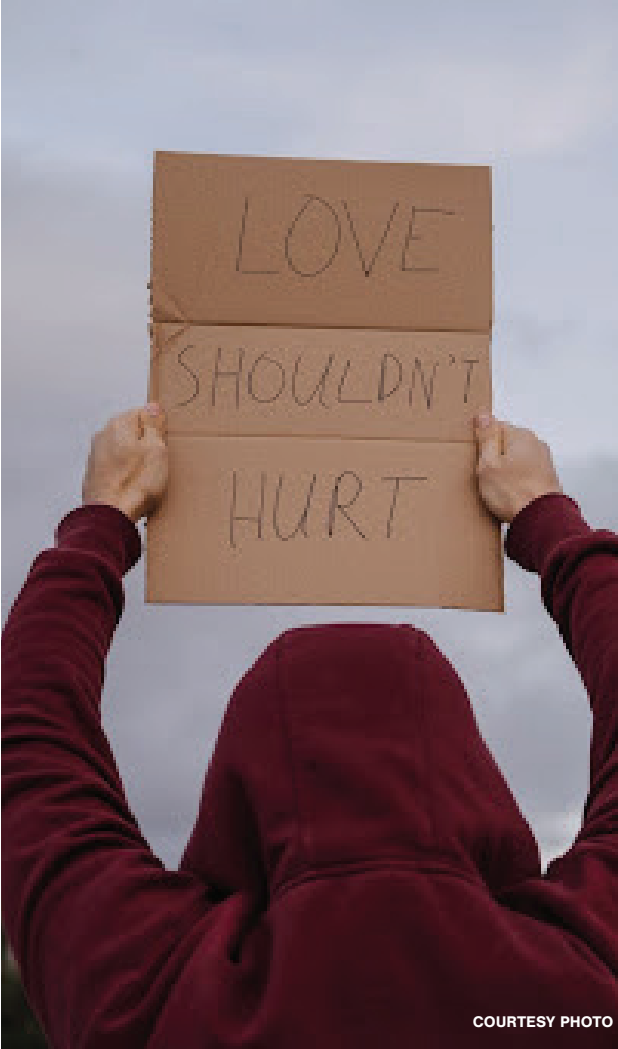
“When I tell people 8,030 miles, I get two reactions,” Welch said. Avid

cyclists either share their impressive mile counts (“because there are superheroes out there who can do that”) or those who don’t cycle point how amazing that number is because “that’s a third of the way around the planet.” The follow-up question remains the same: why did you decide to do this?

Welch served in the Navy for seven years, his wife has been active-duty for twice that, 25 percent of his hometown graduating class joined the military; he has known plenty of people in the military, but that connection isn’t what made him bike thousands of miles in a year.

“I’m not in good shape, I’m a little chunky, I got the dad-bod going on,” Welch joked. His point was that it doesn’t take an athlete to complete such a challenge, all it took was someone willing to work themselves to the bone—“because that’s what happened,” Welch said.

Welch showed how anyone could be “somebody [who] cares enough to hurt.” There were plenty of days Welch didn’t find comfort on the seat of his bike, pumping out the miles, but he thought, “if this helps a single person, then it’s worth it.”



American Heart Month: one mother’s story

By Michael Marrow
FAIRFAX COUNTY TIMES

When Kymberli Petronio, a mother of four in her early 30s and native of Montgomery County, Md., fainted in her kitchen and dropped to the floor in February 2015, it was the first sign that something was seriously wrong.

After Petronio turned blue, her husband, Chris, began performing CPR as he waited for emergency responders to arrive.

At the hospital, doctors were puzzled by the incident. Petronio had been wearing a Fitbit, which showed that her heart rate had dropped significantly. However, her readings returned to normal, so doctors surmised that a combination of exhaustion and dehydration were the likely culprits.

After spending a couple of nights under observation, she was discharged with a Holter monitor, a device that measures heart rhythms, to wear for 30 days.

At a follow-up meeting with a cardiologist, she was told her readings remained normal and was given a go-ahead to run a half-marathon that month, which she did without issue. But Petronio still sensed that things were amiss.

“Something just wasn’t sitting right,” Petronio said. She then sought out a doctor who specialized in cardiac rhythms, called an electrophysiologist. On the advice of her specialist, Petronio had a

cardiac monitor implanted in June, which would periodically send readings to the specialist’s office as well as those sent by Petronio herself.

After having the monitor for over a year and a half and taking medications to raise her blood pressure, she fainted again in November 2016.

Her children, triplet toddlers, and a kindergartner had caught a stomach bug. Feeling nauseous herself, she hit the floor again. When her husband returned home an hour later, Petronio was alert but still woozy. She rose the next morning feeling fine.

She decided to send a monitor report to her specialist’s office. Alarmed, a nurse called her back with an urgent message, saying she needed an ambulance to take her to the hospital to have a pacemaker immediately implanted. That was because this time, Petronio’s fainting spell was much more severe – according to her cardiac monitor, her heart stopped beating for 19 seconds.

It was a terrifying situation, but Petronio’s persistence paid off. “It was almost like comfort,” Petronio said. “I finally had an answer and I wasn’t crazy. It took time to get to this process.” She said she was thankful the episode happened at home, rather than somewhere else like behind the wheel, where things could have been much worse.

She said her cardiologist was dumbfounded by the event. Petronio had no underlying family history, few

warning signs, and experienced asystolic cardiac arrest, which is the most severe form of cardiac arrest that is often irreversible. That she survived, much less was on her feet by the next morning, was nothing short of a miracle.

Where she was located made the difference. Hitting the hardwood floor seemed to give her a cardiac jolt, which could have helped restart her heart. Had she been in bed, she may never have risen again.

Doctors diagnosed Petronio with sick sinus syndrome, which affects the heart’s ability to generate regular heartbeats.

After one of her triplets showed similar symptoms, Petronio similarly persisted in getting to the bottom of what was wrong, leading her child to eventually have a pacemaker implanted when he was three. The problem clearly is heritable, her children all now have cardiac monitors.

“If something doesn’t feel right, it’s important to seek out a provider who is going to be a part of your care team,” she said. Petronio, her husband, and her children are now vigilant about their health. “We’re a heart-smart family,” she added.

A former teacher in Montgomery County Public Schools, Petronio continues to teach preschool in the mornings. She now runs a nonprofit she founded in Damascus, Md., called Stop, Drop and Play Children’s Museum.

Petronio is an advocate

for heart issues as well, particularly in February, which is American Heart Month. According to data from the Live Healthy Fairfax Community Health Dashboard, Fairfax County residents suffer from heart conditions at rates that are well below state and national averages. For example, the age-adjusted death rate due to heart attack stood at 29.5 per 100,000 in 2019 and is trending down, compared to the state average of 44.0 per 100,000.

County leaders have set a number of objectives to improve heart health as part of the LiveHealthy Fairfax Community Health Improvement Plan that began in 2019 and runs through 2023.

“By addressing issues such as addressing food insecurity, increasing participation in programs that foster active lifestyles, and creating opportunities such as community garden opportunities and expanding education and outreach to foster healthy eating,” Health Department Spokesperson Lucy Caldwell wrote. “In the long run, we may be able to help our community avoid heart disease, obesity, and other chronic health conditions that impact our overall population health.”

Expanding healthcare access and promoting an active lifestyle is essential, though, in the end, patients may need to advocate for themselves to get the care they need.

“I’m glad I’ve advocated and shared my story,” Petronio said.



COURTESY PHOTOS

Highway name changes in Fairfax County could come with hefty price tag

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

In December the Confederate Names Task Force (CNTF) voted to rename Lee Highway and Lee-Jackson Memorial Highway. The Task Force had voted 20-6 in favor of changing the name of Lee Highway and 19-5 for Lee-Jackson Memorial Highway with one abstention.

However, the vote to rename the two major highways did not come without pushback. Blake Myers, a member of the CNTF, opposed the decision, citing how just reaching the decision to change the name was an issue.

“I had a large number of issues with not only the recommendations but how the task force came to those recommendations,” Myers said.

Myers brought up the issue of how there was very little analysis of the particular recommendations when they were submitted. Additionally, Myers cited how the Task Force spent very little time talking about the proposed names, referring to it as a last-minute task.

The Board convened Feb. 8 with CNTF Chair Evelyn Spain representing the organization. Spain delivered a presentation on the CNTF’s recommendation to change the names, the possible options for names, and highlighted how the force

came to the conclusion of changing the names of the highways.

Among the possible names in consideration for Lee Highway include Cardinal Highway, Route Highway 29, Langston Boulevard or highway, Lincoln-Douglass Highway, or Fairfax Boulevard or highway. For Lee-Jackson Memorial options include Unity Highway, Route 50, Fairfax Boulevard, and Blue and Gray Highway.

“During many discussions, a large number of task force members agreed that Lee Highway and Lee-Jackson Highway did not send an inclusive message to all members of the Fairfax Community,” Spain said.

“At times, members of the task force expressed strongly how the history of the confederacy impacted their personal lives. Some members felt changing the names would erase history,” Spain said. “It’s not the intention to erase history but to bring forth equity and inclusion in all of our decisions.”

Springfield District Supervisor Pat Herrity said in the meeting that the cost to change the names could come between \$1-4 million due to significant fiscal impacts and customer impacts on businesses and residents.

Susana Marino, president and CEO of the NOVA Hispanic Chamber of Commerce, said the county is spending millions of taxpayers’ money on CRT Val-

ues created to justify all the changes and has nothing to do with what residents want or need.

“What they have failed to equate is the cost of business doing the changes internally and with marketing,” Marino said.

Fairfax County chairman Jeffrey McKay says the Board takes these issues very seriously as they will consider the report and any financial involvement in addition to community input.

“I am particularly concerned about any costs borne by the residents and businesses along these roads,” McKay said. “Replacing the signage is one cost consequence, but there are also costs associated with individual address changes.”

Spain says the force sent out surveys to obtain information from the community regarding the name change and the cost and also received communication from various social media outlets and through telephone calls. The force also used the Fairfax County website to publish all information surrounding the changing of the confederate names, meetings, and other tasks.

Additionally, Wade Hampton Drive in Vienna underwent a name change recently after the Vienna Town Council voted to rename the road to Liberty Lane. As a result, each of the town’s property owners will receive \$500 for out-of-pocket costs associated with the name change.

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Snapshot DNA: Reston lab’s work is hope for cold cases

By **Jaya Patil**
FAIRFAX COUNTY TIMES

How accurately can you predict things about someone from their DNA? Understanding the magnitude of Dr. Janet Cady and Dr. Ellen Greytak’s innovations in the scientific world requires looking at a much smaller scale. With one billionth of a gram of DNA, Cady and Greytak have discovered how to identify someone.

“Traditional DNA analysis treats DNA like a fingerprint,” said Greytak, director of Bioinformatics at Parabon NanoLabs’s Snapshot Division. Parabon NanoLab’s is headquartered in Reston.

When investigators reach out to Parabon, it’s because the DNA didn’t give them a database match and they want to see what else it can tell them. Greytak and the

team “provide leads in the form of predictions of the person’s appearance and genetic genealogy”—producing a profile for reference and a family tree.

The analysis begins with assessing the quality of the sample in terms of things like age, amount, and how it has been stored. The quality of the sample determines where it gets routed, how it is lab-tested, and the confidence measures of the predictive identification data. The systems in place for analyzing DNA assumed plenty of high-quality DNA to use, which is not true for the older cold cases being worked on. Forensic-quality DNA is imperfect and difficult to extract genetic information from since the DNA has broken down over time.

“In forensic samples, you often only have one nanogram of DNA,” said Greytak—0.5 percent of the manufactur-

er’s recommended minimum amount of DNA. It was a challenge at the beginning to find labs willing to work with minuscule amounts of aged DNA. “We had to figure out how to make these systems work with forensic quality DNA,” said Greytak.

They use two technologies, microarray genotyping and whole-genome sequencing (WGS). The two techniques differ in how they find the pieces they want to read from the genetic information. Cady contributed the more detailed WGS, suitable for samples that are highly degraded and compromised by the environment—namely, bone samples.

The Snapshot team has consistently adapted to new discoveries and environments at hand. Detectives are accustomed to narrowing down who they are trying to find by eliminating determinations they are confident do

not pertain. The Snapshot team adjusted from presenting a predictive picture of the DNA-owner (blue eyes with 80 percent confidence) to starting identification with the identifiers that could be excluded with the highest confidence (99 percent confident the person doesn’t have brown eyes).

The science world is built upon sharing. “Genetic genealogy has quickly become a part of these cold case investigations and that wasn’t the case 5 years ago,” Greytak said. Working with finite amounts of DNA is a testament to their confidence in the method. Snapshot benefited from such sharing when implementing techniques developed by scientists working with ancient DNA, turning trace amounts of thousands of years old neanderthal DNA into quality data. Snapshot has managed to use these techniques to help solve cases



COURTESY PHOTO
An example of the construction of Snapshot Prediction Results using DNA phenotyping

with only 10 percent of human DNA in a sample.

Snapshot “laid the foundation for genetic genealogy to become possible on forensic samples,” said Greytak. The team has helped solve more than 200 cases that are 25 years old on average. “These technological

advances have largely been for unidentified remains,” Greytak said, although the focus is drawn to the cases involving identifying perpetrators. Regardless of who is being identified, their work offers warm closure to those impacted by cases gone cold.

SHOOTING

CONTINUED FROM PAGE A1

ammunition in it and it had attached to it two other magazines of 9mm ammunition.”

The chief said footage from the body-worn camera shows that officers told the man to drop the weapon multiple times. When the man allegedly raised the rifle, one of the officers discharged his weapon several times striking the suspect and wounding him. Davis said the suspect, whose name he would not be releasing at this time, was in stable condition as of Tuesday.

The chief said that the man is currently wanted in Fairfax County on warrants for failure to appear on drug and firearm-related offenses.

Davis said it was clear the man had been living in the van and it had been described

to him that the person had been living there for an extended period of time. “I’ve personally never seen so many things inside of a minivan,” said the chief. He went on to describe curtain rods separating the front seats from the rest of the vehicle and said the van was so full of personal belongings that there was no room for a human being to be seated other than where the suspect had been sitting in the left rear bucket seat.

The chief said that one of the officers sustained a minor injury when she grabbed and pulled the tow truck driver out of the way as the carbine rifle was observed. “She also recovered what we’re now describing as a replica handgun from this person’s jacket pocket,” he said.

Davis said that in accordance with County policy, the names of the officers and the body camera footage will be released in a matter of days.

FCPS students lead historical marker project for Black history



By **Michael Marrow**
FAIRFAX COUNTY TIMES

A county-wide project is underway to document the histories of under-represented groups in school curriculum.

The undertaking is the Fairfax County Historical Markers Contest, a collaboration of the Board of Supervisors, School Board, History Commission and Neighborhood and Community Services. It is a component part of the larger Black/African American Experience project that is documenting and preserving Black history in Fairfax County.

Announced in July 2021, the project was spearheaded by supervisors Dalia Palchik (D-Providence), Rodney Lusk (D-Lee), Kathy Smith (D-Sully) and Chairman Jeff McKay (D-At Large), along with Providence District School Board member Karl Frisch.

In a press release, county leaders noted it would support the Board of Supervisors’ recent goal to emphasize equity through policy decisions. “Through the One Fairfax Policy, we are committed to creating a more inclusive and equitable county,” Palchik and Frisch wrote in a July 2021 joint statement. “While our existing historical markers and monuments around the county reflect some of our stories, there is an opportunity to expand these stories through the joint Fairfax County/FCPS Historical Markers Project.”

For the project, FCPS students grades K-12 are encouraged to submit significant people, places or events that

could be commemorated by a historic marker. The theme for this year’s submissions is the Black/African American experience in Fairfax County. Entries will be accepted until March 31.

Submissions are evaluated with a number of criteria and are limited to people who are no longer living, as well as places or events that are at least 50 years old, though the History Commission can make exceptions.

All submissions are then scored using four factors consisting of their significance, clarity and persuasiveness, evidence and research and connections to self, community and beyond.

The effort promotes project-based learning, a pedagogical approach that utilizes hands-on activities for educational instruction. Students are encouraged to conduct their own research individually, with their classes or in youth groups to identify potential markers.

They will have access to sources from the Fairfax County Public Library as well as resources such as an inventory of African American history compiled by the History Commission. Up to nine markers, or one for each magisterial district, are authorized for the project, though several other submissions may be featured online. The markers will be constructed with funds provided by the Board of Supervisors and the project is administered by county staff.


“The Historical Marker Project will engage students as historians; they will shine a light on the past by advocating for stories to be shared with the public as new histor-


ical markers,” Palchik wrote. “Students will also focus on communication and collaboration – Portrait of a Graduate skills – by engaging in inquiry to recognize the voices, experiences, and achievements of Black/African Americans from Fairfax County.”

She added that county leaders “are hopeful that this upcoming year’s project will be a success and that will allow the County to continue to expand the project forward with new themes and opportunities to reveal narratives and histories of the Fairfax County community,” though no decisions have been made about the topic of future projects.

“Fairfax County has a rich and diverse history that has yet to be fully documented,” Frisch wrote in a statement. “This project gives students a wonderful opportunity to learn more about our Black/African American communities. I am eager to see the stories they uncover as a part of this inspiring endeavor.”

Several FCPS students have already successfully advocated for historical markers across the Commonwealth. Their work has led to the creation of historical markers for Mary Bowser, a formerly enslaved woman from Richmond who later became a Union spy; Ona Judge, who escaped from slavery to evade recapture by George Washington; and W.W. Yen, the first student from China to earn a degree from the University of Virginia who went on to serve as premier of the Republic of China and as the first Chinese ambassador to the Soviet Union.

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Marshall knocks out Herndon in Liberty District playoffs

By Michael Marrow
FAIRFAX COUNTY TIMES

Aiden Grine was on fire.

The senior guard from Herndon was having the game of his life in the first round of the Liberty District playoffs against the Marshall Statesmen. With his team down in the second quarter, if Grine saw an opportunity for a three-point shot, he'd take it.

And most of the time, he made it. Grine went on to hit nine out of 13 three-point shots to rack up a total of 34 points, a career-high.

"We got to shoot around before the game, and my shot just felt on," Grine said. "When it was open, I was confident enough to shoot it."

But to the Hornets' dismay, it wasn't enough to top the Statesmen, who defeated Herndon 73-62 and put an end to their season.

The Hornets' undoing came early in the game when Marshall opened up a wide lead over Herndon.

Hard drives to the basket, as well as successful rebounds, led Marshall to close out the first quarter with a 17-3 lead. A size advantage helped, as players like senior center Adi Hrnjez were formidable in the post and tough to get by down low.

"We've got some size that we can work around into the paint and exert our physical advantage," Statesmen Head Coach Jerry Lin said.

But the Hornets were undeterred. Momentum picked up for Herndon in the second quarter, as Grine discovered his three-point shots were hitting, even in coverage. Heading into halftime, the Hornets narrowed the Statesmen's lead 31-24.

"A tough start put us in a rough position," Herndon Head Coach Kevin Quinlan observed. "The guys fought and scratched and clawed the rest of the game."

Heading into the match, the Hornets were the underdog. As the No. 7 seed with a 1-11 record, they would need to shake off their two past defeats at the hands of the Statesmen, the No. 2 seed who boasted a 9-3 record.

Both teams had talent: Grine, Hrnjez and Statesmen junior guard Matthew Lenert were named first-team

all-district. Statesmen senior forwards Gowtam Kommi and Connor Scinto were named second-team all-district. Herndon junior guard Dayvon Demby and senior guard Eli Nassif picked up honorable mentions. Lenert and Nassif also earned defensive team all-district.

"Quinlan deserves a lot of props for keeping his team in the game the whole time and making us work the whole way," Lin said. "They're a tough seven seed, and they did a heck of a job."

The Hornets adjusted to be stronger on the perimeter, aided in large part by Grine. Shot fakes as well opened up a number of other opportunities.

"At halftime, we talked about continuing the energy," Quinlan said. "We ended up doing a little bit of trapping in the full court. We ran a press, and then we trapped a little bit in the half-court too. It gave us a good spark of energy and we wanted to continue that into the second half."

Hrnjez noted settling down was the Statesmen's key adjustment to help them maintain the lead and not fall behind the Hornets.

"At halftime, coach told us to play our game and don't let them speed us up," Hrnjez said. "Coach told us that the third quarter was the biggest quarter and we came out strong, which took us through the rest of the game."

The Statesmen went on a run for the first few minutes of the third quarter, topped off by a dunk by Hrnjez that brought his teammates and spectators to their feet.

"He's a fantastic player," Lin said. "That was not even his top dunk this season."

But Herndon regained their balance, boosted by more three-point shots by Grine and drives by senior guard Graham Sears and junior guard Sean Garcia. At the end of the third quarter, the Statesmen's lead had shrunk to four points, the score 52-48.

For a moment, the game could have gone either way. But shots by Hrnjez and Kommi as well as sophomore guard Jason Penn helped the Statesmen put up a big enough lead to start burning out the clock. To preserve time, the Hornets started drawing fouls.



"We were still in it, we were playing tough," Grine said. "Time was ticking, and we got to the point where we had to start fouling."

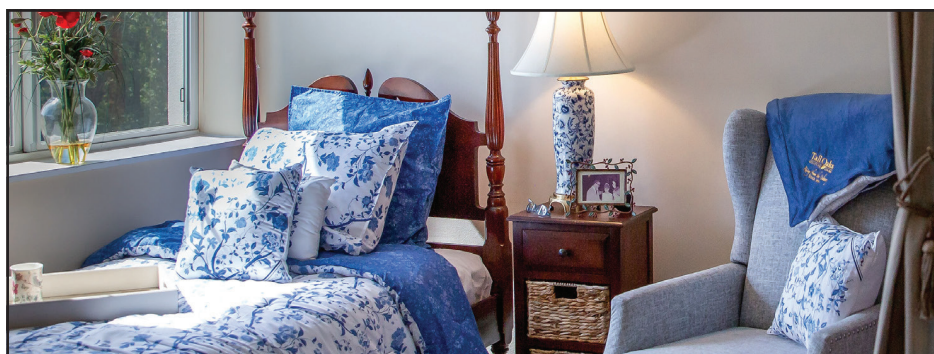
The Statesmen capitalized, sinking 11 foul shots in a row to create an insurmountable lead with the little time that remained. The clock wound down, and the Statesmen finished 73-62.

Even with a win, Lin said the game was an instructive moment for his team. "They saw tonight you can't have your guard down," he said. "You have to play every minute like it's your last."

As a relatively young team, Herndon is graduating just three players this year, and Quinlan said the remaining players "learned it takes everything they have to give to have a chance."

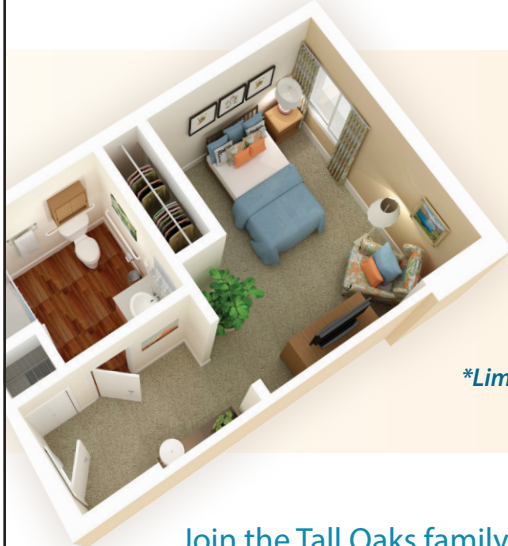
Their careers likely at an end, emotions were raw for Grine as well as Sears and guard Hill Naski.

"It was a winnable game, so it hurts a little more," Grine said. As for basketball, he added, "I miss it already."



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Why local control for school boards doesn't always make sense

Dear Editor,

This week, Governor Youngkin signed SB 739 making both in-person school instruction and mask optional attendance required by law. As a long proponent of small government and local control, I found myself wondering how and why we got here. Local control of public schools is usually a good thing. Local values, priorities, and issues are addressed more readily without outside influences from the state, national, or

even international politics. Also, public schools are primarily funded by property taxes, so the local community should have a say in how their money is spent. But when the surrounding population consists primarily of people who don't have children in the public schools, the idyllic vision of local governance falls apart.

I'm the mother of 3 children with various needs. My youngest is severely dyslexic and requires a great deal of extra help. Virtual instruction and in-person masked instruction have

been a nightmare. He is not advancing how he should, and the clock is ticking. Lack of adequate dyslexia intervention before a child is 9 years old often results in decreased outcomes and life-long struggles. Without early intervention, a downward spiral of underachievement, lowered self-esteem and poor motivation sets in that are often impossible to overcome.

As a parent, I knew that my son needed in person, maskless instruction soon, but the political winds of my community—largely una-

ffected by my son's disability—hindered his progress. I had no voice. I had no way to help my child because local control explicitly refused to care and instead locked my child out of school for 377 days and has kept him masked since reopening. My e-mails and phone calls to school officials, school board members, the Board of Supervisors, and my local Delegate went unreturned. The only person who returned my calls was my State Senator, Chap Petersen, and I'm grateful that he did.

Local control must take

into consideration parents. That's the most local control there is. Parents know if their child is struggling and needs added support. Those without children in the system may think that they have an idea as to what is best for kids, but really their focus is elsewhere. They don't spend every day looking into the eyes of a child struggling to read. I do.

A balance must be struck between local control and parental control. Some items should be up to parents to determine. The local Fairfax County School Board, 2/3

of whom do not have kids in public schools, do not have the same vested interests. Teacher salaries, school calendar, facility management, and school-wide operations all fall within their purview and the community at large should certainly have influence. But when it comes to deciding how to best raise, educate, and care for my children, local control needs to go to me.

Shawonna Yashar, Esq.
Dunn Loring

Students and COVID-19

Dear Editor,

I am writing in response to the 28 January 2022 article by Brad Byrne entitled "Emotional and Mental Impact of COVID-19 Weighs on Students." I agree that COVID-19 has greatly impacted students over the past (almost) two years and that student's mental

health are being negatively affected; however, I don't believe school social workers or psychologists have been as available and I don't believe that the county has done enough to support students during the pandemic. In 2020, I graduated Westfield High School in Fairfax County; however, my 12th grade education was incomplete,

and I lost connection to the resources the school had previously offered.

In March of 2020, all my teachers allowed classwork to be optional for the remainder of the year. As a 17-year-old with senioritis, this seemed like a gift; however, having no consistent schedule and no work to keep me busy lead to poor mental health for

myself. Neither the school nor the county made great enough efforts to provide mental health resources to students. As the article said and as I experienced for the first-hand, students' mental health was already declining prior to the pandemic. When students were no longer in schools, the school social workers and psychologists felt inaccessible. I was

the type of student to just go and knock on their door when going through a hard time, but this was obviously not a possibility in a virtual world and as a result, I was one of those students feeling depressed, lonely, and isolated. I do hope since 2020 that Fairfax County Schools have made a greater effort to support students' mental health after

witnessing the negative impacts the pandemic has had, but I believe it should be known where the schools and county have fallen short and the impacts of the decisions they made in spring of 2020 so that they can continue to improve.

Sincerely,

Grace Jenkins
Student, Florida Atlantic University



Special needs kids suffer from wearing masks

Dear Editor,

Here are some reasons a Special Needs child will suffer in their present level of performance. Here are ways that a child loses their ability to communicate in their individual education plan.

A mask prevents proper eye contact. Children cannot look at people who are talking to them in the eye, because they cannot tell who is talking.

A mask prevents the ability to read and understand emotions.

A mask prevents facial recognition of teachers, and friends. There are children who do not know what their friends or their teachers look like without a mask.

A mask prevents Expressive Language. There are kids whose speech and language are muffled, they already do not have certain sounds or are able to pronounce certain letters. They cannot see the lips and tongue to properly see how to use those sounds effectively. There are some children who have no expressive language

without a mask. It is impossible with one.

A mask prevents Receptive Language because two children who might not be able to pronounce certain letters, cannot talk to each other. A child that has a goal to talk to their peers cannot do so wearing a mask.

Adults in an open forum like a town hall can take off their mask if their words are muffled. An adult in the Virginia Senate who is speaking to his colleagues takes off his mask to speak clearly throughout the room. A child in a classroom is secluded, ostracized, punished, segregated, and suspended if he removes his mask or does not wear it.

The communication of our children is a human right that has been destroyed because they were wearing masks. The children are all left behind. All children especially the special needs kids suffer wearing a mask. Please remove the mask mandates.

Cindy Walsh
Chantilly

Senator Chap Petersen's lack of statesmanship

Dear Editor,

I would have thought that Senator Chap Petersen would be working on building unity throughout the local community, once his legislative efforts to get mask usage optional passed the Senate. I find no evidence of this in his newsletter remarks on February 11:

This year we are ending a policy which has treated our children as second-class citizens for two years (as I mentioned in my floor speech, the Humane Society would never permit us to treat pets this way).

Senator Petersen has not provided an explanation of how schools should address concerns on behalf of children

who are immunocompromised, or live with family members who are. What is his message to the Woodson High School community, where there were 13 newly reported covid cases on February 10?

Parents know that it's time to move on.

As a constituent of Senator Petersen, I would think he would want to bring us together in spite of differences in views on the controversial issues of the day.

I would urge him to consider messages that bring the whole school community together, rather than pit segments against each other, regardless of how our views on mask efficacy and other epidemic response measures differ.

Norm Hall

FAIRFAX COUNTY TIMES

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FAIRFAX COUNTY
TIMES

An inviting refuge: how color can make your house a haven

Courtesy of Family Features

If ever there was a need to create a tranquil escape from the chaos of the world, the time is now. Converting your living space into a soul-soothing refuge may be easier than you think as a serene color palette is often all you need to shift the mood of your home.

For many people, the home is a personal sanctuary, and through thoughtful color design, you can discover a renewed sense of balance and ease each time you walk through your front door. Incorporating colors inspired by simplicity and serenity can create spaces that transform the home into a soothing and comfortable space.

A restorative style starts with soft and natural colors; simplicity, approachability and comfort are also essential. Softened tones keep things easy and uncomplicated for spaces that feel balanced and meaningful.

To start creating a peaceful refuge within your home, consider these tips from the experts at HGTV Home by Sherwin-Williams to discover how to use color to paint a sense of calm for all who enter.

Peace on the porch

Fuss-free styling on the front porch sets a tone for the ambiance inside. Make sure all who enter know this is a place of calm and comfort by using soft, subtle colors. A fresh coat of exterior paint - or a new shade on the front door - can help freshen and brighten the space while purposeful, understated furnishings and accessories lend themselves to a graceful welcome.

Balanced bedroom

There's no space quite like the bedroom to command a peaceful presence. A curated palette like the HGTV Home by Sherwin-Williams 2022 Color Collection of the Year offers multiple options that exude peacefulness and facilitate tranquility. The Softened Refuge Collection, available exclusively at Lowe's, is composed of 10 soft and simple tones that can be mixed and matched in any combination for a perfectly cohesive look.

One highlight is the 2022 Color of the Year, Aleutian, a washed indigo that is grounded by the warmth of its red undertones and bridges the gap between warm and cool tones. It pairs beautifully with wood tones so you can easily incorporate practical furnishings that lend to an aura of relaxation and comfort.

Laid-back living room

Color that mimics the hues found naturally outdoors tend to soothe the soul. Introduce natural calm to a place your family enjoys congregating by updating walls to a sophisticated organic green that is rooted in nature. Carry the relaxed mood throughout the room with complementing nature-inspired neutrals for your furniture, window treatments and accent pieces.

Subtle kitchen spice

A stark white kitchen may feel crisp and clean, but it lacks the character that color brings. You can keep that airy feeling while infusing some gentle, welcoming warmth. Painted cabinets are on trend, so this is a perfect place to play with color. Use a light neutral taupe for the cabinets then balance with a warm, creamy white on the

walls. If you're worried the space may be dull, infuse a bit of color with a neutral blue on the backsplash. The soft hues work harmoniously for a simple but stylish space.

"The Softened Refuge palette is designed to simplify color selection for a perfectly coordinated home design," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Color combinations within the Collection can easily be used to craft spaces that help promote positive physical and mental well-being."

Inspiring office

Your home office may see more use these days, so make it a place that keeps you centered and serene. Take a less-is-more approach and style with minimal color and repeating shapes for visual harmony that helps keep distractions at bay. For example, a rich black with brown undertones offers an elegant backdrop for a workspace. Consider using it for an accent wall with architectural detail like shiplap or beadboard then, on the remaining walls, complement the warmth with a pale tan shade that picks up the notes of brown.

Brighter small spaces

It's possible to illuminate small rooms and make them glow, even if there are no windows in the spaces. Tan shades with golden undertones attract natural light, and pairing a soft white adds vitality without overpowering the space. It's a logical approach for a small, dimly lit bathroom or even a small bedroom situated away from ample direct light.

Find more ideas for creating a sanctuary at home at hgtvhomebysherwinwilliams.com.



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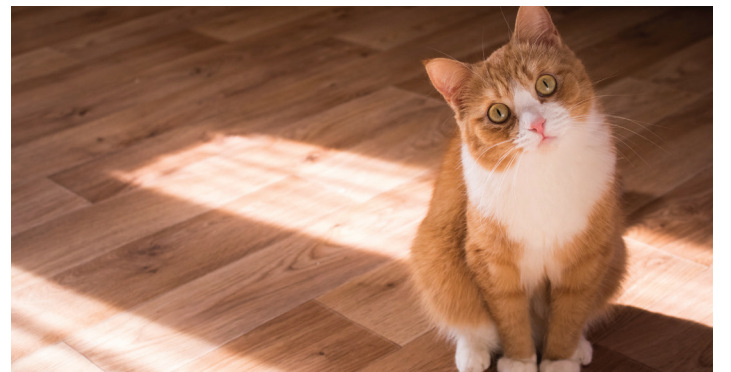
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PETS: IT'S NATIONAL CAT HEALTH MONTH
Page B3

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Venezuelan sensation

Nella

visits Wolf Trap

The Grammy winner is touring in support of "Doce Margaritas"



COURTESY PHOTO

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

Venezuela-born Nella burst on the music scene two years ago, winning the 2019 Latin Grammy Award for Best New Artist.

After graduating from the Berklee College of Music, the singer skyrocketed to international fame thanks to a powerful sound that blends her folklore roots of

Venezuela with a modern inspiration.

"Having an award was never in my plans; I always dreamed about having an album, and when we were nominated it was such a surprise," Nella said. "The kind of music I do doesn't follow the radio formula, and here I was nominated among all these amazing artists, so it was very surprising to be among them. I am super grateful."

The award gave the artist some new exposure and she very quickly was signed by Sony Music Records. That led to her second album, "Doce Margaritas," which was released earlier this year.

"2019 was such an amazing year for us, with the Grammy and signing with a label, and then the whole world stopped," she said. "Still, we kept working and decided to finish the

second album."

Nella will head to the Barns at Wolf Trap Feb. 18 for her first gig in Northern Virginia.

"My concert for this tour has changed a little bit," Nella said. "Usually, I would have percussion, guitar and bass, which is what my first album was, as it was very minimalistic. But with my new album, we explored more with electronic elements and drums,

so there's more energy. I'm very excited about it."

The tour started up in September, and Nella has enjoyed visiting new places and finally getting a chance to play her new songs live.

"Of course, we will be doing songs from the new album, and my first one, and I can't wait to be on the stage," she said.

During the pandemic, Nella worked and completed the new album with her

band remotely, and while it presented some challenges, she was thrilled with the final outcome.

"I recorded the demos in my house, and that was so comfortable, but when we recorded the final vocals it proved to be difficult," she said. "It was a beautiful experience though. It was an unusual time but we got to be creative and I was able to

See NELLA, Page B4

'80's hit maker

Howard Jones

only getting better with age



COURTESY PHOTO

The musician will play at The Birchmere as part of an acoustic trio

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

With a song catalog that includes huge '80s hits such as "No One is to Blame," "What is Love?" and "Things Can Only Get Better," British synth-star Howard Jones has been a beloved musical act for more than 40 years.

While the singer is best known for utilizing music technology in his songs, for his current tour Jones will be sans the electronic synthesizers and playing piano as part of an acoustic trio along with guitarist Robin Boulton and Nick Beggs on Chapman stick and double bass.

Jones and his musical partners will stop at The Birchmere on Feb. 21, offering a night somewhat different from his normal appearances at the venue.

"This is another iteration of my acoustic adventures," Jones said. "It's a fairly new thing being this trio and it's going really well with fans. I'm fortunate to be playing with two really virtuoso players."

The threesome first hit the road in early 2020 but the tour was halted due to the pandemic and Jones wanted to make sure he fulfilled the dates that were promised and canceled.

"It's great to be back," he said. "Nick and Robin are two of my best friends in the world and

we have this great communication when we play live. It's such a contrast to when I do the electronic shows. The trio is spontaneous and can go in any direction you want."

He also believes the acoustic concert allows him to present familiar songs with a new twist, which is something that he enjoys doing and feels the fans do as well.

"I could just do all the hits, but I do things like 'Falling Away' and 'Tomorrow is Now,' and some stuff from the brand-new album, which was electronic but translates to acoustic really well," Jones said. "I play pretty much stuff from every album and mate-

See JONES, Page B4

HOT LINKS

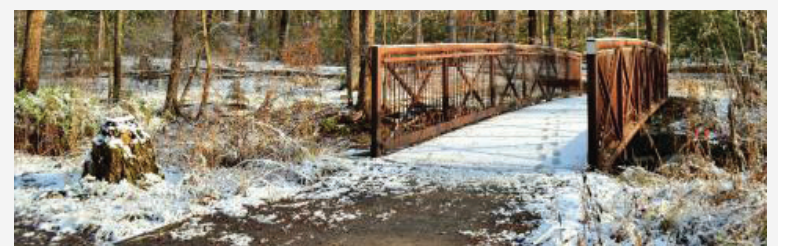
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Alexandria's Green Spring Gardens hosts a Virtual Eco-Savvy Symposium Feb. 19 based around building awareness of, as well as working to help prevent, the decline in tree canopies seen throughout the county. From 8:30 a.m. until 12:30 p.m., learn about the elements that are to blame for this decline and what can be done to reverse them. Registering guests may purchase a \$58 ticket online at <https://bit.ly/3BkVPGt> and will be provided a Zoom link prior to the event.

Renowned French organist comes to Clifton February 20 • free

Internationally recognized organist, Laurent Jochum, will conduct a free performance inside the St. Andrew Apostle Church in Clifton Feb. 20. Starting at 4 p.m., Jochum will grace the audience with the sounds of various baroque classics, as well as some modern pieces. Following the performance, there will be an opportunity for a meet-and-greet with Jochum, as well as the ability to make a donation to the church for their efforts. For more information, visit <https://bit.ly/3GJWGKR>.



COURTESY PHOTOS

RCC asks for community feedback on a new arts center

By Collin Cope
SPECIAL TO THE FAIRFAX COUNTY TIMES

Reston Community Center (RCC) hosted its first in-person community engagement event regarding the ongoing construction of a new arts center in the area Feb. 14.

The center will be located at Boston Properties' Reston Next location in Reston and is currently undergoing the final stages of study before it can move forward.

The center, which local arts organizers have been advocating for many years, would have the main goal of allowing for multiple forms of stage presentation to be recognized in a large space, creating room for guests, as well as elaborate set pieces. Some of these include live concerts, large-scale plays, and musicals, as well as courses and creative spaces for those looking to broaden their skills.

RCC executive director Leila Gordon expressed the community's strong need



for a new center.

"The community expressed its desire to Reston Community Center for more than 15 years for a stage that can accommodate [larger] local groups that are too big to fit on the CenterStage," said Gordon. CenterStage is located at the RCC Hunters Woods location.

While the arts center is already in construction, RCC aims to inform its con-

tinued work on the location through an understanding of the interests and desires of those in the local arts community.

When attending one of five meetings, arts affiliates and patrons alike will have the opportunity to express their desires for the location, as well as gain further information about what to expect when it is complete.

Among the topics men-

tioned at the first meeting on Feb. 14 was the necessity of the location's large size, strong media equipment, a large stage, space for receptions, space for visual art, as well as general inclusivity of the community through low-cost performances and effective outreach.

Some attendees raised concerns about where the money for the construc-

tion would come from. In response, organizers expressed the reality that the funding and planning for the construction are largely finished, with specializations ready to be made which fit the expressed needs of the community.

What is unknown as of right now is the exact size of the location, as well as the groups looking to perform at the venue. Additional-

ly, the exact time frame in which the building will be completed is dependent on the ongoing studies.

"This is really the last type of study that needs to be done for Fairfax County to make some decisions about whether or not this proffer is feasible," added Gordon.

Future community engagement meetings with RCC will be held at the Hunters Woods location on Feb. 28 and Mar. 14. These meetings will discuss the integration of performing and visual arts at the center, respectively.

The final two meetings will be held on Zoom and will center arts education and equity on Mar. 28, as well as hold a general wrap-up on Apr. 4.

For more information about the events, as well as where to find times, locations and Zoom links, visit <https://bit.ly/3GWs9jY>. RCC requests all attendees RSVP by sending an email to RCCContact@fairfax-county.gov before attending.

Hayfield Secondary presents "Mr. Burns, A Post-Electric Play"

By Natalie Laclede
THOMAS A. EDISON HIGH SCHOOL

In a world where the apocalypse is just setting in, you would think that a group of survivors would have something better to talk about than "The Simpsons".

Nonetheless, that is exactly what happened at Hayfield Secondary School's production of "Mr. Burns, A Post-Electric Play" by Anne Washburn and Mi-

chael Friedman. These few people, trying to keep spirits high, decided to retell the favorite animated sitcom's most notable episodes around a fire just a few weeks after the beginning of a radioactive nuclear apocalypse. Seven years later, these same people were acting out these episodes to make just a little money, and then Hayfield took us even further into the future to see what the series had become to a struggling human civilization.

Although it may seem like a comedy at first glance, these students acted out some incredibly timed and emotional scenes throughout the production. There was remarkable chemistry between the survivors during each of the acts and they all had a comfortable and immersive stage presence. Gibson, a survivor with a talent to mimic each of the Simpson family's voices (played by Wiley Prior), had amazing skill acting out each scene and line with in-

comparable emotion. Matt, (played by Zachary Woodcock), also made his presence known with his gift of storytelling.

An immersive experience was put on by the talented students involved in the show. The play was held, not in a theater or on a stage, but in what is known as a black box, or a dark room and simple performance space with some lighting and curtains that would be found in a theater. This allowed for minimal lighting and sound but was adapted in a way that still made the audience feel as if they were in and a part of the story. Lighting captain Gregory Alspaugh

did a wonderful job creating an atmosphere that resonated throughout the room. The use of space was creative as well, with interactions even happening from off stage and behind curtains.

With the limitations of the walls of the black box, the set was simple but able to be understood. Furniture and larger props were moved by running crew and actors alike and let the space be as fluid and creative as it was called to be. Actors emerged from all directions, even despite the walls, carrying large and interesting props that got the audience's attention immediately.

Everyone involved in

the production seemed to know the absurdity of the show they were working to create, and each of them knew what it took in order to create the story in a way that was natural. Everything was performed with surprising seriousness and a heavy dose of irony that pulled the three acts together.

Even if one was not familiar with "The Simpsons" or any of its characters, the show had something for everyone. Who doesn't love lightsabers, voice impressions, a Greek chorus, and Britney Spears songs?

The Simpsons are just a normal family after all...

King Crossword

ACROSS
1 Fine, to NASA
4 "Misery" star James
8 Garbage barge
12 — -mo (replay speed)
13 Taj Mahal city
14 Ocean motion
15 Sunbather's goal
16 Insect organ
17 Oklahoma city
18 Patsy Cline song
21 Shoe width
22 Little rascal
23 Brilliance
26 6 on a phone
27 Gaiety
30 "Dream on!"
31 Ginormous
32 Flintstones' pet
33 Abolish
34 Curse
35 Summoned with a beeper
36 Frenzied
37 Jewel
38 Words of empathy
45 Made into lumber
46 Drescher or Tarkenton
47 TV schedule abbr.
48 Currier's

1 2 3 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53

DOWN
1 Wine region
2 Norwegian saint
3 Hawaiian coast
4 Pill variety
5 Marble type
6 Woody's son
7 Taking a siesta
8 Precipitous
9 Title akin to POTUS
10 "Garfield" dog
11 Marries
19 Piece of lettuce
20 "As I see it," via text
23 Hearing thing
24 Hit CBS series
25 Cover
26 Blend
27 Pear-shaped fruit
28 French article
29 Affirmative
31 Adipose tissue
32 Slightly wet
34 Chum
35 Anise-flavored liqueur
36 High-IQ group
37 Sentry
38 Egyptian deity
39 Top choice, for short
40 Pitcher
41 Crunchy cookie
42 \$ dispensers
43 "Yeah, right"
44 Not even one

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ZED by Duane M. Abel

MOM SAYS WE GOT A BLANKET OF SNOW LAST NIGHT

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How pet owners can make a difference when recycling

Courtesy of Brandpoint Media

While most Americans may say they're environmentally conscious and care about recycling, their daily habits haven't caught up with their good intentions. In fact, the EPA reports that the recycling rate is currently only at about 32%. Part of this is due to confusion about what and how to recycle. If you're one of the growing number of people with a pet at home, your recycling habits may be even more complex by adding pet product packaging into the mix. With so much packaging produced today, your choice between the recycling bin and the trash can feel inconsequential in the grand scheme. But the truth is, every day consumers play a crucial role in reducing waste.

In an ideal world, we would operate in a "circular economy," where the materials we now consider waste instead serve a secondary purpose. Some companies are committing to the environment by switching to more sustainable manufacturing processes and using recyclable - and recycled - materials in their packaging. But it takes more than just what companies can do alone; businesses rely on consumers to recycle correctly, fueling the supply of materials used to produce more environmentally friendly packaging.

"Many consumers engage in 'wish recycling' - dropping an item in the bin and hoping it will be recycled," said Nida Bockert, senior director, Portfolio Innovation, Optimization and Sustainability at Purina. "At Purina, which makes some of the most popular pet care products, not only are we focused on empowering pet owners to choose the recycling bin instead of the trash, but we're also working to educate people on engaging in thoughtful recycling that avoids contaminating the waste stream."

What one company is doing to improve their packaging

Over 80% of Purina packaging is already made with materials that can be recycled. Aluminum, which can be endlessly recycled, makes up a large part of the brand's product packaging and is accepted in single-stream recycling which is picked up at your curb. However, only a fraction of the aluminum cans manufactured are made of recycled material, due to lack of supply. This is where consumers play an important role in closing the loop. When consumers rinse and recycle aluminum pet food cans, this creates a supply of second-life aluminum that's repurposed from scrap metal which generates far less greenhouse emissions than new aluminum. By creating a system that reuses existing resources instead of following a single-use method, it's possible to

significantly reduce the harm done to the planet through consumerism and manufacturing.

What you can do

First, support environmentally conscious brands when shopping. Purina is also making progress in recyclability beyond aluminum. The company is hard at work to make all of its packaging recyclable or reusable by 2025.

Unsure about what can be recycled when it comes to pet product packaging, and how to recycle it? First, check with your local recycling facility to be sure you're following their guidelines.

Here are some basic tips to prepare pet product packaging for recycling:

- Metal cans: Rinse and drop into your single-stream recycling bin.
- Plastic tubs: Rinse and drop into your single-stream recycling bin.
- Tidy Cats containers: Empty and drop into your single-stream recycling bin.
- Cardboard from variety packs: Drop into your single-stream recycling bin.
- Shrink wrap from variety packs: Drop off at your local grocery store where available. To search your area, visit plasticfilmrecycling.org.

You can also always look for the "How2Recycle" label on any Purina brand package for help with recycling. If the package doesn't include that label, it's safe to say the product is not recyclable.

FROM THE DOG'S PAW

It's National Cat Health Month



By Samson!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Meows! Purrs! National Cat Health Month brings humans' attention to their cat's health, physical and mental, well-being. I think staff, er humans, should spoil their cats as best as pawssible. After all, when you get to live with the bestest pets ever, cats-of course, you must spoil. No questions asked.

HISS! The past two weeks, we pawed impawtant articles about pet health. The first article brings attention to the importance of taking care of your pet's dental health. Like humans, cats and dogs need routine dental care to prevent health problems. The second article is about the impawtance of spaying/neutering your pets for their health. Paws, pawlease read these at <https://bit.ly/3GPWpgw>. These two articles bring attention to impawtant health concerns that are key to your cat's overall health and happiness as well as that of their staff, er humans.

Paws, HISS! HISS! While I don't like this subject either, it is too is pawfully impawtant, not to mention. Regular visits to a veterinarian for wellness exams may deter future medical issues, even saving your cat's life. Meows, when my staff, er humans, were considering adopting me, they took me to Noah's veterinarian for a cat exam which provided an overall opinion of my well-being. After my staff, er humans, adopted me, they maintained regular wellness exams with the veterinarian. Routine exams and visits are based on a cat's age and

health. Meows. Even indoor cats need vaccinated against diseases.

Meows, I am a house cat. I rule the pawlace. The staff, er humans - I need to quit saying that, do as they are told. Pawingly, I don't go outside, and pawretty much never go near the doors to escape. That is not for the likes of this kingly cat. I have it good here; why would I change it? I might get me a new staff member, er human, if Dad doesn't do better. Meows, if you allow your cat outside, or if there is a pawssibility they could escape out the door, pawlease consider microchipping and pawlacing an ID collar with your contact information around the neck. If your cat escapes, purrs, the collar or microchip will help humans identify it and pawssibly return to you.

Purrs, as pawrt of celebrating your incredibly pawsome cat, take a close look at their diet. Is your furry feline friend overweight? Are they eating the right food based on their age? Should their food servings be adjusted? Are you giving little fluff-fluff too many treats? Meowingly, like with my staff, er humans, a good diet keeps us healthy and enjoying life. If we are overweight, it can lead to other problems too.

Purringly, when I moved into my new home, I had my staff, er humans, go ahead of me to search for any toxic items in the house which could be an issue. This includes indoor plants, household cleaners, loose objects, and the list could go on. Pawlease research about it and go through your home. Though my staff, er humans, did this years ago and are careful not to bring toxic items in the house, it's a good idea to occasionally review your

home for things that could harm your cat.

Paws, some days I just want my staff, er humans, to leave me alone. The guy comes into my room where I am happily stretched out across the bed, sometimes in direct sunlight, which is the most pawsome moment of the morning, and wants to pawlay. Really? HISS! If I feel like it, I will pawlay since he has this really cool wand toy. I jump. I chase. I realize how undignified this looks for a cat of my caliber and go back to napping. Purringly, taking the time to pawlay with your cat providing some exercise time helps keep them active and healthy.

Most impawtantly, I love cuddle time. I love jumping up on warm laps, curling up, being petted, and having my chin and neck scratched. Of course, I cannot let the staff, er humans, know I enjoy their menial company for too long. Some humans think cats are solitary creatures, that's not entirely true as many cats love the attention and lovin' they get from their staff, er humans maybe? Meows!!

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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Know the three pillars of gut health

KEYS TO BETTER HEALTH
CINDY SANTA ANA



Approximately 60-70 million people are affected by digestive disorders annually in the U.S. There are about 14 million people with ulcers and 25 million doctors office visits related to digestive dysfunction. I see many clients with IBS, constipation, gas, bloating, gallstones, Crohn's, Celiac disease, and more.

We've seen a dramatic drop in the consumption of fiber, increased glycemic load (which promotes growth of unfriendly yeast), changes in fatty acid composition and a decline in overall micronutrients that perform multiple functions including immune defense.

Digestive dysfunction begins with not being calm or parasympathetic when eating, not chewing enough, low stomach acid levels, stress, excess carbohydrate

consumption and excess alcohol consumption. Undigested proteins and fatty acids can poke holes in the gut wall, cause dysbiosis of gut flora and lead to inflammation.

Our gut microbiome contains more than 100 trillion friendly bacteria. This microbiome regulates hormones, ferments fibers, hosts 70-80 percent of your immune system and about 80 percent of your happy neurotransmitters (serotonin, GABA, dopamine) are produced and stored in the microbiome.

Three pillars of gut health

1. Feed your gut flora fiber. Your gut loves prebiotic fibers from leeks, asparagus, onions, and bitter greens like arugula and dandelion.

2. Feed it good probiotics. Sure supplements have a place here, but your gut really wants fermented foods like kimchi, fermented pickles, yogurt, kefir, miso, and fermented fresh kraut. Look for the words "live cultures" on the label.

3. Grab those polyphenols! Most polyphenols (90-95 percent) are metabolized by the microbiota in the colon. Polyphenols have prebiotic effects, meaning they promote the growth of specific beneficial bacteria. They also support microbial balance by inhibiting pathogenic species. Eat brightly-colored plant foods like purple cabbage, various berries, pomegranate, raw cacao, fresh herbs, and spices like turmeric and cinnamon. Think "eat the rainbow!"

Make sure that you are eating a nutrient-dense diet void of hydrogenated fats, high fructose corn syrup, artificial sweeteners (they are linked to destroying gut flora) and chemical preservatives. If you need support in figuring out what you should be eating, let's chat. As a nutritional therapist, I support my clients with thoughtful meal plans at www.UnlockBetterHealth.com.



Exercise for a healthy heart



By Patricia Sullivan
SPECIAL TO THE
FAIRFAX COUNTY TIMES

February is National Heart Health Month so there is no better time to discuss how exercise benefits your heart. It has long been known that the heart is a muscle and thus requires exercise. The old adage "use it or lose it" applies to this muscle the same as it does to the muscles in your arms or legs. It is also a known statistic that people who don't exercise are almost twice as likely to get heart disease as people who are active. Let's look at what are the benefits of heart healthy exercise and what exercise is best.

The benefits of exercise go beyond shrinking your waist and building your muscles. Your heart will thank you for exercising, as the benefits include:

- Lowering your blood pressure
- Reducing your "LDL" or bad cholesterol
- Boosting your "HDL" or

good cholesterol

- Reducing stress
- Promoting better sleep and rest

Furthermore, cardiovascular exercise directly affects your heart's ability to pump your blood. Feel free to search Webmd on the topic of cardiovascular exercise versus stents (surgically implanted tubes that keep the artery opened and flowing blood) and you will find that exercise offers the greatest benefit as it improves overall health and blood flow while stents can only help small sections of the arteries that are obstructed. Keeping your blood flowing and your heart pumping without surgery is one of the greatest sounding benefits of exercise to me.

What Exercise is Best? And how much?

After checking with your doctor to make sure that you are cleared to exercise, you may wonder what to do next. The general recommendation is at least 150 minutes a week (or about 30 minutes for 5 days out of the week) of a moderately intense activity like a brisk walk. Again, this is the general recommendation so you may need to build up

to that much activity if you are currently largely sedentary. Start slow and build up your tolerance and endurance for exercise. If you feel like a 5-10 minute walk is enough the first day, then be proud that you made a start and do one extra minute the next day if you can. Before you know it, you will be looking for more challenging hiking trails and such activities.

Is any particular type of exercise the best type for you? The answer is that it depends on your current fitness level and how well your body will tolerate exercise. If you are largely inactive, be sure to start off slow and do something that you will enjoy like go for a walk, ride a bike or swim. If you find walking too easy, then jog or try an elliptical, stair climber or rowing machine. You may enjoy strength training and when done properly, your heart rate will be elevated during those types of exercises too. There are so many options to get your heart rate up and achieve heart healthy benefits. Do what you enjoy and feel free to change it up to keep it interesting.

The main goal of

cardiovascular activity is to get your heart pumping but be sure to warm-up and cool down at the beginning and end of your activity / workout. A good standard practice is to start with 5-10 minutes of warming up at an easy pace to get the heart and all your muscles ready for the exercise. Then add a solid 20-30 minutes of moderate intensity exercise. Here I like the talk test to gauge the intensity. Moderate intensity should mean that you can talk during the exercise but you sound like you are working so you cannot talk as rapidly as you would at rest. Lastly, be sure to bring the heart rate back down with 5-10 minutes of cool down, easy-paced activity and stretching. Remember that the goal of 30 minutes, most days a week, does not mean that you have to do all 30 in one spell. You can do two 15-minute walks if you find that more to your liking and schedule.

Patricia Sullivan is the owner and co-founder of All Bodies Fitness, LLC. She leads a team of 10 personal trainers throughout the U.S., providing online and in-person training and life coaching. Contact her at www.AllBodiesFitness.com



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Candidate Petition

Packets may be picked

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

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Solution time: 21 mins.

Answers

King Crossword

SALMON AND SHRIMP COCONUT CURRY

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council • Servings: 2

INGREDIENTS

- 2 pieces of MOWI Pure portions salmon
- 1 cup wild rice
- 1 tablespoon coconut oil
- 1 clove garlic, sliced
- 1/4 cup red onion, diced
- 1cup pumpkin or butternut squash, diced
- 1tablespoon lemongrass, finely chopped
- 1 1/2 tablespoons red curry paste
- 1/2 cup coconut milk
- 1 tablespoon fish sauce
- 1/4 cup tomatoes
- 4 shrimp
- 1 lime, quartered
- 2-3 cilantro leaves, for garnish

INSTRUCTIONS

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done. Serve with rice and lime quarters. Sprinkle with cilantro.



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	<div><div>TOWN OF Herndon VIRGINIA NOTICE OF PUBLIC HEARING Notice is hereby given that the Town of Herndon Board of Zoning Appeals will hold a public hearing on Thursday, February 24, 2022, at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item: BOARD OF ZONING APPEALS, BZA #22-01, 951 Locust Street, to seek a variance from the requirements of Section 78-21(c), Lot Requirements, and Section 78-30.2(g), R-10 Dimensional Standards, in order to allow an uncovered porch to encroach into the secondary front setback. A 35-foot secondary front setback is required in the R-10 zoning district. The applicant is requesting a variance to reduce the setback to 13 feet. The subject lot is a 22,500 square foot lot located at the southwest corner of the intersection of Locust Street and 5th Street and identified as 951 Locust Street. The property is zoned R-10, single family residential. Fairfax County Tax Map Number: 0162 02 0054. Property owner and applicant: Andrew Gannon and Kathryn Gannon. The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 18, 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 BZA@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: February 11 and February 18, 2022</div></div>	<div><div>TOWN OF Herndon VIRGINIA NOTICE OF PUBLIC HEARING Notice is hereby given that the Planning Commission of the Town of Herndon, Virginia, will hold a work session on Monday, February 14, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Monday, February 28, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item: TOWN OF HERNDON FY 2023 – FY 2028 CAPITAL IMPROVEMENT PROGRAM (CIP). The Planning Commission will take public comment on the Town's Capital Improvement Program (CIP) and will consider a recommendation to the Town Manager. The Town Manager will subsequently recommend an operating budget and CIP to the Town Council. The CIP is a financial planning document that establishes a six-year schedule for public improvements and serves as a companion policy document to the Town of Herndon 2030 Comprehensive Plan. The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 11, 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 planning.commission@herndon-va.gov The Town of Herndon supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities, offered by the Town. Please call (703) 435-6804 to arrange for any accommodation that may be necessary to allow for participation. _____ Viki L. Wellershaus, Town Clerk Note to Publisher: Publish February 11 and February 18, 2022</div></div>		