FAIRFAX COUNTY TIMES

WWW.FAIRFAXTIMES.COM | VOL. 134, ISSUE NO. 05 | JANUARY 29 - 31, 2021

ae

MUSIC:
JOSH ALLEN BAND HEADS TO FALL CHURCH
Page B1



Friday - Mostly Sunny *High:* 33° *Low:* 20° | *Saturday* - Mostly Sunny *High:* 38° *Low:* 24° | *Sunday* - Snow *High:* 35° *Low:* 28°

THIS WEEK INSIDE:



COURTESY PHOTO

Fairfax deputy sheriff dies in the line-of-duty from COVID-19

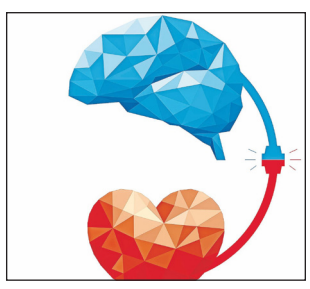
SEE PAGE A2



APPLE TV+

In 'Palmer,' Justin Timberlake leads an inspiring story about outsiders

SEE PAGE B1



BIG STOCK

Keeping your brain sharp

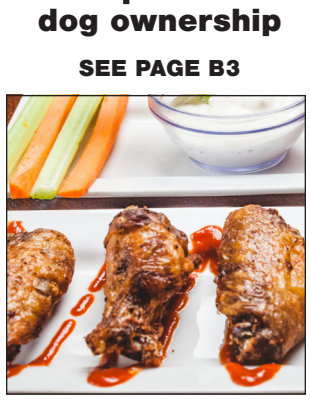
SEE PAGE A5



UNSPLASH

Responsible dog ownership

SEE PAGE B3



UNSPLASH

Homemade chicken wings for the 'Big Game'

SEE PAGE B4

INDEX

Public Safety	A2
People and Places	A3
Health & Wellness	A5
Sports	A6
Arts & Entertainment	B1
Arts Calendar	B2
Community Calendar	B2
Pets	B3
Classifieds	B4

25¢ NEWSSTAND PRICE

0 70628 24100 0

29 Diner aids community through pandemic



COURTESY PHOTO

Owner John Wood reached new levels of profit by continually centering charity.

By Brooke Lewitas
FAIRFAX COUNTY TIMES

If you live in the Fairfax area, you've probably been to or at least heard of 29 Diner. It is, after all, a Virginia Historical Landmark that's been locally owned and operated since 1947.

When you walk in, you'll probably be struck by the walls—nearly every inch is covered in signs from various community outreach initiatives over the years. You'll begin to get to know some of the employees after a few visits, as there's only eleven of them. You'll likely meet John Wood, owner since 2014. While you enjoy their signature Breakfast Bowl or a cup of coffee, he'll probably welcome you from behind the counter. "Thank you for dining with us," he'll say with sincerity.

But the diner is more than a local eatery—its charitable work is a fixture of the community.

See 29 DINER, Page A4

> **"My mission is to change the world. If I'm going to change the world, it's through inspiration. Inspiring the youth of the community is the biggest reward."**
>
> **John Wood, 29 Diner**

5 noteworthy travel trends in the age of a pandemic



BRAND POINT MEDIA

Courtesy of Brand Point Media

COVID-19 has changed the way we travel. When the pandemic began, many people put vacations on hold, shelving their wanderlust. As the pandemic continues, people are starting to travel again, but in different ways that prioritize health and wellness. This has led to some interesting travel trends, showing Americans' love for travel is still vibrant, it's just a bit different than before.

The top travel trends during the COVID-19 pandemic include:

Shorter vacations, including road trips

As people dabble with traveling again, many are choosing to forgo the week-long vacation and instead taking shorter trips. In fact, 55% of fall 2020 travelers are booking two to five nights when vacationing, and 36% are booking one-night stays, according to a recent Tripadvisor survey.

Worry and expense associated with airline travel also has many people opting for destinations within driving distance of home. The traditional road trip is seeing a resurgence as people are packing up their

See TRAVEL, Page A4

Middle school teacher arrested on sexual abuse charges

FCPD encourages anyone with information on the situation to come forward

By Brooke Lewitas
FAIRFAX COUNTY TIMES

Fairfax County Police Department arrested 51 year old Marc D. Chatham on Wednesday, January 20th for alleged sexual abuse of a student in 1994 and 1995.

He has been charged with two counts of forcible sodomy of a victim under twelve, aggravated sexual assault of a victim under thirteen, and producing obscene materials involving a minor.

The assaults took place while Cheatham was a teacher at Barden Elementary School, where he taught from 1993-1998.

At the time of the arrests, he was teaching at Holmes Middle School. Cheatham has taught in Fairfax County Public Schools for 29 years, at various schools including Mount Eagle Elementary School in 1992-1993, Fort Belvoir Elementary School in 1998-2000, Groveton Elementary School from 2000-2004, Lorton Station Elementary School (2004-2006), Terra Centre Elementary School from 2006-2010 and Newington Forest Elementary School from 2010-2017.

Holmes Middle School Principal Margaret Barnes issued the following statement in response to the news.

"This news is very upsetting to all of us. The primary responsibility for FCPS is always the

See TEACHER, Page A4



COURTESY PHOTO

INVENTORY BLOWOUT SALE!
January 1st - 31st

UP TO 60% OFF
Select flooring products
&
33% OFF BASIC INSTALL
With hardwood purchase

LUXURY VINYL FLOORING
FROM ¢0.89
WATER PROOF

HARDWOOD FLOORING
FROM $1.99

GET MORE FLOOR WITH 0% APR SPECIAL FINANCING

DISTRICT FLOOR DEPOT
Quality Hardwood Discounters
www.districtfloordepot.com
703-436-1050
HERNDON VA STORE OPEN!
While supplies last. Product prices & availability are subject to change. See store for details.

PUBLIC SAFETY NOTES



COURTESY PHOTO

Sgt. Frederick "Butch" Cameron.

Fairfax deputy sheriff dies in the line-of-duty from COVID-19

Sergeant Frederick "Butch" Cameron, a 16-year veteran of the Fairfax County Sheriff's Office, died January 12, after battling COVID-19 for several weeks. He leaves behind his wife Michelle, children Chuckie and Adrianna, and his mother Zelma. He was preceded in death by his father Frederick Henry Cameron and his brother Allen Ray Cameron.

For the past four years, Cameron was assigned to the Facilities Services Section and charged with the cleanliness of the Adult Detention Center. While the remarkable cleanliness of the facility has been well documented by accrediting organizations, the COVID-19 pandemic has made it even more crucial. Cameron helped lead the response team that sanitized and sterilized high use and COVID-infected areas and ensured high-touch areas were wiped down daily for the protection of inmates and staff.

Cameron's professionalism, good-natured demeanor and attention to detail earned him two special assignments during his career with the Sheriff's Office. He spent three years supporting the Fairfax County Department of Code Compliance, which responds to zoning and building code violations. In addition to serving civil law documents, he ensured the safety of inspectors during the course of their work and also helped explain the county's health, safety and environmental concerns to county residents. His second special assignment was ongoing since 2016. The Sheriff's Command Staff chose him to be the lead facilitator for the agency's security upgrade and capital renewal project due to his extensive background in program management as well as his strong work ethic.

On the personal side, Cameron was a board member for the Virginia Division of Law Enforcement United, a nonprofit organization that honors fallen law enforcement officers and remembers and supports their survivors. He provided security and traffic control for the bike teams during the annual Road to Hope Memorial Bicycle Ride leaving from Chesapeake, Virginia and concluding in Washington, D.C.

Cameron was a dedicated fan of Washington football, baseball and hockey through seasons good and bad. He was a long-time season ticket holder for the Washington Football Team and especially enjoyed taking his mother to games.

Known for stepping up whenever and wherever he was needed, Cameron was thoughtful and giving. He was an out-of-the-box thinker who would often share innovative solutions to challenging issues.

A lifelong resident of Fairfax County, he forever will be missed by his family, friends and colleagues.

11x the earnings[1] for those who save lives and those who save.

Premium Online Savings

PENFED CREDIT UNION

PenFed.org®

Federally Insured by NCUA. To receive any advertised product, you must become a member of PenFed Credit Union. © 2021 Pentagon Federal Credit Union. 1. Sourced directly from: www.fdic.gov/regulations/resources/rates. Rates are accurate as of January 4, 2021. APY (Annual Percentage Yield) is accurate as of January 1, 2021 and is subject to change at any time. Fees may reduce earnings. Government regulations restrict certain types of withdrawals from your Pentagon Federal Savings Account up to six times per monthly dividend cycle. If you exceed the permitted number of withdrawals, a fee will be assessed which may affect your earnings. $5 minimum to open the account. Premium Online Savings account holders must agree to electronic delivery of account opening disclosures and monthly statements.



COURTESY PHOTO

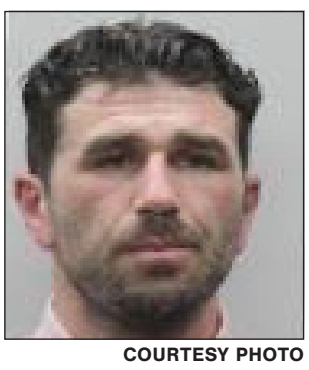
Antonio Nolau.

New Jersey man charged after theft

A man was refused entry to a store in the 14000 block of Lee Rd. Jan. 21 at 2:21 p.m. after stealing an item earlier that morning.

The clerk demanded payment for the item and chased the man into a nearby parking lot where the man pulled out a rifle, later determined to be an air pellet gun, and pointed it at the clerk.

An officer patrolling the area saw the altercation and was able to safely take the man, Antonio Nolau, 21, of New Jersey, into custody. He was charged with larceny and brandishing a weapon.



COURTESY PHOTO

Thanas Cimboku.

Alexandria man charged after pushing officer

An officer stopped a car in the 3200 block of Clayborne Avenue for a traffic violation at 4:50 p.m. Jan. 17.

The driver exited his car and walked away from the stop. When the officer tried to stop him, the man pushed the officer then ran.

Officers found the man, Thanas Cimboku, 34, of Alexandria, nearby and he assaulted officers again. He was arrested and charged with two counts of assault on law enforcement, obstruction of justice and driving on a suspended license. An officer was treated for a minor injury at the scene.

Herndon man charged after going 60 mph over posted limit

An officer attempted to stop a 2018 BMW M3 at Sully and Willard roads Jan. 16 at 6:16 p.m. The vehicle was traveling 115 mph in a 55 mph zone.

The driver refused to stop which led to a pursuit. The driver, Abel Shakespeare, 18, of Herndon, stopped the car and was arrested. He was charged with reckless driving and speed to elude.

Alexandria man pleads guilty to bribing former Chief of Collections for D.C. Office of Tax and Revenue

Mohammad Ezazul Hoque, 57, the owner of several Washington, D.C. restaurants, pled guilty Jan. 21 to one count of bribery for paying bribes to the former Chief of Collections of the D.C. Office of Tax and Revenue ("OTR") in exchange for the OTR official taking actions favorable to Hoque's businesses.

Hoque also pled guilty to one count of wire fraud for his execution of a multi-year scheme to obtain credit cards in others' names, without their knowledge or consent, to fund his personal and business expenses.

The announcement was made by Acting U.S. Attorney Michael R. Sherwin and Special Agent in Charge James A. Dawson of the FBI Washington Field Office, Criminal Division.

As part of his plea, Hoque, of Alexandria, admitted that from 2015 to 2017, as the unpaid tax liabilities on his businesses grew to be hundreds of thousands of dollars, Hoque paid more than $45,000 in bribes to the OTR official so that the official would change the status and limit the negative effects of the unpaid liabilities on the businesses. Hoque further admitted that, in 2016, in exchange for the bribes Hoque was paying, the OTR official released a lien on one of his businesses and provided a false certification that it had no outstanding tax liabilities so that Hoque could sell the business to a third party. In fact, Hoque still owed tens of thousands of dollars in taxes and related fees. As a result of the OTR official's actions, Hoque was able to sell the business and make a more than $84,000 profit.

Hoque further admitted that, between 2013 and 2017, Hoque carried out a fraud scheme in which he obtained more than 15 credit cards from various financial institutions in the names of others without their knowledge or consent. Hoque admitted that he charged more than $40,000 in personal and business expenses to the cards he fraudulently obtained.



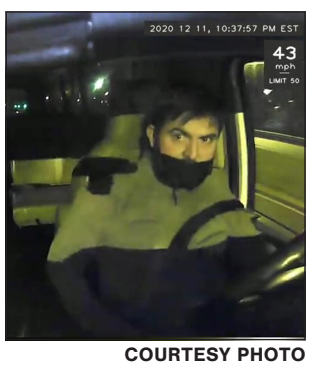
COURTESY PHOTO

Michael Hutchinson.

Maryland man incurs several charges after break-in

An Enterprise Rent-A-Car worker discovered a shattered glass door to the business at 8251 Greensboro Dr. and observed a man inside Jan. 18 at 7:03 a.m.

The man ran away but was located by officers. Michael Hutchinson, 38, of Maryland, was charged with burglary and drunk in public.



COURTESY PHOTO

The suspect in the theft of a limousine bus from GMU.

George Mason University Police needs your help identifying a suspect in a motor vehicle theft case.

The individual in the picture stole a limousine bus from the GMU Fairfax Campus Dec. 11. The vehicle was recovered in Reston Dec. 23 by the Fairfax County Police Department. The vehicle was located unoccupied at 1920 Association Drive, Reston.

If you have any information call the crime solvers number at 703-993-4111 or submit a crime tip at https://bit.ly/3iNzSGF.



Additions | Kitchens | Master Suites | Bathrooms | In-Law Suites | Whole Home Remodels | and much more!

Schedule a FREE Consultation. Call Today! (703) 743-7293
or online at Foster Remodeling.com

FOSTER Remodeling Solutions, inc. DESIGN-BUILD

Now is the time to turn your house into your dream home with a custom kitchen remodeling project from Foster. Our experienced design-build team transforms kitchens into functional, stunning spaces that inspire you to cook, bake, and entertain. Get started with a FREE consultation.

Call today (703) 743-7293 or online at FosterRemodeling.com

Foster Remodeling Solutions, Inc. | 7211-H Telegraph Square Drive | Lorton, VA 22079

FAIRFAX COUNTY TIMES

Established 1965
www.fairfaxtimes.com

P.O. Box 8791
Reston, VA 20195
Main Phone: 703-437-5400
Fax: 703-437-6019

Publisher
Rich Whippen, 703-439-1867
rwhippen@wspnet.com

Editor
Chase Gregory, 571-233-6244
chase@fairfaxtimes.com

Arts & Entertainment
Jennifer Starr, 571-393-2933
jennifer@fairfaxtimes.com

Calendar Submissions
Heather Zwicker
ffxtimesevents@gmail.com

News Reporter
571-393-6910
news@fairfaxtimes.com

Positive Vibes Column
Brooke Lewitas
brookel@fairfaxtimes.com

Production Administration
Melissa Turqman, 703-439-1767
mturqman@wspnet.com

National Advertising
Simmy Murdock, 703-463-9228
simmym@wspnet.com

Local Advertising
Karen Washburn, 703-994-4940
kwashburn@fairfaxtimes.com

Simmy Murdock, 703-463-9228
simmym@wspnet.com

Classified Advertising
Karen Washburn, 703-994-4940
kwashburn@fairfaxtimes.com

Creative Services
Becky Sullivan, Creative Director
bsullivan@wspnet.com

Angie Wyatt, Creative Designer
angiew@wspnet.com

Circulation & Delivery
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Customer Service
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Send letters to the Editor to:
rwhippen@wspnet.com

Send event information to:
ffxtimesevents@gmail.com

PEOPLE AND PLACES

Winners named in 2021 First Hike Fairfax Photo Contest

On January 1-3, the Fairfax County Park Authority joined America's state parks including Virginia State Parks to encourage everyone to start 2021 with a hike.

In Fairfax County, it's a great way to appreciate more than 450 miles of trails and to set the bar for a new year of fitness and outdoor activity. This year's contests included special prize amounts of $70 to commemorate the Park Authority's 70th anniversary. Nearly 200 hikers submitted photos as part of the First Hike Fairfax 2021 Photo Contest presented by the Fairfax County Park Authority and the Fairfax County Park Foundation. The Park Authority Executive Director, a panel of Park Authority judges and a public vote have determined the following winners:



COURTESY PHOTO

Mike Crosby, Huntley Meadows Park.

Crosby won People's Choice: $70 Park Authority Gift Card OR a 6-Month FCPA RECenter Pass.

More than 1,000 people voted on the People's Choice Winner. With 167 votes, this photo of the Huntley Meadows boardwalk received 16 percent of the vote, making it the most popular of the 30 finalists selected by the judges.



COURTESY PHOTO

Elaine Starr, Huntley Meadows Park.

Starr won Judges' Choice: $70 Park Authority Gift Card OR 25-visit FCPA RECenter Pass.

A panel of judges thought the photographer did an excellent job of clearly capturing the detail of this action shot from a Northern pintail at Huntley Meadows Park. They felt like the photo transported them to the Huntley wetlands – home to so many beautiful birds and animals.



COURTESY PHOTO

Jack Ledgerwood, Folly Lick Stream Valley Park.

Ledgerwood won Director's Choice: $70 Park Authority Gift Card

Park Authority Executive Director Kirk Kincannon chose this photo of a woman with a mask and her dog using a fair-weather crossing to cross a stream, saying "This photo perfectly showcases the fact that so many people are using our parks and trails to stay healthy and have fun during a challenging year."



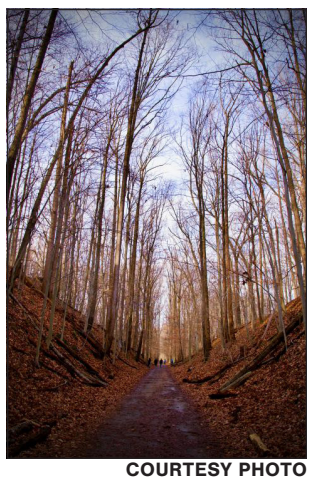
COURTESY PHOTO

Nancy McDonough, Ellanor C. Lawrence Park.

McDonough won Best in Show (Wildlife): $70 Park Authority Gift Card

Judges selected this photo because they loved how the colors of the bird matched the colors of the berry. The photo is pretty enough for a holiday card and reminds us how fortunate we are to share our parks and trails with so many beautiful creatures.

First Hike Fairfax kicks off a new year of Healthy Strides activities for the whole family. For more fresh ideas, visit the Healthy Strides web page at https://bit.ly/2LR05br and sign up for the e-newsletter with monthly tips to get you and your family energized.

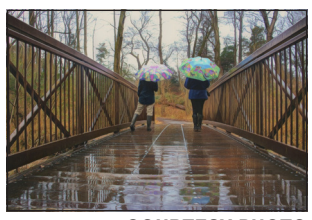


COURTESY PHOTO

Heather Rabinowitz, Cross County Trail at Accotink.

Rabinowitz won Best in Show (Scenery/Landscapes): $70 Park Authority Gift Card

Judges enjoyed this refreshing perspective of park trails. The tall, towering trees offer peace and protection to the trail users below – a stunning reminder of how grand and powerful nature can be. Living and fallen trees and an inclined landscape beautifully frame the photo.



COURTESY PHOTO

Sherry Schellenger Parker, Green Spring Gardens.

Parker won Best in Show (People): $70 Park Authority Gift Card

Judges thought this photo highlighted how beautiful and peaceful parks can be in all types of weather. They thought the photo was framed nicely and that the umbrellas offered a fun pop of color on an otherwise dreary day.

Dewberry announces promotions in their Fairfax office

Dewberry, a privately held professional services firm, has announced the promotion of nearly 50 employees nationwide, including 15 in the firm's headquarters in Fairfax.

The promotions coincide with Dewberry's ongoing expansion of engineering, architectural, and consulting services in the D.C. metropolitan region, where the firm has practiced since 1956.

These promotions include:

Chris dePascale, PE, **Jean Huang,** PE, CFM, ENV SP, **Stephen Kalaf,** PMP, CFM, and **Mathew Mampara,** PE have been promoted to vice president. dePascale is a client manager for the mid-Atlantic site/civil group. He earned his bachelor's degree in civil engineering from the University of Connecticut (1996). dePascale is a licensed professional engineer in Connecticut, Washington, D.C., and Virginia, and is a member of the American Society of Civil Engineers (ASCE). Huang is the program management director for the resilience solutions group. She earned both her bachelor's (1998) and master's (2002) degrees in civil engineering from Virginia Tech. Huang is a member of Association of State Floodplain Managers (ASFPM), New York State Floodplain and Stormwater Managers Association, and the Project Management Institute (PMI). She is a licensed professional engineer in Maryland, New York, and Virginia. Huang is also a certified floodplain manager and project management professional. Kalaf is the executive director of quality assurance leading the firm's quality program and is a senior project manager in the resilience solutions group. He received his bachelor's degree in geography from Frostburg State University (1978) and is a member of the American Society for Quality, PMI, and ASFPM. Kalaf is also a certified floodplain manager and project management professional. Mampara is the director of innovation for the resilience solutions group. He earned his master's degree in water resources engineering from the State University of New York (2002) and his bachelor's degree in chemistry from Cornell University (1996). He is a licensed professional engineer in Maryland and is a member of the Society of American Military Engineers (SAME) and ASCE.

Jean O'Toole, AIA, PMP, LEED AP BD+C, NCARB, has been promoted to principal. She is a business unit manager for a team of civic, federal, healthcare, and justice architects. O'Toole earned her Bachelor of Science in architecture (1990) and Bachelor of Architecture (1991) from the Catholic University of America and is a registered architect in Washington, D.C., Virginia, Maryland, West Virginia, and New York. She is a member of the American Institute of Architects and PMI.

Siamak Esfandiary, Ph.D., PE, and **Robert Snow**, PE, PMP, have been promoted to associate vice president. Esfandiary is a program manager in the resilience solutions group. He obtained his doctorate (2001) and his master's degree in civil engineering (1997) from the City University of New York. Esfandiary earned his bachelor's degree in irrigation engineering from the Isfahan University of Technology (1996) and is a member of the American Water Resources Association, Society of Risk Analysis, and ASFPM. Snow is a senior project manager in the federal group. He earned his bachelor's degree in civil engineering from University of Florida (2000), and is a licensed professional engineer in Virginia, as well as a licensed project management professional. Snow is a member of PMI and SAME.

Wayne Burnley Jr., Carl Kaczmarek III, PE, **Paul Longo,** PE, and **Sid Pandey**, CSM, have been promoted to senior associate. Burnley is the director of logistics and has more than 20 years of experience in commercial leasing, office construction, and facilities management. Kaczmarek is a project manager in the mid-Atlantic transportation group. He earned his bachelor's degree in civil engineering from Virginia Tech (2008) and is a licensed professional engineer in Maryland, Virginia, and Washington, D.C. Kaczmarek was selected by ENR MidAtlantic for its 2021 Top Young Professionals list. Longo is a project manager and serves as regional infrastructure lead for the firm's mid-Atlantic water service line. He earned his bachelor's degree in civil engineering from Virginia Tech (2010) and is a professional engineer in New York, Virginia, and Washington, D.C. Longo is a member of the Water Environment Federation. Pandey is a senior geospatial technology manager in the geospatial and technology services group and was recently appointed to the Urban and Regional Information Systems Association (URISA) 2021-2023 cohort of the Vanguard Cabinet. He earned his master's degree in geographic information systems from the University of Maryland (2019) and his bachelor's degree in geography from the Pennsylvania State University (2014). Pandey is a member of the Maryland State Geographic Information Committee, URISA, and the Esri Mid Atlantic User Group.

Kelsey Brandt, PE, CFM, **Seng Chan,** CFM, **Srinu Ratnala,** and **Lauren Hite**, CP APMP, have been promoted to associate. Brandt is project manager in the mid-Atlantic transportation group. She earned her master's (2014) and bachelor's (2013) degrees in civil engineering from Virginia Tech. Brandt is a licensed professional engineer in Washington D.C., Maryland, and Virginia, and a certified floodplain manager and stormwater management combined administrator. She is a member of ASFPM. Chan is senior client relations manager in the resilience solutions group. She earned her bachelor's degree in English from George Mason University (2001) and is a certified floodplain manager. Chan is also a member of the Virginia Floodplain Management Association and ASFPM. Ratnala is a project manager in the geospatial group. He earned his master's degree in applied geology from Andhra University (1998) and his bachelor's degree in geological and earth sciences/geosciences from SDS(A) College of Arts & Applied Sciences (1995). Ratnala is a member of the American Society for Photogrammetry and Remote Sensing. Hite is the marketing manager for the federal practice. She earned her master's degree in business administration (2008) from Florida State University. Hite is a Certified Practitioner with the Association of Proposal Management Professionals and a member of the Society for Marketing Professional Services.



COURTESY PHOTO

Salvatore Fiorentino.

ECS Names Mid-Atlantic subsidiary president

The ECS Group of Companies (ECS) is pleased to announce that **Salvatore Fiorentino**, PE, has been promoted to subsidiary president in the Mid-Atlantic.

Fiorentino celebrates 20 years with ECS in 2021, and he most recently served as the northern regional manager for the Mid-Atlantic subsidiary.

Fiorentino's extensive engineering experience includes management of hundreds of projects for which he developed field investigation programs, including test boring and test pits, engineering analysis and preparation of reports providing geotechnical design information, as well as construction testing services. In his new role, he will oversee operations and work with senior management in the strategic planning for the growth and expansion of ECS' Mid-Atlantic offices located in Virginia, Maryland, Pennsylvania and New Jersey.

"Sal's experience and leadership abilities will be a great force in the future growth of ECS Mid-Atlantic," said Leo Titus, Jr., chief operating officer for the ECS Group of Companies. "I'm excited to work with him and his team as they take the group to new levels of success."

Fiorentino holds a Bachelor of Science in Civil Engineering Technology from the Rochester Institute of Technology, a Master of Science in Geotechnical Engineering from the University of Maryland and a Master of Business Administration from Mount St. Mary's University. He is a licensed Professional Engineer in Delaware, Maryland, Virginia, Pennsylvania, West Virginia, New Jersey, Ohio, Connecticut and New York and is a Leadership in Energy and Environmental Design: Accredited Professional (LEED AP).

"I'm honored to have been chosen to assume the leadership role of the Mid-Atlantic subsidiary," said Fiorentino. "Past leadership has set the bar high, but I look forward to the challenges and opportunities ahead. The Mid-Atlantic region has a very talented group of professionals who I'm excited to collaborate with in my new capacity."

Friends of Reston names new executive director

Friends of Reston (FOR), the 501(c)3 nonprofit supporting organization for Reston Association (RA), has named Kia Cole-Hines as its new executive director, effective January 19.

In her work as Business Engagement and Sales Manager for RA, Cole-Hines is uniquely qualified for the role of Executive Director of FOR, a position that has been held for 16 years by Katie Shaw, Nature Center Manager for RA.

"I am extremely excited and honored to become executive director of Friends of Reston," said Cole-Hines. "As a native Restonian, this position will further allow me to have a hand in preserving and enhancing the community where I live, work, and play."

Her work, which includes connecting with businesses that wish to sponsor RA events and special projects, will now also increase awareness of the philanthropic opportunities associated with FOR's mission of supporting charitable, educational, and scientific community projects with donated funds.

Shaw is stepping aside from her leadership position with FOR but will continue with her management of the Walker Nature Center while also accepting some new responsibilities from RA's senior advisor for environmental resources, Claudia Thompson-Deahl, who retired December 30.

"I'm working with Kia on a smooth transition and happy that FOR will have someone who shares a passion for Reston at its helm," said Shaw. The Walker Nature Center will continue to partner with FOR on environmental programs and projects.

"The Friends of Reston board of directors is delighted for Katie's new and very fitting responsibilities at RA, but we were understandably disappointed to hear that she would be stepping aside," said Carol Nahorniak, president of FOR. "At the same time, we are excited to be working with Kia, and very pleased that our new executive director has an equivalent perspective of Reston and the good works of FOR. With her strong ties to the community she is a great match for this organization."

In addition to her proven record of leadership and business experience, Cole-Hines is a South Lakes High School Hall of Famer and an assistant basketball coach.



COURTESY PHOTO

Editor's note: In last week's edition the wrong photo was used in the story regarding ECS new chief operating officer. This is the correct photo for Leo Titus

OBITUARIES

In loving memory

Carmel Rose Cavanaugh

Carmel Rose Cavanaugh, of Springfield, Virginia passed away on December 15, 2020 at Inova Fairfax Hospital after complications related to a fall. She was a resident of Mclean, Virginia for 52 years before moving to Greenspring Retirement Community. She was born on January 7, 1928 in Washington DC. She was the daughter of Thelma Kines and Patrick Cavanaugh and half-sister to Nancy Seay of Pagosa Springs, Colorado and Patrick J. Cavanaugh of Tucson, Arizona.She graduated from Holy Trinity High School in Washington DC and attended the College of Misericordia, graduating in 1949. She did post graduate work at George Washington University from 1968 to 1972 studying International Affairs. She worked for the US government for 34 years, retiring in 1983. During her service she lived in Tehran for 3 years, working for the Director of Economic Aid and was detailed to the White House from 1963 to 1967 as Executive Assistant to the President's Special Assistant for International Food Aid Matters. She also participated in establishing and maintaining homes for Indigent and troubled teenagers. Following retirement, she volunteered at the White House office of Presidential Student Correspondence from 1994 until 2007.

She was a devout Catholic throughout her life serving as a Eucharist minister and choir member, both singing and playing guitar. She also completed the Education for Parish Service Program in 1986 at Trinity College. She was an active member of the Cursillo Movement and upon moving to Greenspring in 2005 she continued to be actively involved with the on-campus Parish.

Her love of travel took her to over 40 countries. She also loved to go on cruises with her mother. She was known for her sense of humor, her love of life and laughter. She was the beloved Matriarch of her cousin, Vincent Carlisle Cooley's children and grandchildren as he considered her a sister and was the only person who ever called her Sally.

In loving memory

Bobbie Jo Vest Falk



On Saturday, January 23, 2021, Bobbie Jo Vest Falk, the loving wife and devoted mother and grandmother, passed peacefully, surrounded by family.

Bobbie Jo was born to Bessie Taylor Vest and Robert McAdoo Vest in Tucson, Arizona, and spent her early years in Arizona. A member of Immanuel Presbyterian Church, she was a member and past worthy advisor of the Templar No. 27 of the Order of the Rainbow Girls. She attended University Heights Elementary School, Roskruge Junior High School and graduated from Tucson High School where she was a Songleader. She earned her bachelor's degree from the University of Arizona where she was a member of Kappa Kappa Gamma sorority and a Rotary Scholarship winner. In 1960, she married James H. Falk, her high school love and they had three children, Jim, John and Kathryn.

She later moved with her family to McLean, Virginia and then Great Falls, Virginia, where she spent most of her life. She worked on the staff of Congressman John J. Rhodes, of Arizona, then Minority Leader of the House of Representatives and later former Congressman William Minshall of Ohio. Bobbie Jo helped establish, manage and operate the Falk Law Firm in Washington, D.C. for more than two decades that included her husband and sons as well as others. She enjoyed 40 years at her family farm in Cornwell Farm in Great Falls, Virginia, where she enjoyed her flower gardens and helping to manage a successful family thoroughbred breeding and horse racing operation.

Bobbie Jo very proudly celebrated her 60th wedding anniversary and her 50th year as a member of the Junior League of Washington last year. Bobbie Jo was a pillar of the community, deeply committed to her faith with had an enormous desire to help others. Bobbie Jo will be remembered by countless people across her native Arizona and Virginia for her smiling eyes, her generosity of spirit, her kindness and her grace.

She is survived by her husband, James H. Falk, Sr., her son John M. Falk and her daughter Kathryn Falk Brandus, along with her grandchildren whom she deeply cherished, Jack M. Falk of San Francisco, CA, Olivia G. Falk of Baton Rouge, LA, Grayson T. Falk of Vero Beach, FL, and Julia T. Brandus, of Reston, VA, along with her son-in-law Paul Brandus and a sister Mary Bowen in Trinity Center, California, and her family. Her eldest son James H. Falk, Jr. preceded her in passing.

A private family service will be held to honor her and she will be laid to rest at Trinity Episcopal Church in Upperville, Virginia. In lieu of Flowers, donations may be made in her memory to Trinity Episcopal Church, P.O. Box 127, 9108 John S. Mosby Highway, Upperville, Virginia 20184 and at https://trinityupperville.org/give



ANNIE SPRATT / UNSPLASH

How to tell how much is the right amount of screen time for kids

Courtesy of More Content Now

It's no surprise that as the COVID-19 pandemic continues, the amount of time kids spend on a screen remains high according to a recent study by SuperAwesome. When the pandemic lockdowns began in March 2020, SuperAwesome found that screen time was up 50%. Nearly a year later, screen time is still up by 50%.

While increasing screen time can sound scary for some parents, a majority of parents (62%) now see how devices can be used as educational tools.

Although knowing what is the right amount of screen time for your kids is appropriate, here are a few tips from GreatSchools.org to help manage your kids's screen time:

1. Know your kids and know your values: If your child complains that all his friends are watching a particular TV show that contains a lot of sex and or violence, explain what your values are and why you are sticking to them. Or if you know your child is more prone to nightmares than his friend, exercise caution in letting him watch scary shows, even if all his friends are watching them.

2. Be conscious of age-appropriateness: Use your judgment and consult media reviews. Be aware that although several companies are marketing videos for babies and toddlers, the American Academy of Pediatrics recommends no television for children under the age of 2. And a PG-13 rating on a movie doesn't necessarily mean that all 13-year-olds are ready to see it or that younger children shouldn't see it. It's a guideline and it's up to you to decide.

3. Set family rules and stick to them: For example, watching TV is OK from 7 to 9 p.m. or after the homework is done or only on Monday, Wednesday and Friday. Consistency through the years is also important.

4. Limit screen time: It's important to consider that it's not just TV but all forms of media that need to be considered when setting guidelines.

5. Use technology to control the media: Netflix, Hulu, and DVRs make it easier to control what is on and when. Green says that these are all great tools because a parent can hit the pause button, talk to their kids and discuss certain scenes or behaviors as they are happening.

6. Set family viewing time: Have regular family movie nights and use them as opportunities to watch together and discuss. Be on the alert for teachable moments.

7. Keep media out of kids' bedrooms: It's much easier to exercise control when your child is within view. So that means keeping video games, the TV and the computer in a common area where you can keep an eye on things.

TRAVEL

CONTINUED FROM PAGE A1

vehicles to enjoy the drive to nearby adventures, whether that takes them to the country or a metropolitan area - or anything in between.

Extra space to play and social distance

The ability to spread out and be physically distant from others while enjoying time as a family is a top trend. People are seeking destinations with room to enjoy and space to play, both indoors and out. This might be renting a cabin and hiking the great outdoors or booking a room at a large resort with ample room so you're not uncomfortably close to other guests.

Kalahari has four locations that fit the bill, with the new location in Round Rock, Texas, taking the title of America's Largest Indoor Waterpark Resort, which has 1.5 million square feet of space to play, which means lots of opportunity for fun while prioritizing social distancing and safety. The Centers for Disease Control and Prevention (CDC) has found no evidence that COVID-19 is spread through recreational waters, so feel free to enjoy the 223,000 square feet of indoor waterpark that includes 20 pools, 30 waterslides and 3 acres of outdoor pools.

Enhanced safety procedures

Top of mind for all travelers, safety is essential. Many destinations and resorts are prioritizing keeping guests safe with new procedures, like contactless and cash-free methods of payment, offering remote check-in and implementing a wellness concierge to monitor and communicate safety initiatives to guests.



BRAND POINT MEDIA

Research the offerings at different accommodations and choose the one that you feel most comfortable with. Ask about the option to forgo cleaning service for the duration of the stay if you prefer no one enter the hotel room, with the option of fresh towels and toiletries to be delivered safely outside the door for convenience.

Experiences and activities are priorities

Quarantine, sheltering in place, remote working and virtual learning: people have been spending a lot of time at home, so when they are traveling they want to prioritize unique experiences to make meaningful memories as a family. Because many theaters, sports arenas and tourist attractions remain shut down, people are looking at destinations that offer an all-under-one-roof experience with fun for the whole family.

Kalahari Resorts are a great example of this exclusive experience, with activities for kids and adults, dining options everyone can agree on and plenty of space to play and relax. From water slides and surf simulators to ropes courses and laser tag, you have access to all the fun you can handle without having to leave the resort. Plus, parents enjoy world-class spa services and an adult-only swim-up bar as well.

Dreaming and planning for the future

Some people are still not comfortable with vacationing, which is why dreaming of the future and planning trips is the final top trend during the pandemic. With extra time on your hands, it's ideal for researching new destinations, learning about unique opportunities and watching for discounts to help you save on advanced bookings. You might also ask for gift certificates and vacation experiences for holiday gifts so you are ready to roll when you're comfortable with traveling again.

20 DINER

CONTINUED FROM PAGE A1

It all started at George Mason University's School of Business in 1990 when a young John Wood decided that his business plan would always center upon aiding his community.

People said it couldn't be done. "Everybody said I'm going to be out of business in year one or two. They said John, be careful, you can't give this away. I said, the more we give away the more we grow. And it worked like an absolute charm."

At the outset of the pandemic, Wood knew that businesses would close en mass and that families would go hungry because of it, so he sprung into action.

"When the pandemic began, we were in a roundtable with our managers and our other business partners, and we were trying to decide what was the best course of action. I said, I think our mission is pretty clear. We need to take care of our community. We need to put our community first."

First on his mind were the children of Fairfax County who were reliant upon school lunches. He turned the diner into a free food pantry, where anyone could come and receive food. Since March, 29 Diner has served forty five thousand free meals. Starting at nine hours per week, they were able to expand within weeks to over eighty hours per week.

Any business minded person would ask—how is all this charity work feasible for a profitable business? But 29 Diner has never done better financially.

"We're more financially secure today, in the middle of a pandemic than we've ever been, thanks to this business model," Wood said. He has the numbers to back it up. In 2019, the diner had $30,000 in cash holdings. Thanks to the support of local churches and citizens, they now have $60,000.

Wood wasn't done yet. Without ending the Food Pantry program, Wood wanted to do more for healthcare workers. So he set out to create a program entitled "Be a Hero, Feed a Hero", where community members could call and select a hospital department to pay to feed. By leaning on the diner's reputation in the community, not one employee was laid off during the pandemic.

In October, a new issue was brought to John's attention. As the pandemic wages on, the mental and emotional toll has worn onto the people of Fairfax. One such issue is domestic violence.

Partnering with corporate sponsor Home Depot, the diner set out to support Shelter House, an organization which places women and children affected by domestic violence in safe locations. The diner raised over ten thousand dollars and provided over five hundred hot meals to the women and children of Shelter House.

"We put our arms around them," Wood said. "Imagine the strength and the courage that you would have to find inside of you for a mother to say, I'm taking my children and I'm moving into a shelter. I'm leaving my secure house because of an abuser, and I'm going to put my kids and I into a non-disclosed shelter so I can try to start a new life during a pandemic. How strong are these women? How much of a hero are these women for making this choice?"

While the other initiatives will continue, a new one will begin in February aimed at supporting local police, fire and rescue, and the sheriff's office. Individuals can nominate exceptional members of each to receive a free $100 gift card.

Wood concluded: "My mission is to change the world. If I'm going to change the world, it's through inspiration. Inspiring the youth of the community is the biggest reward."

TEACHER

CONTINUED FROM PAGE A1

safety and wellbeing of our students. We will continue to be diligent in our efforts to provide a safe learning environment, and we commit to swift action any time we are made aware of a potential violation of the trust between our students and staff." The school is cooperating fully with the police.

Cheatham is currently being held at the County's Adult Detention Center without bond.

Cheatham is the fifth FCPS teacher to be arrested for having sexual contact with a student in the last three years. Philip Spivey, 57, a Justice High School teacher, was arrested in January of 2020 on four felony charges. Daniel Kim, 29, of Oakton was arrested in November 2019 for an inappropriate sexual relationship with his student at Fairfax High School. Ryan Thomas Pick of Cameron Elementary School in Alexandria was charged with five felony counts of using a communication system for crimes against children in August 2019. Raphael Schklowsy, Herndon High School Drama teacher was found to be in possession of over three thousand videos containing child pornography in May 2019.

Mr. Cheatham's case is unique, however, because his alleged crimes were committed almost two decades ago.

Anyone who has information about this investigation or may have had inappropriate contact with Cheatham is encouraged to call the FCPD Major Crimes Bureau at 703-246-7800. According to the official website for FCPD news, "Victim specialists from our Major Crimes Bureau's Victim Services Division have been assigned to ensure that the victim is receiving appropriate resources and assistance."



Better gallbladder health



The gallbladder is a necessary organ that stores bile, a digestive fluid, created by your liver. Bile is important for the digestion and absorption of dietary fats in the small intestine.

If your body has sludgy bile your mood will suffer. You can even become constipated and anxious! Low fat and bad fat diets do not stimulate the release of bile, causing the bile to get old/viscous/thick. The gallbladder tries to contract, but is unable to release the viscous bile. No bile leads to no absorption of fats. You may see fatty, shiny stools or a film in the toilet that looks like oil. You could also have gallstones and may feel a nagging pain under your right ribcage. (Don't ignore this – take action now!)

Bitter foods, like radicchio and dandelion, help you digest your food. This is important because if you don't digest well you don't benefit from the nutritious real food you just ate.

BITTER foods stimulate your liver to produce BILE.

Bile helps your body break down the healthy fats you eat so you can readily absorb them, as well as your fat soluble vitamins.

Bile secreted by your liver also enables this vital detox organ to excrete toxins in the bile. This takes a load off your gallbladder and helps prevent the build-up of gallstones.

Most of my clients are women with slowed down systems. Slower metabolism includes impaired and sluggish digestion and detoxification pathways. The longer the body has had this slow metabolism and low energy the longer it's been accumulating toxicity too.

Since higher (healthier) fat diets are still on trend (a pendulum swing from the low-fat myth we were lied to about for decades) this can backfire in many people (women especially) and slow them down if they don't support their fat digestion.

This is one simple hack that could help some people out though it may not be robust enough if fat consumption is too high in the diet. If fat consumption has been increased and one still feels sluggish in energy, digestion and bowels) it's time to reassess and tweak. Women with slow metabolisms will want to cut the fat back and increase veggie consumption instead.

One of the reasons people get moody or anxious is because their liver gets congested with all kinds of toxins, that's where Nutritional Therapy comes in. You can literally improve your mood with food!

Bile is important in a number of critical roles, including:

- Aid in fat digestion and absorption (and some digestion of proteins and starches)
- Emulsify fats (the detergent-like reaction done by bile salts)
- Assist in absorption of fat-soluble substances, such as vitamins A, D, E, and K
- Helps regulate your intestinal microflora
- Encourages fecal matter movement through your digestive tract
- It serves as a route of excretion of bilirubin
- Help your liver rid your body of waste products
- Aid in destroying unwanted organisms that invade the body through the digestive system

If your body isn't making enough bile, numerous uncomfortable symptoms can occur (all are common in my client population with slow metabolisms), such as:

- Fatigue
- Mood swings
- Constipation
- Acid reflux
- Acne
- Gastro-Esophageal Reflux Disease (GERD)
- Migraines
- Vitamin deficiencies
- Jaundice
- Poor gut microflora
- Impaired liver function
- High cholesterol
- Greasy, foul smelling, and light colored stools
- Gall bladder disease (stones and inflammation)

The good news is, once you are aware of the sluggish bile connection to slow metabolism, you can turn things around for your health. Start by including bitter foods in small amounts at every meal. In just a matter of weeks you could start to feel a noticeable difference in energy, focus and even a reduction in constipation.

Now, if you don't have a gallbladder, you need to supplement your diet (especially when you eat a fat) with ox bile. This will serve as your bile replacement and take a bit of the load off from your liver. If you have digestive problems, let's set up a consultation. You can reach me at www.UnlockBetterHealth.com.



UNSPLASH

Keeping your brain sharp isn't about working more puzzles

By Laura Williamson
AMERICAN HEART ASSOCIATION NEWS
USA TODAY NETWORK

Mental decline is one of the most feared aspects of growing older. People will do just about anything to prevent it, from swallowing supplements touted as memory boosters to spending hours solving Sudoku and crossword puzzles.

But do these things really keep the aging brain sharp? The short answer is, not really.

"It can certainly help you concentrate if you spend an hour or two doing puzzles," said Dr. Vladimir Hachinski, a Canadian neurologist and global expert in the field of brain health. "It's good because you're exercising your brain. But don't expect too much from it."

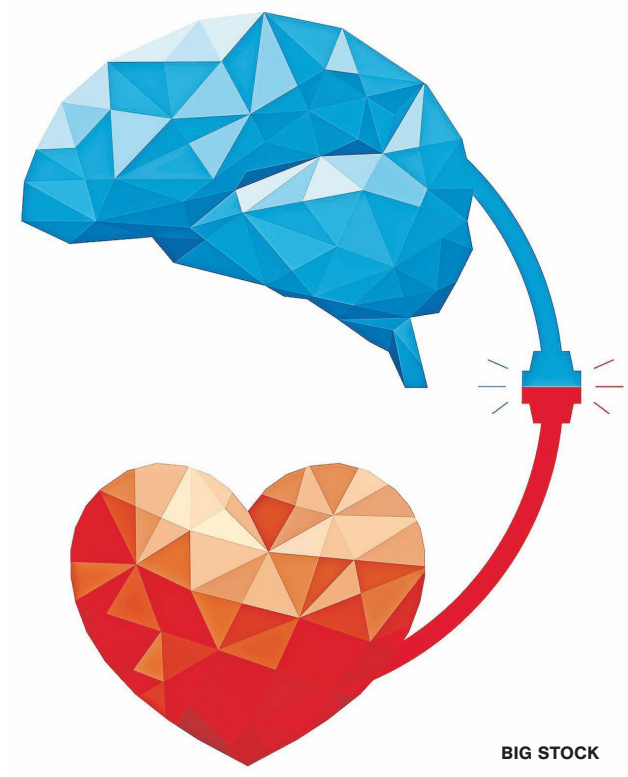
One in 8 Americans age 60 or older report having at least some memory loss and roughly 35% of them report problems with brain function, according to the Centers for Disease Control and Prevention. While this doesn't always lead to full-blown dementia, the number of older people in the United States struggling with cognitive issues is growing: The CDC predicts the number of people in the U.S. with dementia - including its most common form, Alzheimer's disease - will nearly triple to roughly 14 million people by 2060.

Research suggests there are indeed ways to prevent or delay many types of cognitive loss, but they don't involve fish oil supplements or brain teasers. Instead, Hachinski and others in the field agree, people who want to preserve good brain function should take the same steps they would to protect their hearts.

"If you have a good heart, you have a good brain," said Dr. Rong Zhang, professor of neurology at UT Southwestern Medical Center in Dallas. "Whatever risk factors that are bad for your heart, such as high blood pressure, smoking, obesity or a lack of physical activity, these things are also bad for your brain."

The link between heart health and brain health is well established.

The American Heart Association and an expert-led Lancet Commission advise people to focus on their risk factors for heart disease and stroke. These include lowering blood pressure, blood sugar and cholesterol levels; getting enough sleep; not smoking; limiting alcohol intake; eating a healthy diet; exercising at least 150 minutes per week; maintaining a healthy weight; and staying socially active. The Lancet Commission recently expanded its list of dementia risk factors to also include head injuries in mid-life and exposure to air pollution.



BIG STOCK

Researchers believe at least 40% of dementias can be prevented or delayed by modifying these risk factors. Hachinski said the percentage could well be higher if more strokes were prevented. He was the lead author of a 2019 paper published by the World Stroke Organization calling for the joint prevention of stroke and dementia.

Stroke doubles the chance of developing dementia and high blood pressure is a powerful predictor of stroke, Hachinski said, adding that an estimated 90% of strokes are preventable.

"All major dementias have a vascular (blood vessel) component," he said, because the brain needs good blood flow to provide it with sufficient nutrients and oxygen to work properly. "If you control the vascular component, you can diminish or prevent dementia."

While major strokes cause an obvious and sudden decline in cognitive function, it's more common for people to have smaller, silent strokes they don't even realize are happening, Hachinski said. These "mini-strokes" have been shown to accelerate mental decline, as does uncontrolled blood pressure at any age.

Type 2 diabetes, which often can be prevented or delayed by losing weight and increasing physical activity, also increases the risk of dementia by 60%.

"By and large, the onset of dementia is gradual," Hachinski said, likening the process to "descending into an abyss. It can happen in different ways, at different rates and to different depths."

The best way to slow that decline, he said, is to identify your personal risk factors and then tackle the biggest ones. Do you need to lose weight? Exercise more? Eat a healthier diet? Lower your blood sugar?

"Know your family history. Have some idea of what you're facing," he said. "Get your blood pressure taken. Risk factors love company. If you have high blood pressure, you undoubtedly have other things going on."

During the day, the brain uses a lot of energy, in the process discarding excess proteins that build up like junk in a teenager's room. "The brain needs a way to get rid of these bad proteins," Zhang said, "to clear away the waste. When there is a lot of garbage in the environment, it hurts the brain."

Exercise helps with this clearance, and so does sleep, he said.

Building good brain health habits should start long before cognition starts to decline, experts advise.

"In middle age, the risk begins to climb rather rapidly," Hachinski said. "It's never too late, but the earlier, the better. I think the most important thing is to begin."

Vaccination Staycation

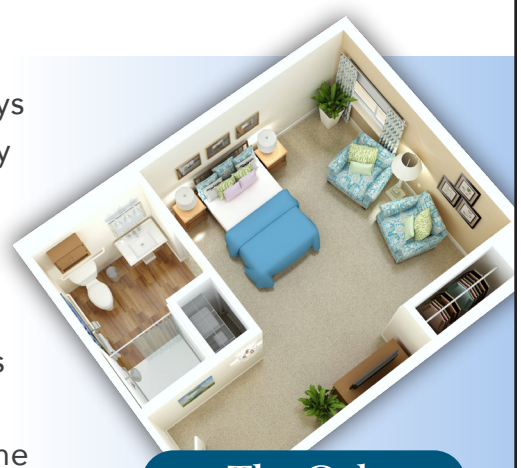


Enjoy the Tall Oaks lifestyle and take a break from winter worries with a short-term respite stay.

Begin your "staycation" by February 6 to participate in our COVID-19 vaccination clinics!

Flat rate, all-inclusive stays (30-day minimum) in a fully furnished studio include:

- Personal care services
- Signature activities
- 24-hour access to nurses
- Chef-prepared meals
- WiFi, cable TV, and phone



The Oak Private Studio

Assisted Living = $5,000 per month
Memory Care = $6,000 per month

Small Pet Friendly!

Our mission has always been to protect the health and well-being of our residents. **Call Crystal or Leslye today to schedule your Vaccination Staycation!**

PROUDLY SERVING SENIORS 30 FOR 30 YEARS

703.834.9800
12052 N. Shore Dr.
Reston, VA
TallOaksAL.com

A Family Company

Tall Oaks ASSISTED LIVING
RISING TO NEW HEIGHTS

Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981

Mason wins rematch with St. Joseph

By Rick Horner
FAIRFAX COUNTY TIMES

Early Saturday afternoon saw the George Mason University Patriots at St. Joseph's University Hawks at the Hawks home of Hagan Arena in Philadelphia. The game was a rematch from the previous Wednesday with Mason eventually winning a double overtime game at home with a score of 87-85. Mason is 3-4 in the Atlantic 10 Conference standings while St. Joseph is at a dismal 0-6 record.

The first half started of with a three pointer from Javon Greene which would be the start of three field goals that would give Mason a good lead in the first two minutes of the game. Unfortunately, the half would also see a collision under the rim between St. Joseph's Dahmir Bishop and Mason's #12 AJ Wilson. Both men got hurt while Wilson was trying to protect the rim for Mason.

Luckily both men walked off the court under their own power which is a good sign that they weren't hurt too badly. It was feared that Wilson had a right shoulder injury but would be able to play later in the second half. Bishop would also return to the game in the second half.

Mason continued working on penetrating St. Joe's paint but the defense continued to hold, but the Patriots would also continue their field goal game which continued to pay off. St. Joseph used the three-pointer shots last game to keep up with Mason but this time Mason was using them to keep ahead of the Hawks.

St. Joe is quickly closing the gap but Mason started pulling further ahead around the 13:40 mark. The Hawks were trying to penetrate Mason's defense in the paint as well but mostly denied scoring. Both teams starting to play hard again with players getting knocked down and fouled more often around 5:45 mark.

The first half ended George Mason in the lead 32-24.

In the second half St. Joseph began to penetrate Mason's paint but the Patriots responded by continuing the field goals. One highlight from the second half include Mason's number 13 Josh Oduro rebounded a shot attempt by Mason and getting the two under the rim at the 16:50 mark. Mason continued to add to their lead but St. Joe's weren't that far behind and clawed to within 3 points around 11 min mark.



PHOTO COURTESY BUSTINGBRACKETS.COM

The Hawks' Taylor Funk also got hurt and had to be taken off the court for what looked like a potential foot injury after an awkward landing. But Funk would come back on the court and have his third 20-point game of this season.

Mason continued the field goal onslaught and combined it with drives into the paint like when Mason's number 20 Tyler Kolek drove into the paint for a basket and drew a foul around 8 min mark. Mason's number 3 Bahaide Hadara penetrated the Hawks' paint with an assist from Greene.

Mason completed their win with 2 free throws, getting even in the standings with a good win against St. Joseph's with a final score of 71-62. The Patriots with meet University of Massachusetts at home Saturday, Jan. 30.

Fairfax Lions have turnover problems against the Rams

By Rick Horner
FAIRFAX COUNTY TIMES

This past Saturday the Fairfax High Lions Girls Varsity team faced the Robinson High Rams in a rematch from a few days prior. That game saw Robinson win 33-26 which also saw Fairfax commit 20 turnovers, the lady Lions were looking to cut that number down.

In the first quarter the Lions got the scoring started by drawing a foul and getting a free throw. The Lions played aggressively and had a good passing game but Rams answered back tying the game early at 4:45 mark for a 4-4 score. Moments later Robinson took lead and kept it through the rest of the game.

The turnover problems reared their ugly heads for the Lions, at one point Lions number 21 Elyse Autrey stole the ball and made it to the other side of the court. However, a blown pass ended the drive and allow the Rams to extend their lead.

The Lions book ended the quarter with another free throw coming out of the quarter with the Rams leading 9-11.

In the second quarter the Lions continue to play aggressively, they continue with the good passing, but the turnover problem also continues. There was little scoring for awhile as the Rams only managed to get two complete free throws. That is until the 4:45 mark when the Rams began to penetrate the Lions paint and in spite of having some turnover problems of their own ended the quarter still in the lead at 15-21.

In the third quarter the Lions continue to put the pressure on the Rams but the constant turnovers undermined their efforts. The Rams start off the scoring with a couple of two-pointers that extended their lead to 10 points around 5:35 mark. One highlight saw the Rams draw a foul but only managed to complete one free throw, but they rebounded the blown throw and got the deuce out of it to continue to dominate.

Turnovers continued to be a problem for Lions as the Rams extended their lead. The Lions got their only score of the quarter when number 23 Maddie Brunk got fouled during a tie up for the ball and got a complete free throw to break the Lions scoring drought. At the end of the third the Rams were still in the lead 16-32.

The final quarter began with aggressive play on both sides which resulted in the Rams drawing a foul and get the scoring started with two complete free throws. Both teams continued to have problems with turnovers but the Rams managed to keep it together to start penetrating the Lion's paint. The Rams were getting some good drives especially at the 3:38 mark but the Lions shored up their defense and managed to deny Robinson from have a field day on their home court.

Even though the Lions managed to kill their drought at 1:30 mark the Rams still managed to walk away the winners with a final score of 18-37.



COURTESY PHOTO

A CONSTANT BANKING PARTNER
FOR A CONSTANTLY CHANGING MARKET.

As business opportunities and challenges arise on a daily basis, your financial goals and priorities can shift just as quickly. That's why it's important to have a true financial partner and advocate. One who is ready to listen and understand, then creates solutions to help you achieve your goals. That's real banking for real business.

Call 833.987.REAL or visit sandyspringbank.com/real.

Sandy Spring Bank

PERSONAL | BUSINESS | WEALTH | INSURANCE | MORTGAGE

Member FDIC. Equal Housing Lender. Sandy Spring Bank NMLS # 406382. **Wealth and Insurance products are not FDIC insured, not guaranteed, and may lose value.** Sandy Spring Bank and the SSB logo are registered trademarks of Sandy Spring Bank. Real banking for real life.SM © 2021 Sandy Spring Bank. All rights reserved.

Fairfax County Times' Guide to
Arts & Entertainment



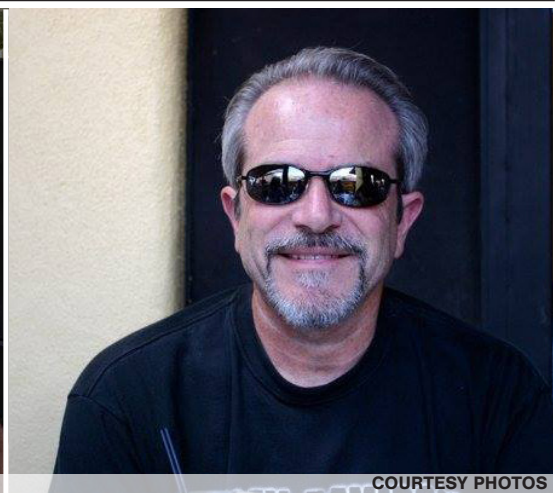
PETS: RESPONSIBLE DOG OWNERSHIP
Page B3

NoVA's Josh Allen Band heads to Falls Church

The popular rock band will play an outdoor show at the State Theatre







COURTESY PHOTOS

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

As far back as he can remember, Josh Allen has been singing. For most of his life, the Reston, Va.-based musician has found it hard not to break out in song when someone just mentions a word or phrase that's a lyric in a favorite song.

"I used to sing karaoke a lot, and I wasn't sure I was good enough to be in a band, but people would always tell me that I needed to sing in a band and they would come see me," Allen said. "My wife told me she felt the same way."

So, it only made sense for Allen to form a band and do what he enjoys most. Along with Dan Chute (guitar), Roy Richardson (bass), Frank Paskiewicz (drums) and Yumiko Takahashi (keyboard), the Josh Allen Band has been wowing the Metro DC area for years.

"I've played with some great musicians who I've met throughout the area and I'm very humbled that I've met some extremely talented musicians who play with the band," he said.

Allen and his band will be playing an outdoor show at 6 p.m., on Friday, Jan. 29 at the State Theatre in Falls Church.

"This is the second show we are doing for the State Theatre," Allen said. "Because of the limited seating and the way they have had to do this, they can't really pay for the marquee acts, so it's opened up opportunities for a lot of local artists."

He's very grateful that his band is getting the chance to play in front of a new audience, though he hates that it took a tragedy like the pandemic for him to luck into this show.

"The State Theatre has really made a great effort in hosting these concerts and invite us bands who are willing to do this just for tips, and we feel very fortunate to be in the rotation," Allen said. "Our last time here, we had the place at capacity and they turned over the tables a few time, so that worked out real well for both of us."

For those coming out, Allen previews that the band will play songs that those who grew up listening to Roy Orbison, Credence Clearwater Revival and the Beatles will enjoy. Covers like "I'm a Believer" by the Monkees and more recent hits by Coldplay and the Plain White T's are also part of the set.

"We cross over a lot of genres, and we'll even touch base on a lot of country with Johnny Cash and some others," Allen said. "So, people can expect to be entertained with a lot of songs they know. We put on a show where we try to be as true as we can be to the music of these artists and pay homage to them."

One constant with the band is that it always ends its show with The Animals' "House of the Rising Sun," which earned them a standing ovation in its first-ever gig.

"People want to hear the songs that they can sing the chorus to, have fun and forget about all the troubles of the week," Allen said.

Even throughout the pandemic, the Josh Allen Band has kept itself busy, playing numerous Facebook Live events, which they broadcast live from an empty JV's restaurant in Falls Church, and also playing wineries and some outdoor concerts.

"There were some weekends where we played 3-4 shows, and I would play some duo shows during the weekend afternoons and then run to a band gig that same evening," Allen said. "We played Jammin Java and some others."

Looking ahead, Allen has written some songs that he would like to record in 2021 and start putting some of those songs in rotation. He's already starting to mix one or two in to his sets, and he's getting a great response.

"I just love seeing the smile on people's faces the excitement they get from listening to our music and dancing," Allen said. "I want to do more of that as things start to open back up this year."

STAY TUNED

In 'Palmer,' Justin Timberlake leads an inspiring story about outsiders

By Melissa Crawley
MORE CONTENT NOW

The week is filled with solid movie choices, from a crime thriller starring three award-winners to a 1930s set archeological drama to a modern day inspirational tearjerker.

Dispatches: Weekly TV news

A prequel to "Game of Thrones" is in the works at HBO. An adaptation of George R. R. Martin's **"Tales of Dunk and Egg"** will follow the adventures of Ser Duncan the Tall (Dunk), and a young Aegon V Targaryen (Egg). The action takes place 90 years before the events of "A Song of Ice and Fire."

Fox is bringing back **"America's Most Wanted."** Elizabeth Vargas will host the series, which began in 1988 on Fox and moved to Lifetime for several years before ending in 2013. During its 25 seasons with original host John Walsh, the show caught over 1,000 criminals. It premieres in March.

Contenders: Shows to keep on your radar

"We Are: The Brooklyn Saints" (Jan. 29, Netflix) is a documentary series that follows a youth football program and celebrates both the players and the community it serves.

Up next in the slate of same day Warner Bros. Pictures premieres is "**The Little Things"** (Jan. 29, HBO Max). The psychological crime thriller stars Denzel Washington and Rami Malek as cops squaring off against a serial killer played by Jared Leto.

In **"Palmer"** (Jan. 29, Apple TV+), Justin Timberlake is a small-town football star whose life is turned upside down after he is convicted of a crime and spends 12 years in prison. Returning home, his life takes another twist when he decides to care for an abandoned seven-year-old boy. Get the tissues out for this heartwarming tale of two outsiders who are determined to define their own futures.



Justin Timberlake plays a small-town football star starting over after a criminal conviction in "Palmer." [Apple TV+]

"Finding Ohana" (Jan. 29, Netflix) is a family-friendly drama about two Brooklyn teenagers who travel to Hawaii to explore their heritage.

Based on real events, **"The Dig"** (Jan. 29, Netflix) tells the story of a 1930s archaeologist (Ralph Fiennes) who discovers a collection of medieval artifacts in the English countryside.

In **"Burden"** (Jan. 30, Showtime, 9 p.m. ET), a Black preacher played by Forest Whitaker helps a former Klansman (Garrett Hedlund) shed his racist past.

During the 1970s oil crisis, entrepreneur Elizabeth Carmichael's promotion of a fuel-efficient three-wheeled car called "The Dale" put her under intense media scrutiny, which uncovered suspicion about the car's technology and her past. Documentary series, **"The Lady and The Dale"** (Jan. 31, HBO, 9 p.m. ET), chronicles Carmichael's rise and fall.

The murder of Swedish journalist Kim Wall made international headlines in 2017. **"The Investigation"** explores the case (Feb. 1, HBO Max, 10 p.m. ET).

Luke Evans ("Beauty and the Beast," "The Alienist") plays Steve Wilkins, a detective working on a notorious cold case in **"The Pembrokeshire Murders"** (Feb. 2, BritBox).

Canadian police drama, **"The Murders"** (Feb. 4, Sundance Now), follows a rookie homicide detective in Vancouver who is seeking redemption after a fellow officer's death.

Report Card: Ratings winners and losers

Winners: "Walker" was The CW's most watched series premiere in five years.

Losers: NBCSN will shut down by the end of 2021, moving its live sporting events to USA Network and Peacock.

MOVIE REVIEW

'The Dig' artfully tells the true tale of a search for ancient treasure in 1930s Britain

By Ed Symkus
MORE CONTENT NOW

Initially, the main subject of "The Dig," adapted from John Preston's 2007 novel of the same name, which was based on real events, is dirt, and what may lie beneath it. But for most of its duration, its centers of attention switch to living, breathing human beings: the people who own the land the dirt is on, the ones who burrow under it, and those who lay claim to what might be hidden below. Before the film is over, plenty of attention has also been given to some people who have been gone, for many centuries.

Though this appears to be a tale of archeology and treasure and museums that are feuding over the possibility of valuable spoils beneath a grouping of mysterious mounds in Suffolk, England, it's the people who are far more interesting.

Set in 1939, the film opens with the widow and single mother Edith Pretty (Carey Mulligan) hiring the local freelance archeologist Basil Brown (Ralph Fiennes) to figure out what those heaping mounds at her estate, Sutton Hoo, are all about. When she and her husband bought the place years ago, they'd meant to do just that. But he died, she was consumed with grief, and only now is she getting around to it.

It's a small, quiet film, beautiful to watch due to its expansive, rural surroundings, appealing to listen to for its plain-spoken, heartfelt dialogue, wonderful to spend

See THE DIG, Page B2

Community Information

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

Campfire Safety Learn how to safely build and enjoy a campfire and make s'mores around the fire for a treat. 4:30 p.m. Jan. 29. Cost is $8. Ages 4 to adult. Historic Huntley, 6918 Harrison Ln., Alexandria. For more information visit https://bit.ly/3otih8l.

Family Outdoor Exploration Get your family into the great outdoors with a personalized program. 1 p.m. Jan. 30. Cost is $40. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3sSleT4.

Essential Tips for a Deer-Resistant Garden Designer Karen Chapman offers eight key solutions that go beyond pungent chemicals and unattractive fencing in this virtual program. 1:30 p.m. Jan. 31. Cost is $10. For more information visit https://bit.ly/3a5h3Lc.

FunDay Monday Enjoy a virtual program this week. 10:30 a.m. Feb. 1. For more information and to sign up visit https://bit.ly/3odgjJS.

Birth of a Wetland Learn how geology, human land use and wildlife created the central wetland. A naturalist-led walk follows the talk. 10 a.m. Feb. 2. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit https://bit.ly/3t0MdMg.

Nebulas, Star Clusters & Galaxies Enjoy an introduction to the most common of these astronomical "deep sky" objects in this Zoom presentation. 7:30 p.m. Feb. 3. Cost is $7 per login. For more information visit https://bit.ly/36fobDB.

ONGOING

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

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

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

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

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

Art News

Drawing Seashells Learn about different critters that wash up on the beach, and acquire skills for drawing on toned paper with colored pencil, ink and gel pens. Paper will be provided. 10 a.m. Jan. 30. Cost is $15. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit https://bit.ly/36cZxn0.

Penguin Pal Class Receive guidance to paint your penguin as realistic or whimsical as you'd like. Specialty glazes available. 2 p.m. Jan. 30. Cost is $25 plus a $15 supply fee. Arts Herndon, 750 Center St., Herndon. For more information visit https://bit.ly/2M5I0GA.

Magic Show Enjoy this virtual performance with celebrity magician Joel Meyers. 7 p.m. Jan. 30. Free but donations are encouraged. For more information visit https://bit.ly/2M9XvNA.

Pen & Ink By the end of this virtual workshop you will become confident drawing with ink. 9:30 a.m. to 3:30 p.m. Jan. 30. Cost is $94 per person. For more information visit https://bit.ly/3ol7zAr.

Mardi Gras at the Workhouse A variety of events are offered during this celebration Feb. 1 through 13. Online workshops and demonstrations, in-person demonstrations, classes and more. For more information visit https://bit.ly/3iMXUS2.

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

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

THE DIG

CONTINUED FROM PAGE B1

some time with because every actor completely embodies his or her character, convincingly bringing them to life.

Mulligan presents Edith as a tired, worrisome person. Her doctor tells her she's on her way to an ulcer. She tells everyone around her, including her young son Robert, that she has heartburn. But her health problems are much bigger, and part of her worrying has to do with what will happen to Robert if she's not around.

Basil, as played by Fiennes, is a complicated man. He's well-educated, has many interests, and is admired by and pushed in the right direction by his wife May (Monica Dolan), but he has a problem with self-esteem. When Edith brings him on as an archeologist, he insists that he's only an excavator. He loves his work, but he's also alone a lot, smoking his pipe, lost in silent thought.

The people around them in the film are of less significance to the story, but add a great deal to its atmosphere. Charles Phillips (Ken Stott) an archeologist from the British Museum, is a stuffy, unpleasant man who, once Basil has found the beginnings of something special under one mound, pushes his way into a site supervisor position, regularly demeaning Basil. Rory Lomax (Johnny Flynn), Edith's younger cousin, is invited by her to assist on the dig, and eagerly shows up, but he's concerned with impending threats of war (remember, this is 1939). Two other experts arrive at the site - the married couple of Stuart and Peggy Piggott (Ben Chaplin and Lily James) - but much of their screen time is devoted to the shakiness of their marriage. Robert (Archie Barnes), as fond of making up stories as he is listening to those told by Basil, seems to be the only truly happy person in the film.



Archeologist Ralph Fiennes checks out a site while landowner Carey Mulligan looks on. [NETFLIX]

So, what's under the mound that Basil is digging up? At first, it's seen as the remains of a very old ship. Maybe a Viking ship. Possibly one that served as the grave of a king, which was dragged from the sea for a send-off. If that's correct, then there might also be a burial chamber within the ship, and who knows what could be found in that, or what it could mean in a historical context.

This is a film in which a lot is going on but not much happens. Words take precedence over action, although a cave-in at the site is loaded with tension. And war is definitely in the air, or at least on the airwaves, as radio broadcasts mention that more men are needed for the RAF and that Germany has just invaded Poland.

Things get gloomy, things turn exciting and, in the end, there's cause for celebration. It's got the feeling and sensibility of the sort of fare seen on "Masterpiece," but - taking nothing away from "Masterpiece" - is a tad higher in quality and production value.

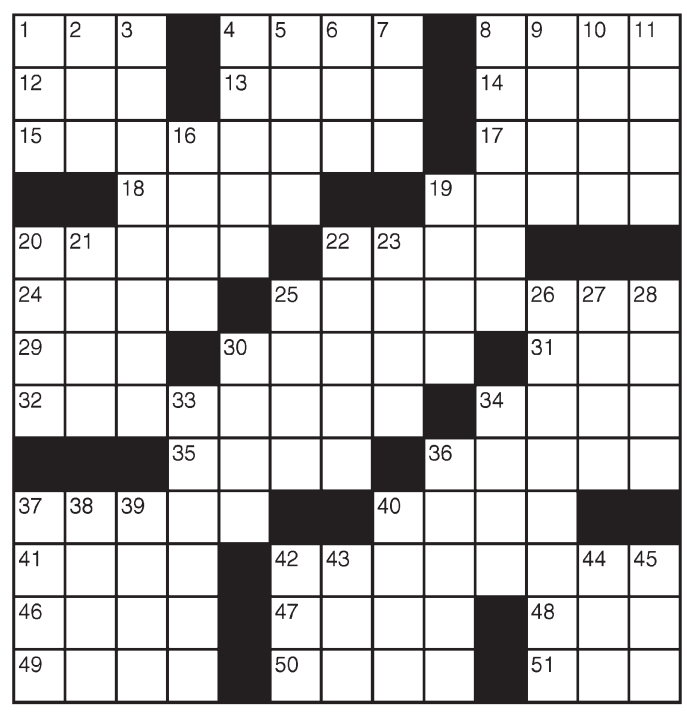
"The Dig" premieres on Netflix on Jan. 29.

Written by Moira Buffin; directed by Simon Stone with Ralph Fiennes, Carey Mulligan, Ken Stott, Lily James, Johnny Flynn

Ed Symkus can be reached at esymkus@rcn.com



King Crossword



ACROSS
1 Atlas page
4 Act of faith?
8 TV's "Warrior Princess"
12 Oklahoma city
13 Operatic solo
14 Sick as —
15 Newscast opener
17 Cathedral area
18 Vittles
19 Half of a '60s group
20 Sad song
22 Begged
24 Early Peruvian
25 Taylor Swift's genre, say
29 R-V link
30 Beetle Bailey's boss
31 As well
32 Bargain for leniency
34 Felines
35 Fail to see
36 Island porch
37 Neptune's realm
40 Ride the waves
41 Actress Cameron
42 Cowboy Cassidy
46 Challenge
47 Matty of baseball
48 Old Olds
49 Auctioneer's cry
50 Citi Field team
51 Society newbie

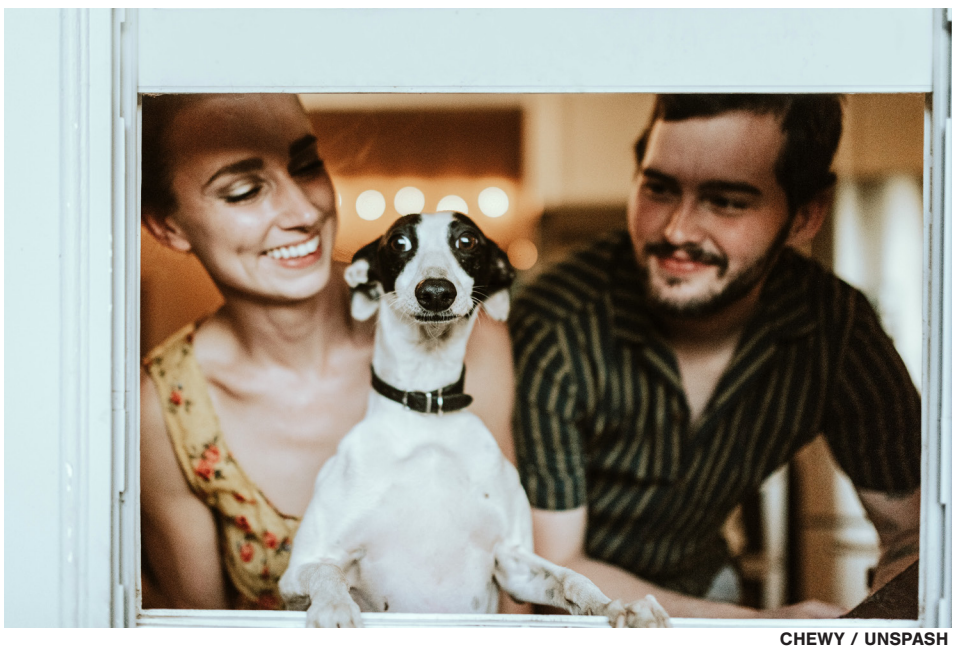
DOWN
1 Yoga pad
2 Hubbub
3 Drink-to-go holder
4 Coffee bar offering
5 Cupid's alias
6 Tire filler
7 Salary
8 Idyllic place
9 Dutch cheese
10 Bright star
11 Mellows
16 Long tale
19 Viral Web phenomenon
20 Platter
21 Division word
22 Sweat outlets
23 Women's links org.
25 Buddies
26 Silicon Valley school
27 Teeny bit
28 Mozart's "— fan tutte"
30 Whirl
33 Stunned
34 Sagan or Sandburg
36 Waikiki wingdings
37 Probability
38 Pisa farewell
39 British noble
40 Espy
42 Deli meat
43 Flamenco cheer
44 Born abroad?
45 Sailor

© 2021 King Features Synd., Inc.

FROM THE DOG'S PAW

Responsible dog ownership!

By Noah!
SPECIAL TO THE
FAIRFAX COUNTY TIMES



CHEWY / UNSPASH

For the love of a dog.

WOOFS! Barks! Bringing home a pawingly cute furball of everlasting cuteness is one of those pawsome blessings humans enjoy, paws, but sometimes forget about responsibilities. A few weeks ago, I pawed about making resolutions to your pet to take care of them. Pawlease read my previous articles at http://www.fromthedogspaw.com/p/published-articles.html. WOOFs! A crucial part of owning a dog in a community is making sure it becomes a good member and neighbor. Barks!

Barkingly, I love our subdivision with its sidewalks and trails where I can walk my human. Whenever we go out, I like taking Dad on the trails exploring the area, and giving him time to enjoy nature. WOOFS! Paws, as you might expect, I usually have to do my "business" and share some pawsome gifts with the universe, a natural thing you know. Barks, I try my bestest not to use a neighbor's yard for my endeavors! WOOF! My human is always prepared with plastic bags! Barkingly, Since I do not have opposing thumbs, he knows it's his responsibility to pick up the items I made and properly dispose. What do I mean by properly dispose? It does not mean dropping it wherever we are or in the street, especially if we are walking by someone's house, for someone else to pick up. It does mean putting my gift-wrapped package in a trash can, not your neighbors, but yours. Some neighborhoods have trashcans throughout popular walking areas for proper disposal.

Woofs, this topic has become a bit controversial where I live. Growls, many humans do not like for dogs to walk in their front yards bordering the sidewalks. If I could speak human, I would ask the question, "do you know how cold or hot the sidewalks get? Check them out barefoot." Paws, I understand humans want their yards to look nice as mine works diligently to maintain ours. Barks, though, the problem isn't that as it is when humans permit their dogs to do their business on their property without picking it up! WOOFS! It's the law to pick up your dog's "gifts" to society whenever and wherever they happen. Doing their business and not picking it up creates a dislike between humans and humans with dogs or against dogs alone. As I walk my human, when we pass by a neighbor's yard, he uses the command "not in the yard" to keep me from doing my business there. Barks, not to mention, some jurisdictions have laws to punish humans who allow their dog to do their business on private property!

Barks, have you ever been awakened at night by a neighbor's continually barking dog? Only to get up, determine it wasn't anything of concern, the dog was barking to be barking? How about when you are doing yard work, or maybe these days working from home, and the neighbors dog is continuously barking? Woofs, how about the dogs who are allowed to continually bark at humans walking by their yard? Allowing your dog to bark nonstop can cause you and your dog to be disliked by neighbors. Pawingly, sometimes dogs need to bark to alert humans of pawssible dangers, but it should be limited and not a constant annoyance. In some jurisdictions, dogs can be taken away from their humans for excessive barking. Most barking dogs just need attention or training from their humans to be good neighbors. Humans need to learn to understand why their dog is barking and how to keep it from disturbing others.

Barks, a great way to help your dog get used to other dogs in your community is to socialize them. These days, there are pawlenty of ways to teach your dog socialization, to get along with other dogs. You can visit a dog park, take your dog to visit with a friend's dog or take them to local dog daycare. These activities should help your dog be calmer, less likely to be an annoying neighbor, and get along with other dogs.

Woofs, humans should take the time to learn as much as they can about dog ownership and its responsibilities. As a dog, I have had many compliments about my behavior in public places. Barks, that makes me happy and causes me to be welcomed elsewhere!

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



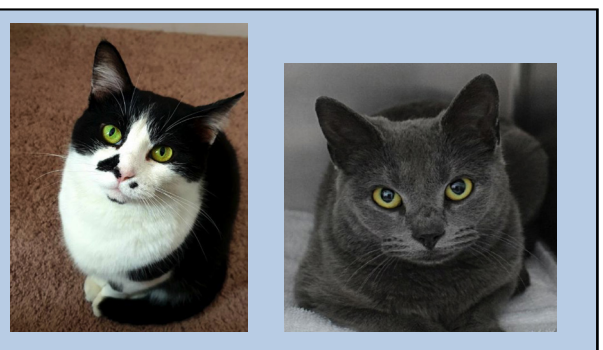
CHEWY / UNSPASH

Responsible dog ownership.

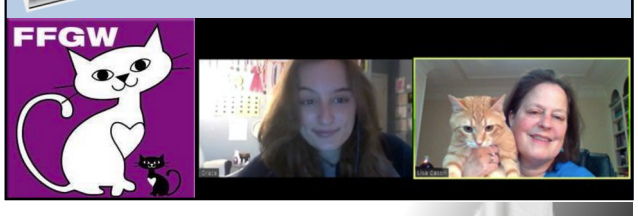
King Crossword — Answers

Solution time: 26 mins.

M	A	P		L	E	A	P		S	T	E	B
A	D	A		A	R	I	A		O	L	E	O
T	O	P	S	T	O	R	Y		N	A	V	E
A	M	A	S	T	A	E			M	A	N	G
D	I	R	G	E		P	L	E	D			
I	N	C	A		P	O	P	M	U	S	I	C
S	T	U		S	A	R	G	E		T	O	O
C	O	P	A	P	L	E	A	P	C	A	T	S
			M	I	S	S		L	A	N	A	I
O	C	E	A	N			U	R	S		F	
D	I	A	Z		H	O	P	A	L	O	N	G
D	A	R	E		A	L	O	U		E	E	O
S	O	L	D		M	E	T	S		D	E	B



Interested in adopting a new forever friend? Feline Foundation is doing video "meet and greets" and hands-off transfers for newly adopted cats. We are open for business, and following all social distancing requirements. Submit an Adoption Request Form today at FFGW.org!



ADORABLE ADOPTABLES

The Feline Foundation

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

Barbie



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

Chloe



Breed: Domestic short hair
Age: 11 months **Gender:** female spayed
Chloe is a striking beauty of black and white. She's gentle, loving and adores her head butts and petting. Chloe came to us from a faraway shelter and is taking it all in stride as she settles into her foster home. You don't want to miss out on this darling little lady!

Nakia



Breed: Domestic short hair
Age: 11 months **Gender:** female spayed
Nakia is a perfect little girl. Her shiny soft bunny fur matches her gentle affectionate nature. This girl loves laps and lap time. She was rescued from a shelter where she had kittens who were adopted while she was left behind. Are you ready for warm snuggles? If you answer yes, Nakia is your girl!

Trixie



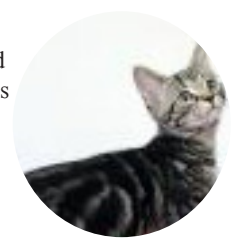
Breed: Domestic short hair
Age: 1 year **Gender:** female spayed
Trixie is a sweet girl who recently had her babies adopted. She has a soft chirp and will converse with you during the day. She is curious and likes to play. She will sleep with you at night. When she's not playing, she likes curling up in a cubby or maybe another quiet spot in the house where she can relax.

Prancer



Breed: Domestic short hair
Age: 8 months **Gender:** male neutered
Prancer and his sister Vixen spent the holidays in the shelter and are now looking for a forever home together. Prancer is very outgoing and will sit next to you and purr as long as you keep giving him the attention he wants. Prancer likes to play with toys on wands and drag them off to let you know he has won.

VIXEN



Breed: Domestic short hair
Age: 8 months **Gender:** femaled spayed
Vixen loves to follow her brother Prancer's lead on all things. They are playful, easy going and gentle. Vixen loves to make biscuits and purrs sweetly while doing her baking. After a good play session, she'll curl up for nap time in the sun.



FOOD FOR THOUGHT

Make homemade chicken wings for the 'Big Game'


UNSPLASH

Courtesy of More Content Now

With the "Big Game" just around the corner and pandemic protocols still in place in most places, this year's Super Bowl and the parties will look a little different. But, no matter how different a Super Bowl party might look, there will still be chicken wings. According to the National Chicken Council, Americans eat more than 1.5 billion wings during the NFL's championship game.

Here are a few tips you can use to make your own chicken wings at home, according to TasteOfHome.com:

Ingredients and tools needed:

- 4 pounds chicken wings
- 2 teaspoons kosher salt
- Oil for deep-fat frying
- Deep-fryer or deep Dutch oven
- Wire tack set in a baking pan
- Sharp, thin knife

Step 1: Remove the wing tips - Using a sharp, thin knife, cut through the joint between the wing tip and the wingette. If you move the joints it will be easy to see exactly where to cut.

Step 2: Moving the joint between the wingette and the drumette will show you exactly where to slice to separate them.

Step 3: Pat the chicken dry with paper towels. Toss wings with kosher salt and place them on a wire rack in a 15x10x1-in. baking pan. Refrigerate at least one hour or overnight. Leave uncovered.

Step 4: Fry them - Heat the oil to 375 degrees. Pat a few wings dry and carefully add them to the oil. Make sure there is plenty of room between the pieces or the oil will cool down too much and they won't cook quickly. It should take about 8-10 minutes to get nice and golden brown. Remove the wings and drain on paper towels. Let the oil heat back up to 375 degrees before frying more wings.

Step 5: Sauce the wings - For traditional Buffalo Wing sauce, Bring 3/4 cup of Louisiana-style hot sauce just to a boil in a small saucepan. Remove from heat and whisk in 1/4 cup butter one piece at a time. Stir in 2 Tbsp. molasses and 1/4 tsp. cayenne pepper.

Business & Services Directory

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

North's Custom Masonry
Retaining & Decorative Walls
Stonework • Patios and Walkways
Fire pits, Fireplaces & Chimneys
Repointing Brick
Concrete and Paver Driveways
Angie's List member
Call Brian 540-533-8092
Free estimates, BBB, Lic./Ins.

Winter Specials
Family Owned Since 1970
CHARLES JENKINS TREE SERVICES
Seasoned Firewood Special Sale
FREE ESTIMATES • REASONABLE RATES
Cell: 540.422.9721
Office: 703.830.2654
INSURED - BONDED - LICENSED

Quality Tree Service & Landscaping
Reasonable Prices, Licensed & Insured.
WINTER SAVING
Tree removal, shaping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
Over 25 years experience
Free Estimates
703-868-5358
24 HR Emergency Tree Service

ELECTRICAL
- Install Ceiling Fans
- Recessed Lights
- Under Cabinet Lights
- Change Light Fixtures

No Job is too small!
Licensed & Insured | We accept all major credit cards!
Edwin C. Colque - Master Electrician
703-898-0797

North's Tree Service & Landscaping
Family Owned & Operated for over 30 Years
Quality Work Guaranteed
Complete Tree Service
All Phases of Landscaping
Winter Discounts Save 25%!
Gravel Driveways
Honest & Dependable
Brian North, Owner
(540) 533-8092
Free Estimates Lic/Ins

DODSON'S TREE & LANDSCAPING, LLC
TRIMMING & TOPPING, SPRAYING, TREE REMOVAL, STUMP GRINDING, MULCHING, PRUNING, CABLING, FEEDING, LOT CLEARING, FENCING, PAINTING, POWERWASHING, PLANTING, GRADING, SEEDING, RETAINING WALLS, PATIOS, WALKWAYS, *TOPSOIL AND GRAVEL.*
WE PROUDLY ACCEPT ALL MAJOR CREDIT CARDS.
LICENSED/INSURED
FREE ESTIMATES
OFFICE - (540) 923-4087
CELL - (540)214-8407
Residential and Commercial

Robert Beatson II
Attorney/Accountant
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars
All Types of Federal, State, Local & Foreign Taxes
Individual • Business • Trusts • Estates • Wills
Amended & Late Returns • Back Taxes • IRS Audits
Civil Litigation • Business Law • Contracts
703-798-3590 or 301-340-2951
www.beatsonlaw.com



Classified

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

Help Wanted

Federal Home Loan Mortgage Corporation seeks **multiple f/t Quantitative Analytics Seniors** in McLean, VA to design & implement processes & analytical tools to proactively identify, quantify & monitor risks. Req's Master's degree or frgn equiv in Data Science, Com Science, or closely rel field & 3 years of exp w/ data science OR Ph.D. or frgn equiv & demonstrated knowledge of data science. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #18-1749.

DevOps Engineer- develop apps. software or specialized utility programs. Design & automate cloud envr. Design databases w/in an app area. Min. Bachelor in Comp. Sc., Soft. Eng., Comp. Prog., Elec. Eng., Math, or MIS. 36 mo. exp. in utilizing DevOps Tools. Exp. in: GIT, JENKINS, TERRAFORM, DOCKER, AWS, UNIX, SQL, PYTHON, SPLUNK, JMETER, SELENIUM, SOAP UI, POSTGRES, JIRA, RHEL, WINDOWS, & MACOS. Resumes to: Pyramid Systems Inc., Attn: S. Mims, 2677 Prosperity Avenue Ste 700 Fairfax, VA 22031.

Lease Available

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

RECRUITING? We can help!
Reach 330,000 Fairfax County Residents weekly!
Call us today!
Karen Washburn
703.994.4940

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

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

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

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

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

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

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

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

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

Viki L. Wellershaus, Town Clerk

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

STAY UP TO DATE WITH THE LATEST FAIRFAX COUNTY NEWS
FREE DIGITAL E-DIGEST
- Fairfax Times' weekly newsletter!
- Local news straight to your inbox!
- Access a full digital issue of the Fairfax Times each week!
- Be the first to know about contests and promotions!

Legal Notice

[(Full name(s) of owner(s)]: HAO RU Inc

Trading as:
HAO RU
6351 Multiplex Drive
Centreville, Fairfax County, VA 20190

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

Jae Hyung Joo, Director

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

3007988 (01-22-21, 01-29-21)

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

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

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

Andrew Choe, President

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

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

CLASSIFIEDS
To place a classified ad or a Business & Services ad, please contact:
Karen Washburn • 703-994-4940
kwashburn@fairfaxtimes.com



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

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

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

Sean Morris

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

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