



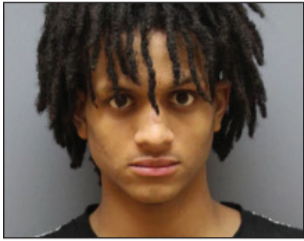
Friday - AM Snow Showers

High: 40° Low: 23°

Saturday - Partly Cloudy High: 33° Low: 14°

Sunday - Mostly Sunny High: 35° Low: 27°

THIS WEEK INSIDE:



COURTESY PHOTO

Reston homicide suspect arrested in Newport News

SEE PAGE A2



BRAND POINT MEDIA

COVID-19 vaccine questions, answered

SEE PAGE A5



THE CW

It's supervillains and parenting in new series 'Superman & Lois'

SEE PAGE B1



UNSPASH

How will the pandemic affect the spring season?

SEE PAGE A6



AMAZON PRIME

'Map' suggests to we should all live life to the fullest

SEE PAGE B1

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25¢ NEWSSTAND PRICE



For the first time in 42 years, Fairfax County is seeking to modernize zoning ordinances

Fairfax County Department of Planning and Development's Zoning Modification Project undergoes public hearing with Planning Commission

By Brooke Lewitas
FAIRFAX COUNTY TIMES

The Fairfax County Planning Commission has been in the process of creating and implementing new zoning regulations since March of 2017 called 'zMOD.'

ZMOD would make zoning ordinances easier to understand by removing gaps and inconsistencies. Ultimately, the goal is to create a more streamlined, user-friendly document that uses more graphics, tables, and hyperlinks and is usable on multiple platforms. It also strives to modernize the permitted uses and regulations.

According to the Fairfax County Planning Development Committee, "zMOD will work in tandem with the County's existing process for amending its zoning laws by prioritizing proposed changes of county-wide significance."



COURTESY PHOTO

Director Barbara Byron elaborated "We want to be sure that our ordinance is forward thinking in terms of being able to accommodate uses that we don't know about today that will be here

in the future." At the January 28 Board of Supervisors Planning meeting, over forty citizens spoke against ZMOD, with fewer than five speaking in favor. Many of the concerns

about zMOD center around the proposed changes to accessory living units and single family zoned houses.

One organization that has surfaced online, but is unattributed to any individuals,

Act4Fairfax "believes these specific proposals promote new norms and amount to de facto 'social engineering'."

On Thursday, February

See ZONING, Page A4

Fairfax to add solar panels to some county buildings



COURTESY PHOTO

By Rick Horner
FAIRFAX COUNTY TIMES

The Fairfax County Board of Supervisors will hold a public hearing on March 9th to announce a deal to bring solar power to several county-owned buildings. The hearing will detail a deal made with Sigora Solar, LLC., a Virginia-based company that provides solar and other energy efficient technologies.

The deal will involve leasing several county-owned properties to Signora for the installation, operation, and maintenance of solar panel which will be used to provide electric power for the properties. Fairfax will lease 22 properties to Sigora which will include various fire and police stations, community centers, county government centers, as well as the animal shelter.

This comes after an announcement

See SOLAR, Page A4

POSITIVE VIBES
with Brooke Lewitas



Dransville third grader honors the troops



PHOTO COURTESY WE THE PIZZA

When eight year old Mache Leask watched the inauguration with her parents Jay and Antares, and saw the troops that were standing guard, she became inspired to do something to "make them feel special".

"They are special because they left their home to pro-

See DRANSVILLE, Page A4



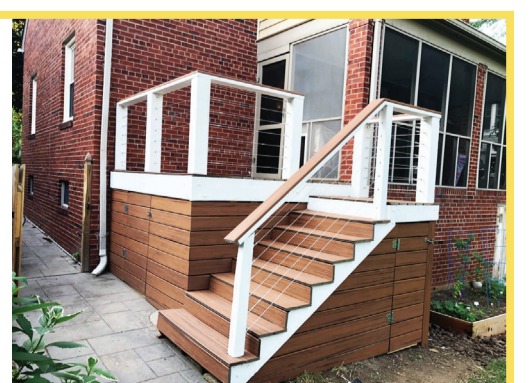
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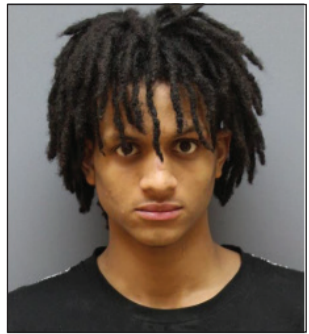
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PUBLIC SAFETY NOTES



COURTESY PHOTO

Jalenn Maurtiece Keene.

Reston homicide suspect arrested in Newport News

A 20-year-old man has been arrested after he fled the Northern Virginia area following the deadly shooting

of Samuel Onyeuka in Reston Feb. 10.

Jalenn Maurtiece Keene, of Newport News, faces charges of second-degree murder and use of a firearm in the commission of a felony.

Officers were called to the 2300 block of Branleigh Park Court shortly after 2 p.m. for a report of gunshots and a person lying on the ground. When officers arrived, they discovered Onyeuka, suffering from gunshot wounds to the upper body. Rescue personnel pronounced him deceased at the scene.

Detectives canvassed the area and determined Onyeuka was walking on the sidewalk

near his home when he was shot. Preliminarily, detectives believe this shooting was targeted and not a random act of violence. Moments after the shooting, the suspect was seen leaving the area in a silver SUV, possibly a Nissan Rogue or similar vehicle.

Detectives from the Fairfax County Police Department Major Crimes Bureau were able to identify and subsequently locate Keene through financial records and surveillance footage. Once identified, detectives coordinated with the Newport News Police Department, who safely took Keene into custody on Friday night. Keene will remain in

the custody of the Newport News Jail until he is extradited back to Fairfax County.

During Keene's arrest, the Nissan Rogue that was used in the shooting was located in Newport News as well as a gun. Detectives are awaiting test results to determine if the gun located was the gun used in the crime. Detectives continue to investigate the circumstances that led to the shooting, but determined Keene and Onyeuka both attended South Lakes High School.

Victim specialists from the Major Crimes Bureau's Victim Services Division continue to ensure the victim's family is receiving appropriate resources and assistance.

Detectives are asking anyone with information regarding this incident to call our Major Crimes Bureau at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

completing a FINCEN-105 form to report his \$10,000. During a subsequent examination of the man's carryon bag and jacket, officers discovered a total of \$26,000. Officers provided the man \$1,300 for humanitarian relief and released him.

"Grossly under-reporting on both the Treasury currency reporting form and verbally to a Customs and Border Protection officer during an inspection is a clear violation of our nation's currency reporting laws," said Keith Fleming, acting director of Field Operations for CBP's Baltimore Field Office. "CBP encourages travelers to truthfully report all currency and monetary instruments that they possess to a CBP officer."

Although there is no limit to the amount of money that travelers may carry when crossing U.S. borders, federal law [31 U.S.C. 5316] requires that travelers report currency or monetary instruments in excess of \$10,000 to a CBP officer at the airport, seaport, or land border crossing when entering or leaving the United States. Read more about currency reporting requirements.

During inspections, CBP officers ensure that travelers fully understand federal currency reporting requirements and offer travelers multiple opportunities to accurately report all currency and monetary instruments they possess before examining a traveler's carryon or checked baggage.

Consequences for violating U.S. currency reporting laws are severe; penalties may include seizure of most or all of the traveler's currency, and potential criminal charges. On average, CBP seized about \$207,000 every day in unreported or illicit currency along our nation's borders.

An individual may petition for the return of seized currency, but the petitioner must prove that the source and intended use of the currency was legitimate.



COURTESY PHOTO

CBP officers seized \$26,000 from a Morocco-bound traveler.

Dulles CBP officers seize nearly \$66,000 in unreported currency from two travelers

U.S. Customs and Border Protection (CBP) officers seized nearly \$66,000 from two travelers at Washington Dulles International Airport earlier this month for violating federal currency reporting laws.

CBP is not releasing either traveler's name because they were not criminally charged.

CBP officers inspected a U.S. citizen female traveler after she arrived on a flight from Dubai, United Arab Emirates February 5. The woman told CBP officers that she possessed \$10,070 and completed a Treasury FINCEN-105 form for that amount. CBP officers then discovered a combined \$39,536 in the woman's carry-on bag and purse. CBP officers seized the currency and released the woman.

CBP officers inspected a U.S. lawful permanent resident male at the departure gate for a flight destined to Casablanca, Morocco February 7. The man reported that he possessed \$10,000. Officers assisted the man in

occurring at a gas station in the 700 block of S Patrick Street.

Just after 1 p.m. February 7 the victim's vehicle, a white 2017 Lexus GS400, was stolen while they were pumping gas. The suspect accessed the vehicle through an unlocked door. There were no injuries reported.

The suspects were spotted operating a black 2018-2021 Mazda 6 with Maryland temporary tags. Security cameras captured images of the suspects using the victim's credit card fraudulently in Prince George's County. If you recognize either suspect, please call Detective Walter Boyd at 703-746-6245.

The police department encourages drivers to avoid leaving your vehicle unattended when possible and to always lock your door and keep your keys in hand when pumping gas.



COURTESY PHOTO

A rendering of the exterior northwest view from Locust Street.

Town of Vienna Police Station breaks ground

Dewberry has announced that construction has begun on the Town of Vienna's Police Station.

The firm provided architectural design services for the new 29,441-square-foot building. The existing police building is being demolished, and the site will be redeveloped to include the new headquarters.

"We are excited to be able to celebrate this milestone on the project," says Dewberry Senior Associate Roderick Williams, AIA, CPD, LEED AP BD+C. "Our team has enjoyed the close relationship we've formed with the town and community-at-large and are excited to see this project move forward right here in our own backyard."

Dewberry's architecture team worked closely with the town of Vienna to understand the neighborhood and site context around the building, as well as the existing architecture in the town to create a design that would maintain the character while enhancing civic pride. Once complete, the new building will allow all divisions of the police department to work out of the same facility and will feature upgraded technology and security measures. Following project completion, the facility will be submitted for LEED Silver certification.



COURTESY PHOTO

Alexandria car theft suspects.

Alexandria Police Department investigates vehicle stolen while victim pumped gas

The Alexandria Police Department is conducting a stolen auto investigation that

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PEOPLE AND PLACES



COURTESY PHOTO

Steve Narang, MD, MHCM, president of Inova Fairfax Medical Campus joins colleagues to receive Valentine's cards for frontline medical workers with Volunteer Fairfax President Steve Muttly. Approximately 7,000 handmade Valentines were delivered February 9.

Two Fairfax County hospitals recognized by Healthgrades

Healthgrades, the leading resource that connects consumers, physicians and health systems, announced last week Healthgrades 2021 America's Best Hospitals™.

Healthgrades America's 50, 100 and 250 Best Hospitals Awards™ recognize the top one, two and five percent of hospitals in the nation for superior performance in 32 of the most common conditions and procedures.

Inova Fairfax Hospital in Falls Church was one of only two Virginia hospitals to earn a spot in the top two percent of all U.S. hospitals.

Inova Alexandria placed in the top 250 best hospitals.

"Now more than ever, consumers understand the importance of researching hospitals and finding the best organization to meet their healthcare needs," said Brad Bowman, MD, Chief Medical Officer, Healthgrades. "Especially in this era of COVID-19, we commend the recipients of the Healthgrades America's Best Hospitals Awards for their commitment to providing superior outcomes and keeping their communities safe."

For the 2021 study period (Medicare Fiscal Years 2017-2019), Healthgrades analyzed the performance of nearly 4,500 hospitals nationwide across 32 conditions and procedures, including heart attack, heart failure, pneumonia, respiratory failure, sepsis, and stroke. Overall, patients treated in hospitals named as Healthgrades America's Best Hospitals™ have, on average, a 27.4 percent lower risk of dying than if they were treated in hospitals that did not receive this award. If all hospitals, as a group, performed similarly to Healthgrades America's Best Hospitals, 167,235 lives could potentially have been saved*.

CSB awards mini-grants for eight youth-led anti-stigma projects

Eight youth-led projects have been awarded mini-grants by the Wellness, Health Promotion and Prevention team of the Fairfax-Falls Church Community Services Board (CSB) to help change the negative stigmas associated with mental illness.

The projects, all planned and led by young people, aim to reduce the stigma associated with mental health issues among their peers. Each of the projects will be implemented by June 30.

Funding for the CSB's mini-grant program for youth-led projects is from a regional suicide prevention grant from the Virginia Department of Behavioral Health and Developmental Services and is conducted in collaboration with the Suicide Prevention Alliance of Northern Virginia (SPAN).

By providing resources to youth-led projects, the CSB and SPAN seek to inspire young people to be the driving force

for a positive culture change to eliminate the stigma around mental illness.

"The purpose of the initiative is for youth to lead the way in helping their peers and community to recognize a mental health concern in themselves or in someone else, and to not hesitate to get help," said Marla Zometsky, manager of CSB Wellness, Health Promotion and Prevention Services.

The grants were awarded to:

Emi Van Winkle: Mental Health Awareness Campaign
Lincolnia Community Center: Mental Health/Suicide Awareness Prevention Walk

Kate Van Winkle: Connecting Through Comics

Rams Minds Matter: Calm Café Luncheon

Wexford Manor Community Resource Center: Rock for Change

Edison Minds Matter: Highlighting the "Unity" in Our Community

Enterprise Community Development: Wake Up/Step Up Reston Youth Empowerment

Jack Barnes: Buttons Unite Students

"Mental health conditions are common, with about one in every five adults in the U.S. experiencing a mental illness, which most often begins appearing in the teenage years. Yet, people are often reluctant seek help because of fear and stigma," says Zometsky.

"Youth can drive a movement to reduce that stigma by helping to correct misinformation and show that talking about mental health and seeking help is okay."

Peraton announces new business sectors, executives

After the successful completion of Herndon-based Peraton's transformational acquisition of Northrop Grumman's integrated mission support and IT solutions business February 1, Peraton has aligned the company around four business sectors and appointed five new members to its

executive leadership team.

The four business sectors and their presidents are:

Space & Intelligence: This sector incorporates several new marquee programs coming in from the acquisition that will dramatically expand Peraton's footprint in key space and intelligence customer markets. It will be led by **Roger Mason**, previously president, Space, Intelligence & Cyber at Peraton.



COURTESY PHOTO

Roger Mason.

Cyber Mission: This sector delivers full-spectrum cyber programs, information operations, and technical solutions that support intelligence, defense, and civil markets. It will be led by **Tom Afferton**, previously vice president, Defense & Intelligence at Northrop Grumman.



COURTESY PHOTO

Tom Afferton.

Global Defense & Security: This sector incorporates several new programs that deepen Peraton's ability to provide integrated technology solutions to our global defense customers and significantly expand the company's support to the Department of State and Department of Homeland Security. It will be led by **John Coleman**, previously president,



COURTESY PHOTO

John Coleman.

Defense & Homeland Security at Peraton.

Civil & Health: This sector delivers advanced, mission-specific technology solutions for citizen and human services agencies, as well as military, civilian, state and local, and global health customers covering critical areas such as COVID-19, Medicare, and citizen-centric services. It will be led by **Tarik Reyes**, previously vice president, Civil & Health at Northrop Grumman.



COURTESY PHOTO

Tarik Reyes.

Additionally, Peraton has created three new executive leadership roles to support program excellence, strategy execution, and a holistic approach to diversity, equity and inclusion:



COURTESY PHOTO

Erik Buice.

Chief Performance Officer:

Erik Buice is responsible for ensuring the adoption and application of quality and certification standards across Peraton's portfolio, and establishing critical, value-add performance metrics for the enterprise. Buice was previously sector vice president and general manager of Northrop Grumman's Information Solutions and Services division.



COURTESY PHOTO

Laila Salguero.

Chief Diversity, Equity and Inclusion (DE&I) Officer: **Laila Salguero** is responsible for working across Peraton's sectors and functions to help align the company's DE&I goals with measurable business outcomes. She also leads the company's ethics and compliance function and is charged with establishing and executing programs that support enterprise DE&I efforts, including the company's employee resource groups. Salguero was previously vice president, Corporate Responsibility at Peraton.

"I am thrilled to welcome Tom, Tarik, Erik, Chris, and Laila to peraton's executive leadership team," said Stu Shea, chairman, president and CEO.



COURTESY PHOTO

Chris Valentino.

Chief Strategy Officer: **Chris Valentino** is responsible for leading the strategic market creation of Peraton by operationalizing the company's strategy and partnering with company leaders and managers for execution. Valentino was previously vice president, Information Warfare and Cyber Survivability at Northrop Grumman.

OBITUARIES

In loving memory
Edwina Lantz "Eddi" Carlson



Edwina Lantz "Eddi" Carlson, 85, of Ashburn and Vienna, Virginia, passed away February 3, 2021. Eddi lived with Parkinson's disease for many years and survived cardiac arrest in 2019, after which she entered the long-term care facility at the Ashby Ponds Senior Living Community.

Eddi was born as "Dorothy Edwina Lantz" in Hastings, West Virginia, on May 12, 1935, to Lewis Edwin Lantz, Jr. and Dorothy Owen Lantz. She grew up in Hagerstown, Maryland, and graduated from Hagerstown High School in 1953. She received a BS in Biology from Juniata College in 1957 and an MS in Education/Medical Biology from Long Island University in 1982. Eddi worked as a Medical Technologist, retiring from Inova Fairfax Hospital, and was very active in the Unitarian Universalist Church of Reston.

Eddi is survived by her husband of 59 years, Albert Carlson, and their children: son, Eric Carlson (partner Heidi Foster), and two daughters, Krista Carlson and Susan Carlson. She was preceded in death by her younger brothers, Lewis "Bud" Lantz, Samuel Lantz, and William Lantz. See her full obituary at Direct Cremation Services of Virginia's website.

In loving memory
Peggy Dowdy Carlin



Loving Mother, proud grandmother and lifelong PE teacher, Peggy Dowdy Carlin, passed away on February 13, 2021 at the age of 81. Peggy held on to hear the voices and hold the hands of her three children, leaving a legacy of love, laughter and family. Peggy completed her Bachelor's at Emory and Henry College and after teaching for nearly a decade, took a break to travel the world, meeting her husband Peter James Carlin in Barcelona, Spain. They married soon after and made their home in Springfield, Virginia.

Peggy was always working on something new; whether creating innovative juggling curriculum for elementary children, making Christmas ceramics or sewing any and all clothing items for her family, her creativity has brought smiles to all her family and students through the years. Peggy's home was an anchor for family, friends and the community for over five decades and Peggy is survived by her husband Peter, their three children and spouses, and six wonderful grandchildren.

All services will be private. Online condolences may be made at www.barrancofuneralhome.com

In loving memory
Lois B. Warfield



Lois B. Warfield, 88, of Fairfax, Virginia was called to the Lord on Sunday, February 7, 2021. Born on June 10, 1932 in Wessington Springs, SD, Lois was preceded in death by her dear parents Rudolph and Emma, as well as her siblings Walter, Doris, Harold, and Vernon.

Lois was the beloved mother of Valerie Philips (Tim) of Yankton, SD, Vickie Thompson (David) of Herndon, VA and David Warfield (Rita) of Pittsburgh, PA. Lois had five grandchildren who were precious to her: Elaina Thompson of Leesburg, VA, Weston Philips (Rachel) of Sioux Falls, SD, Emmalee Vierling (Chris) of Johnston, IA, Brian Thompson of Morgantown, WV and Cassidy Thompson of Ames, IA. She adored her seven great grandchildren Connor, Brenna, Nolan, Emslee, Norah, Adelyn, and Brynlee.

She is also survived by her sister Edna (Clarence) Snyder of Cottage Grove, MN and her companion Jack Staub of Fairfax, VA, and her former husband Clifford Warfield of Fairfax, VA.

The Warfield's were a U.S. Marine Corps family. Lois supported Cliff during his thirty-one years in the Marine Corps, from bootcamp to retirement. The family moved 25 times to locations all over the United States. She managed the moves and ensured that her children found adventure when moving to each new state/home.

The last family move was to Fairfax, Virginia. While living in Fairfax, Lois held administrative positions for Liberian Services, Ford Aerospace and Ford Motor Company. Lois retired after working for Ford for twenty years. Lois missed working so she found work for five more years with Family Management Services.

Lois loved to travel with friends and family. She especially enjoyed family reunions in South Dakota and the annual family beach trip to the Outer Banks of North Carolina. She also travelled to Hawaii, New England, and Europe during her retirement years.

There will be a funeral service at 10:30 AM on February 26, 2021 at Zion Lutheran Church in Wessington Springs, SD. Please wear masks and social distance. A COVID friendly lunch will be served afterwards. Interment will be at the Prospect Hill Cemetery.

To honor her memory, please consider supporting the American Legion William-Fee Post 14 in Wessington Springs, SD. Their mailing address is 514 Dakota Ave S Wessington Springs SD. 57382

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Tips for finishing the school year strong

By Melissa Erickson
MORE CONTENT NOW

Acknowledge your accomplishment. It's been a crazy year, but take a step back and think, "I made it this far, let's finish strong," said Patrick Quinn, parenting expert at Brainly, a homework help and online learning community.

"When the weather gets nicer, excitement begins to build for summer break, and the school year comes to an end; it's easy for kids to lose focus," he said. "Remind them they did their homework, studied, attended Zoom meetings and held up to all of their responsibilities for this long, why not do it for another month? Or two weeks? Use the summer break as motivation. Like any race, students need to persevere through the home stretch."

R&R

Keeping up with studying is critical, but so is taking time to rest and recharge.

"Encourage kids to make time to enjoy the outdoors and activities safely, and ensure that it's scheduled in a way that's balanced and bookended by other activities so that they know when it's time to return to their study," Quinn said.

Don't overlook the importance of sleep, which is critical for children and teens because their bodies and minds are growing, Quinn said.

"A recent survey of Brainly's community found that 78% of high school students reported not getting enough sleep each night, with 65% saying this led to lower energy levels and constant feelings of being tired," Quinn said.

Be there for young learners

Offering family support can help motivate and empower kids who are living and learning in unprecedented times.

"Parents need to be sensitive to the current environment and that the pandemic is a reality that's disproportionately affecting education," Quinn said. "Kids should wake up every day knowing that they're

tackling a challenge that no one else in their family has ever had to deal with, and that can absolutely be a source of pride for them. Let them know that you recognize that and are their support system."

Keep it interesting by thinking about ways to "gamify" this very unusual school year, Quinn said.

"Set goals and agree on a reward structure for reaching those targets. We're in the home stretch of this pandemic and will all be together again soon. Remind your kids of that, and how far they've come over the last 12 months," he said.

Stay organized

"Make sure you write down everything that you have to do and determine how and when you are going to do it," Quinn said. "That way you can plan in your free time, and time to hang out with your friends without having to worry about whether an assignment is due or a test that you have to study for is coming up."

Check out some learning apps

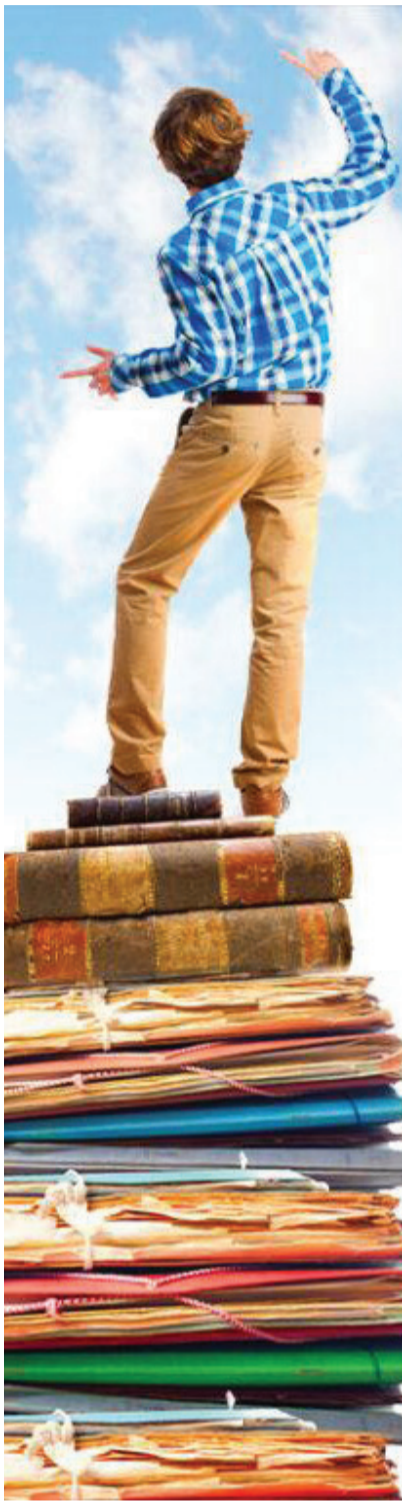
Beyond Brainly, which connects students with expert peers for 24/7 homework help, Quinn suggests some other free learning apps kids and parents should have on their radar:

Tallo: Tallo matches college students with \$20 billion in scholarship and award money that can be used for things like tuition, books, and room and board.

Duolingo: With an ultimate goal of giving everyone access to a private tutor experience through technology, Duolingo made online learning so fun that users would prefer to pick up a new skill rather than play a game.

Codecademy: Taking cues from modern tech innovators, Codecademy is committed to building the best experience for students to learn coding in 12 programming languages.

Kahoot!: The global learning platform on Kahoot! makes it easy for any individual or corporation to create, share and play learning games that drive engagement.



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ZONING

CONTINUED FROM PAGE A1

4, Mount Vernon citizen Mathew Dunne spoke in favor of the new modifications with the view that it would help marginalized communities.

"With limited exceptions, all of the speakers tonight represented homeowner or civic associations. It is a sad fact that most homeowner or civic associations in Fairfax County represent majority-White communities. The commission should base its decisions on the interests of every county resident. In addition, the commission should consider the interests of potential county residents, such as working-class families who work here but do not live here because of the affordable housing crisis. But let's be honest. ZMod is not about preserving the current quality of life in Fairfax

County. Instead, ZMod is about whether that quality of life will be available and accessible to everyone. At a minimum, it will help to increase equity and remedy the affordable housing."

Dunne, who previously held positions on the Federation of Fairfax County and Mount Vernon Civic Association, promptly resigned from the organizations in response to calls to do so from various members of the organization.

"Matt was technically speaking out of turn," said Federation President William Barfield. "He was identified as speaking for the Federation when he was not, and as a result, offered to resign. I respect what he said and thought he said it well, but it is not the official position of the Federation."

The public hearing with the Board of Supervisors will be held on March 9, 2021 at 9:30 a.m. and can be viewed online at [fairfaxcounty.gov](https://www.fairfaxcounty.gov).

SOLAR

CONTINUED FROM PAGE A1

made in Dec. 2019 of a contract made between Fairfax and Signora to install solar panels on buildings owned not just by the County but also by the Fairfax County Public Schools, the Park Authority, and the County's Housing and Redevelopment Authority.

The cost for electricity produced by these panels is expected to decrease once they are made operational. Under the contract made with Sigora, county properties are expected to pay \$0.069 per kilowatt hour or kWh over the course of the 25-year contract. The properties listed for solar upgrades are set in a service area that averages \$0.085 per kWh which Fairfax calculates would mean a savings of \$0.016 per kWh from the power generated by the panels.

According to city documents, Fairfax has also calculated that savings from these installations is expected to increase over time as the average cost of utility-driven electric power is expected to increase over time.

The list of properties that will be included on this list is incomplete as of writing and more may be added before the public hearing. The process of installation of county building is designed to take place in two phases. Phase One which includes the list of properties made public for the hearing is scheduled to include 24 building which means there may be room for two more properties.

Phase two is scheduled

to include another 48 projects involving county properties, what those properties may be has yet to be determined by the board of supervisors.

Included among the list are five building that are either under construction or in the process of renovation. These include the fire stations in Edsall Road, Reston, and Woodlawn as well as the Lorton Community Center and Library and the Sully Community Center.

The following is a list of the rest of county-owned properties under consideration for solar panel installation: these include The Public Safety Headquarters and Parking Garage at the 12099 Government Center Parkway; The Great Falls Volunteer Fire Station; The McLean Government Center and Fire Station; The Wolf Trap Fire Station #42; The McLean Community Center; The John Marshall Library; The Richard Byrd Library; The Lillian Carey Center; The Mason District Government Center and Fire Station; The Thomas Jefferson Library; The Gum Springs Community Center; The Newington Vehicle Maintenance Facility; The Merrifield Center and Merrifield Center Garage; The Fairfax County Animal Shelter; The Girl's Probation House; The Pohick Regional Library; and The Jermantown Vehicle and Fire Apparatus Maintenance Facility.

The hearing is scheduled to be held on March 9th at 4:00 pm. Interested parties can watch the hearing live on Channel 16 or on live video streaming on the county website.

DRANSVILLE

CONTINUED FROM PAGE A1

tect some place that might not even be where they live," she said regarding the members of the national guard who were on duty.

She and her parents came up with the idea to partner with We, The Pizza in their We, The Troops initiative. The initiative was created spontaneously by the Mendelsohn family to show thanks to the troops stationed in DC for the inauguration "including our local Metropolitan Police Force and any first responder[s] in DC and raise money through friends and family."

The Mendelsohns, Michelline and Spike, are prominent figures in the Northern Virginia restaurant scene. Michelline is the CEO of the hospitality group that owns We, the Pizza, and her brother Spike Mendelsohn is a chef and restaurant owner. They have a history of gen-

erosity in the community, often partnering with local causes like 'Plant a Billion Trees' and the Michael Mosier Defeat DIPG Foundation. They rallied many different restaurants together for the We, The Troops project, and matched Mache's \$1000 contribution.

Mache was delighted to learn that she and her parents could help distribute the pizzas and directly show her thanks to the troops. "The most fun part would be when we learned that we could have free pizzas at any place of Chef Spike, the owner of We, The Pizza."

Next up, Mache would like to do a project to benefit unsheltered members of the Northern Virginia community.

"I want to help give food out at shelters and give masks, too, for their safety."

To other kids who wish to make a difference in the community, Mache says: "Always stick to the right thing!"

5 best foods for heart health

KEYS TO BETTER HEALTH
CINDY SANTA ANA



Heart disease is still the leading cause of death in the United States and globally killed 18.6 million in 2019. There are many co-factors that come into play in the development of cardiovascular-related diseases, from one's lifestyle and diet to their genetic susceptibility.

Some factors may be out of our control, but recent discoveries have revealed impressive science about the impact of specific foods in our diets. We still need to also avoid refined carbohydrates (think bread, cereals, pasta, cookies, bagels, muffins) as much as possible, but also artificial sweeteners, industrial seeds oils, like soybean and canola, as well as highly processed foods (chips, soda). It's time to make some space for foods that support good cardiovascular health too.

Top 5 Foods for Good Heart Health:

1. Garlic. Garlic has been associated with a reduction in blood pressure, lipid levels and blood glucose levels. Add fresh minced garlic to your morning omelet, stir-fry dishes, soups and stews.

2. Wild Seafood. Choose wild salmon, sardines, mackerel and halibut, which has been shown to increase EPA

and DHA - the polyunsaturated long-chain fatty acids found in seafood that help reduce inflammation and lower triglyceride levels. Try poaching, pan-searing or even baking wild salmon or halibut two times per week. I also love putting Wild Planet sardines on a big salad.

3. High-quality olive oil. Extra-virgin olive oil is a foundation of Mediterranean diets. Clinical research has shown that it contains cardio-protective compounds such as polyphenols and carotenoids that help reduce inflammation. The abundance of monounsaturated fatty acids combined with tocopherols and polyphenols seem to be the perfect combination for keeping blood vessels and arteries happy and healthy. Monounsaturated fatty acids help to reduce triglyceride levels while anti-inflammatory antioxidants can reduce the burden on arteries by providing them with the nutrients they need to function optimally. Make sure you source high-quality first-pressed, cold-pressed olive oil from Italy, Spain or Greece and it is in a glass bottle to prevent oxidation. And, yes, you can cook with olive oil. A high-quality oil will have higher polyphenol counts that can withstand higher heat temps.

4. Wild, organic berries. In-season berries are loaded with polyphenols, nutrients and fiber that help reduce the risk of cardiovascular complications.

Berries can also reduce LDL oxidation and increase antioxidant capacity, both factors involved in reducing the risk of CVD. Blueberries are rich in anthocyanins, which have been associated with an antioxidant role. Top your oats, fill your smoothies and even put some berries on a salad. Eating them in-season is best because they will be (1) cheaper and (2) have more nutrients, but frozen berries are OK too.

5. Spinach. It comes as no surprise that nutrient-dense spinach has made it onto the foods for a healthy heart list. The nitrates found in spinach, when converted to nitric oxide in the body, have been shown to improve endothelial function and lower blood pressure, both key factors in maintaining cardiovascular health. Studies have shown that the consumption of nitrate-rich vegetables such as spinach reduces blood pressure while increasing plasma nitrate concentrations. Put some fresh spinach in your morning omelet or smoothie, use as a base for a salad at lunch or enjoy cooked as a side dish for dinner.

Every meal we eat gives us an opportunity to nourish our bodies. Learn how to cook heart-healthy meals in my upcoming Root Cause Series: Heart Healthy Foods cooking class on Saturday, Feb. 27, at 11:00 am. More information can be found at www.UnlockBetterHealth.com.

Your COVID-19 vaccination questions, answered

Courtesy of Brand Point Media

With COVID-19 vaccination underway in the United States, many Americans are preparing to get the vaccine to protect themselves and help slow the spread of COVID-19. If you're able to get the vaccine, you probably have a lot of questions. Knowing what to expect and how to properly prepare for your appointment can help put your mind at ease.

COVID-19 vaccine basics

COVID-19 vaccines are now available in the U.S., and according to the Centers for Disease Control and Prevention (CDC), the vaccines approved in the U.S. do not contain the live virus that causes COVID-19 and therefore you cannot contract COVID-19 from them. The CDC states these vaccines have been carefully evaluated in clinical trials and are deemed safe and effective by the U.S. Food & Drug Administration (FDA) with a full advisory committee meeting review for all vaccines.

Preparing for the COVID-19 vaccine

Getting a vaccine not only protects you, but also the people around you, especially those who are unable to get vaccinated. The CDC offers guidance summarized below to help you prepare for your vaccination, whether it's your first or second dose:

1) If you're approved to get a vaccine, talk to your healthcare provider ahead of time. You may be going to a vaccination clinic where your healthcare provider is not directly administering the injection, so if you have questions, speak with them before your appointment.

2) Do not schedule any other vaccinations within two weeks before your COVID-19 vaccination. If you feel ill before your appointment, call the vaccination clinic and ask if you should still come in or reschedule.

3) Get good rest the days prior to the appointment, especially the night before. Eat a light meal or snack before your appointment and stay hydrated. Rest and good nutrition help prepare your immune system for the vaccination.

4) Ask about side effects. While some people have no symptoms, others may experience headache, muscle/joint pain, chills, fever and fatigue that generally subside after 48 hours. Plan for several low-key days following your vaccination.

5) Plan ahead for post-vaccination care by having the essentials on hand in your medicine cabinet. According to the CDC, over-the-counter medications (like Advil) can reduce pain, fever or discomfort associated with post-COVID-19 vaccine, including mild aches or arm soreness. According to Dr. Jeffrey Fudin, B.S., Pharm.D., FCCP, FASHP, FFSMB, "Aches and fever are common side effects of coronavirus vaccination, and can easily be treated with a pain reliever like Advil."

6) If your vaccine requires two doses, consult with your vaccination clinic or pharmacy to schedule your second dose.

While millions in the U.S. have received the COVID-19 vaccine, availability is currently limited and you may not be able to get it right away. Continue to take smart safety measures such as washing your hands frequently with soap and water, wearing a mask when out in public, avoiding large crowds, and appropriate social distancing. When it is time to get your COVID-19 vaccination, these preparatory steps will help you feel empowered as you take an important step to end the pandemic. For more information about how to prepare for the COVID-19 vaccine visit www.cdc.gov, and visit www.Advil.com for more information on Advil.

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Capital Caring Health is one of the oldest and largest providers of advanced illness, elder health, home and hospice care in the country, caring for more than 2,000 patients per day in Virginia, Maryland and Washington, D.C.

How will the pandemic affect the spring season?



JOSE G. ORTEGA CASTRO / UNSPLASH

By Rick Horner
FAIRFAX COUNTY TIMES

The Spring 2021 season will see the return of outdoor sports for high schools across Fairfax County and the state of Virginia as a whole. Sports such as baseball, softball, soccer, tennis, and lacrosse would seem to be well disposed to dealing with the current demands required due to the Coronavirus pandemic.

The Virginia High School League however has taken extra precautions and created new guidance in 2020 with the hope that it can prevent any potential spread of the virus during these competitions. The League serves 318 schools throughout the Commonwealth and sets the standards for school sports events and competitions. Those precautions are outlined in their rules of participation which was based off of recommendations made by several organizations including the Center for Disease Control and the Virginia Department of Health.

The recommendations are designed to decrease the potential spread of the virus through the sweat of the competitors which is how experts believe the virus is spread. While it may be impossible to do so on the field, the new guidelines set out to prevent such a spread while the players are at rest on the sidelines.

This means of course that spectators are going to be at best limited from attending the games, this was something very noticeable through the Winter 2020-2021 season regardless of whether they were watching basketball, track, or gymnastics.

The wearing of masks on the field will remain optional as there may be trouble breathing for some competitors while in active competition. The coaches however will be required to wear masks while on the sidelines and especially when dealing with other field crew such as referees, ball crews, field crews, etc.

Pre-game workouts won't

require masks for the players either but distancing will be required whether it be distancing players six feet apart or in pods made up of those who are certain to not have the virus. Distancing will be required on the bench as well as disinfection protocols for equipment such as clean game balls, bats, etc.

Trying to limit the physical interaction between player on the field may be one aspect which will be the hardest to enforce. It may be easier to enforce things such as not sharing water bottles and toweling off in between rounds has also become required but the banning of celebrations during the game such as high-fives, hugging, handshakes, and fist bumps would be a tougher accomplishment.

This aspect isn't just hard since celebrations in the heat of the game are very hardwired in competition but also in the ideas of sportsmanship which are ingrained in players.

Let's hope for a safe and fun season this spring.

Mason game against St. Bonaventure cancelled due to weather, other sports cancelled

By Rick Horner
FAIRFAX COUNTY TIMES

Like many other schools across the country George Mason has seen their sports schedules in the past year treated as more of an outline than a certainty. In the last week however many parts of the United States have seen winter conditions interrupting game play on top of the coronavirus pandemic.

This week has seen several Mason games be postponed or canceled due to the winter weather conditions.

The Mason men's basketball game against St. Bonaventure which had been scheduled for Thursday and would have been streamed on ESPN's plus service has been canceled due to the weather. Mason's last game against the Bonnies on Jan. 30 saw the Patriots lose St. Bonaventure 84-67.

Mason has had a historically bad track record against St. Bonaventure going back to 2014. In the 11 games played between the two teams since that year Mason has only won one game, the last time the Patriots won against the Bonnies before this was in 2003.

Mason's game previous to this against Dequesne had been postponed for the fourth time this season due to players testing positive for coronavirus. The next scheduled game



COURTESY PHOTO

for the Patriots will be against Virginia Commonwealth University in Richmond which will be televised at 2:30 pm on NBC Sports Network.

Mason's women's basketball team has also experienced a recent cancellation, they were supposed to play against Fordham University but was canceled due to the Rams pausing all athletic activities for two weeks due to the coronavirus.

The lady Patriots lost their last game to the Rams women's team on New Year's Day with a score of 62-32. Unfortunately, the women's team has so far had a dismal year with a record of 3-16. Their next game is scheduled to be at home against Davidson College on Saturday, Feb. 20.

As the basketball

season begins to wind down and spring season sports are around the corner Mason also finds themselves snake-bitten there as well. Mason recently announced that the first two soccer games of the season have been canceled.

The Men's soccer team was scheduled to play against Old Dominion University of Feb. 20 and against Georgetown University in their home opener on the 23rd. Representatives for George Mason Soccer were contacted but could not be reached for a response as to why the games had been canceled.

With those cancellations that would make Mason's first game of the soccer season against James Madison University at home on the 27th.

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**PETS:
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Page B3

www.fairfaxtimes.com | Friday - Sunday, FEBRUARY 19 - 21, 2021

Kennedy Center offering free outdoor art installation

The REACH campus is presenting UNITY | PEACE | FORWARD

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

The U.S. has experienced a great deal of division this past year, with news headlines about differences and arguments dominating headlines. In an effort to bring people together, the Kennedy Center is hosting a free outdoor art installation called UNITY | PEACE | FORWARD.

The exhibit, which is currently ongoing and runs through Feb. 28, takes place on the Kennedy Center's 130,000-square-foot REACH campus, where visitors can reflect on people's common humanity and be inspired by expressions of unity, harmony, and peace.

Deborah Rutter, president of the Kennedy Center, noted the exhibit is a space for reflection and an artistic reaction to national division and isolation amidst the ongoing pandemic.

"We have really, extraordinary creators in our programming team, and early this fall they came forward with this idea to do something about unity and peace," she said. "It was not intentionally political, it is of the moment, and they came back with this beautiful way of making an artistic statement around unity, peace and looking into the future."

UNITY | PEACE | FORWARD is comprised of three installations, each representing one of the exhibit's trio of titles.

The UNITY portion is held at the reflecting pool by the river pavilion and features art from five VSA Emerging Young Artists, empowering the voices and perspectives of artists with disabilities on the cusp of their professional careers.

See UNITY, Page B2



MARGOT SCHULMAN

MOVIE REVIEW

'Map' cheerfully suggests that we should all live life to the fullest



AMAZON PRIME

Mark and Margaret try to figure out where their map might be taking them.

By Ed Symkus

MORE CONTENT NOW

I started watching this movie - reluctantly, because someone told me it was about people caught in a time loop, a genre that has worn out its welcome for me. And right there, in the first few minutes, it was as if I was caught in my own time loop, of seeing exactly this sort of film again and again. The protagonist is Mark (Kyle Allen), who always seems to know where he is and what to do. He points to a toaster a millisecond before the bread pops up. If something's falling, he'll catch it. He flits in and out of traffic on his bike without any worries of being hit. He blesses people just before they sneeze.

It's because he's been there - to experience all of this - many times before. I haven't seen the time-loop-themed "Palm Springs," but I've had many viewings of "Groundhog Day" and "Edge of Tomorrow" and myriad episodes of "Doctor Who." So, when Mark sits on the floor and reads the time travel novel "The Hitchhiker's Guide to the Galaxy," then visits his pal Henry (Jermaine Harris) and wonders aloud what it would be like to live the same day over and over again, my eyes went rolling upward.

But a moment later, I was seeing normal again. Henry says to him, "Wasn't that a Bill Murray movie?" Mark replies, "'Groundhog Day'." I started thinking, "Hmmm, maybe this movie is going to be hip."

To a degree, it is. Before it's over, it's been funny and serious and sweet; the premise has shot out into multiple directions; and mentions have been made of "Edge of Tomorrow," of the "Doctor Who" episode in which David Tennant said, "Time is ... like a big ball of wibbly wobbly, timey wimey stuff," and of "Time Bandits."

Mark is stuck in a time loop. He's living the same day over and over, and visiting Henry - who is not stuck - is part of it. Every night, as Mark's watch hits 12, he falls asleep, and the day is rebooted. Every morning he wakes up and does it all again. Part of his routine is going to a swimming pool, where every day he saves a

young woman from falling into the water and starts to get to know her.

But one day, another young woman, Margaret (Kathryn Newton), gets in the way of his "rescue," then walks off. Who is this person? And before you can say, "Sherman, set the WABAC," Mark is on a quest to find out. When they finally meet, he asks, "Are you experiencing any kind of temporal anomaly in your life?" She replies, coyly, "You mean the thing where the same day keeps happening?"

Up to this point, all these two have in common is they're good looking and they wear their baseball caps backward. Soon they're chatting. He has a lot to say, she, not much. A friendship develops. He wants to make her laugh. She's got something bothering her. But there's some chemistry, and they each start showing the other little moments that they've enjoyed repeating.

The two characters and the two actors playing them are really good together. He's got a goofy side. She thinks out loud, "I'm glad Stephen Hawking isn't here to see this because it violates all known science."

The script offers up dreams of what they might do if they weren't dealing with broken time. She would be an aerospace engineer; he would cure cancer. Then it adds a bit of mystery when her cell phone keeps ringing, and the call is coming from someone named Jared, and she keeps it a mystery.

It all leads up to the film's title, with Mark and Margaret deciding to look for all the "tiny perfect things" happening in the world every day that people just don't notice. It's Mark, who is falling for her, although she shows no romantic interest in him, who comes up with the idea of plotting them on a map (a "Time Bandits" reference!) to see if any sort of pattern emerges.

Then there are those movie mood swings. Things take a solemn turn, epiphanies are reached, explanations are presented, things get buoyant. For a brief moment, the film becomes terribly sad, but it goes out on a hopeful and happy note.

STAY TUNED



Superman (Tyler Hoechlin) and Lois Lane (Elizabeth Tulloch) are working parents in new series "Superman & Lois." [The CW]

It's supervillains and parenting in new series 'Superman & Lois'

By Melissa Crawley
MORE CONTENT NOW

A revealing docuseries explores a hip hop star's notoriety, the war on drugs hits the fourth season of "Snowfall," and Superman takes on fatherhood.

Dispatches: Weekly TV news

Donald Glover and Phoebe Waller-Bridge will star in and executive

produce a show for Amazon Prime Video based on the 2005 New Regency film, "Mr. and Mrs. Smith."

Chris Harrison, host of "The Bachelor," announced that he is stepping aside from the show for "a period of time" amid controversy over his defense of contestant Rachael Kirkconnell's past racist behavior.

Contenders: Shows to keep on your radar

"Flora & Ulysses" premieres (Feb.

19, Disney+). The film, based on an award-winning children's novel by Kate DiCamillo, is about 10-year-old Flora, a comic book fan and self-proclaimed cynic who rescues a squirrel she calls Ulysses. No ordinary squirrel, Ulysses has superhero powers and he and Flora embark on an adventure that will change her life.

See STAY TUNED, Page B2

Art News

Film Screening Enjoy a virtual screening of "The Sun and the Medicine Man" followed by a behind-the-scenes conversation with the writer and producer. 7:30 p.m. Feb. 19. Free. For more information visit <https://bit.ly/3arMOzo>.

Artist Entrepreneurs This live, digital conversation showcases College of Visual and Performing Arts alumni across the world as they discuss how they are applying their Mason arts training in successful business ventures in the arts and beyond. Feb. 22 at 7 p.m. Free. For more information visit <https://bit.ly/3pr8HR>.

Drawing Animals Eyes Animal eyes are so varied and intricate. Practice drawing individual eyes up close from photos and live animals. 7 p.m. Feb. 25. Cost is \$15. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3prNKb6>.

Visual Voices features Rozeal, whose paintings utilize traditional ukiyo-e printmaking techniques to

meld Japanese folklore, geisha, kabuki and more with her own references to hip-hop and African-American culture in this free virtual event. 7:30 p.m. Feb. 25. For more information visit <https://bit.ly/37ld8Ju>.

The Waverly Gallery Gladys, the elderly matriarch of the Green family, has run an art gallery in a small Greenwich Village hotel for years. Now the management wants to replace it with a coffee shop. Show runs Thursdays through Sundays through Feb. 28. 1st Stage Tysons, 1524 Spring Hill Rd., Tysons. For more information and tickets visit <https://bit.ly/2ZpZ7pH>.

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>.

Community Information

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

Predators at Night Listen to taped calls of owls and coyotes and catch a glimpse of them in the forest. End the evening with s'mores around the campfire. 6 p.m. Feb. 19. Cost is \$8. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit <https://bit.ly/2Oz7Bb1>.

Drive-Thru Food Baskets Baskets are distributed on a first-come, first-served basis. 10 a.m. to noon. Feb. 20. Free. Greater Little Zion Baptist Church, 10185 Zion Dr., Fairfax. For more information call the church at 703-239-9111.

Look Out! Science is Coming! Doctor Kaboom! is known around the world for taking his audience on an educational tour of the modern scientific method using humor and comedy. 4 p.m. Feb. 21 and 22. Cost is \$10 to \$15. Virtual event. For more information visit <https://bit.ly/37kLKeM>.

FunDay Monday Enjoy MyGym this week. 10:30 a.m. Feb. 22. Free. Old Town Hall, 3999 University Dr., Fairfax. For more information and to sign up visit <https://bit.ly/3bgjyuy>.

Exploring the Moon Webinar See where Apollo lunar landings occurred and discuss what the astronauts found. 7:30 p.m. Feb. 22. Cost is \$8 to logon. For more information visit

<https://bit.ly/3bcplBt>.

Breaking Down the Wall of Slavery Join Maddy McCoy of the Slavery Inventory Database for a virtual discussion on how the enslaved individuals and families at Carlyle House were identified. 7 p.m. Feb. 25. Cost is \$5. For more information visit <https://bit.ly/3s2stH4>.

ONGOING

Black History Month Events Find a list of virtual and in-person events taking place in February in Alexandria. For more information visit <https://bit.ly/3cHul3c>.

Self-guided Tour download the StoryMap app on your smartphone and walk the African American Waterfront Trail along the Potomac River in Alexandria. Free 45-minute walk. For more information visit <https://bit.ly/2YcTbEn>.

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>.

ROD MAN

CONTINUED FROM PAGE B1

The artists included are Naima Cerulean Kazemi, Yasmine Iskander, Oaklee Thiele, Malcolm Corley and AJ Kiel.

The PEACE flag displayed on the hillside of the REACH Gardens is a collage of 270 smaller flags of all the U.S. states and territories, as well as flags from all the world countries with which the U.S. maintains diplomatic relations. These are the same flags that are inside the Kennedy Center's Great Hall.

"In a time of great separation, these flags remind us that the Kennedy Center embraces all cultures, reaching and connecting with artists, inspiring and educating communities," Rutter said. "We welcome all to create, experience, learn about, and engage with the arts."

The FORWARD part of the exhibit is a collection of inspirational quotes from artists around the world that are displayed on a wall each Friday and Saturday evening from 4:30-8:30 p.m., and can be viewed online anytime.

The Kennedy Center reached out to artists and asked: "The world events of 2020 have taken a global toll on our personal lives and all of humanity. As we move forward in 2021, what inspires and motivates you as an artist?"

One answer is from legendary singer Barbra Streisand, who said, "The truth inspires me - whether it's in art or politics. Truth is so powerful, it can open people's minds and ultimately change the world."

Another is from Broadway actor Brandon Victor Dixon, who shared, "The power that people have to create theater is the same power we have to create communion and connection even when kept apart. I look forward to what more that power can do."

Others who provided inspiration include South African puppeteer Basil Jones, "Killing Eve" star Fiona Shaw, choreographer Debbie Allen, director George C. Wolfe and many more.

"This has created a big impact," Rutter said. "Whether you are driving by, walking or rolling through the landscape, it's something that will get people inspired."

The exhibit opened during the week of the presidential inauguration, and there was a great deal of symbolism happening with the troops protecting D.C., and these three beautiful words simply stated in the landscape.

"We've had very positive feedback," Rutter said. "The REACH has really exceeded our wildest hopes and dreams of being a destination garden, landscape and facility."

At a time when there's not a lot for people to do and get out and experience the arts, an exhibit like this takes on even more meaning.

"People think of the Kennedy Center as a place for the performing arts, but it's also a place to inspire reflection," Rutter said. "Because we can't have too many activities going on inside our building, the landscape is a great place for people to come and take a walk, and remember there is something more for us to be thinking about."

STAY TUNED

CONTINUED FROM PAGE B1

Docu-series, **"Supervillain: The Making of Tekashi 6ix9ine"** (Feb. 21, Showtime, 10 p.m. ET) focuses on how a New York City deli clerk named Daniel Hernandez transformed himself into the tattooed-face, viral hip-hop sensation and controversial internet troll, Tekashi 6ix9ine. Narrated by Giancarlo Esposito ("Better Call Saul," "The Mandalorian"), it's a thought-provoking examination of manufactured celebrity and the impact of social media.

Five-episode Swedish-language series, **"Beartown"** (Feb. 22, HBO, 9 p.m. ET) follows a community in Sweden that places all of its hopes for revitalization on its junior ice hockey team. Thanks to the boys' hard work, the town's fortunes are rising. But the team's chance at winning a national title is derailed by a violent act. The show explores themes of family trauma, the nature of truth, and the courage required to stand against a group and demand justice.

New series **"Superman & Lois"** (Feb. 23, The CW, 8 p.m. ET) takes The Man of Steel into marriage and fatherhood. In the 90-minute premiere, Clark Kent (Tyler Hoechlin) and intrepid journalist Lois Lane (Elizabeth Tulloch) discover that facing supervillains is maybe not the most stressful part of their day. The pair are working

parents to two sons who may or may not have inherited their dad's superpowers. The story follows the family as they return to Smallville, become reacquainted with old friends and meet a mysterious stranger. Immediately following the premiere is behind-the-scenes special "Superman & Lois: Legacy of Hope," which features interviews with the cast of the new show.

Business is good in the fourth season of **"Snowfall"** (Feb. 24, FX, 10 p.m. ET). It's 1985 and the demand for crack cocaine is soaring but successful drug dealer Franklin Saint (Damson Idris) is starting to realize the damage the drug is doing to the community he loves. The addiction epidemic sets the "war on drugs" in motion and Saint's world is about to face its toughest challenge yet.

Report Card: Ratings winners and losers

Winners: Viacom CBS is rebooting **"The Real World"** for Paramount Plus.

Losers: The CW is no longer moving forward with DC series **"Wonder Girl."**

Melissa Crawley is the author of "Mr. Sorkin Goes to Washington: Shaping the President on Television's 'The West Wing.'" She has a Ph.D. in media studies and is a member of the Television Critics Association. To comment on Stay Tuned, email her at staytuned@outlook.com or follow her on Twitter @mestaytuned



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King Crossword

ACROSS

- 1 Seize
- 5 Butte's kin
- 9 Cardinal cap letters
- 12 "Othello" villain
- 13 In — (lined up)
- 14 Weeding tool
- 15 Reality show for aspiring entrepreneurs
- 17 PC key
- 18 Minor quibbles
- 19 Hospital sections
- 21 Type of beam
- 24 Pack (down)
- 25 Reverberate
- 26 Rubber wedge, say
- 30 Small battery
- 31 All better
- 32 Actress Thurman
- 33 Hoedown musicians
- 35 Author Harte
- 36 Seeing things
- 37 Tubular pasta
- 38 Tribal emblem
- 40 Coffee, slangily
- 42 Mess up
- 43 Temporary
- 48 GPS suggestion
- 49 Last write-up

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- 10 Snitched
- 11 Reply to "Shall we?"
- 16 White wine cocktail
- 20 Mornings (Abbr.)
- 21 Piece of lettuce
- 22 Exotic berry
- 23 Elm, for one
- 24 Low digits
- 26 Union payment
- 27 Bruins legend
- 28 Portent
- 29 Canape spread
- 34 Decorate
- 35 Actor Warren
- 37 Beetle
- 38 Garr of "Tootsie"
- 39 Scraps
- 40 Unites
- 41 Museo display
- 44 Showtime rival
- 45 Jargon suffix
- 46 Squealer
- 47 Hosp. scan

FROM THE DOG'S PAW

February is pet dental month!

By Noah!

SPECIAL TO THE FAIRFAX COUNTY TIMES

“WOOF! WOOF! Samson, did you brush your teeth this morning?”

“HISS! HISS! Meow, uh, isn't that a bit pawsonal of a question for you to be asking me?”

“Barkingly, well, yes, but it's Pet Dental Month, and since I love you like a brother, which since you are I should, I want to be sure you're taking good care of yourself!”

“Meows, quite kind of you, old chap! Yes, my staff takes care of my teeth much like they do my Veterinary care, grooming my pawsonally handsome fur coat, food, water, treats, toys, fluffing my pillow every hour on the hour and not a second late. When we visit the Veterinarian, she checks my teeth and makes suggestions about my care.”

“That's great! Barks! My staff does the same for me, I think we might have the same staff, but not all humans understand the impawtance of good ongoing dental care!”

“Purringly meows, didn't you tell me a story about one of our human's previous cats whose previous human ignored its dental care!?”

“Woofs, paws, the cat's teeth were never cleaned by the Veterinarian or the human.

Barks, the human, never gave the cat crunchy treats either. We don't know, but it was apparent the cat hadn't seen the Veterinarian in a while. Barks, paws, the cat's sweet-self and pawsonal pawsonality changed to be an old crotchety-grouchy man, much like Dad can be late at night! Our humans took him to the Veterinarian for a routine health exam when they discovered the problems. It broke their hearts to see what can happen when you do not care for a pet's teeth! Barks! Our humans elected surgery to help the poor cat! WOOF! Within a short time, the cat returned to its pawsonally grand sweet-self! Our humans learned about the impawtance of pet dental care.

Barkingly, keeping a watchful eye on your pet's teeth helps catch problems early. A few common signs of oral disease are yellow-brown tartar, bad breath, bleeding gums, red and inflamed gums, excessive drooling, changes in eating habits, pawing the mouth, or rubbing the face against the floor or furniture.”

“Meows, I haven't had dental surgery, but the Veterinarian cleans them during my examination. Purrs, the crunchy treats with the Veterinary Oral Health Council (VOHC) seal of approval help me stay healthy.”

“Barks, same here. I have had mine examined by our pawsonal Veterinarian but have not

had dental surgery or cleaning where they put me to sleep. The crunchy treats and the specially-designed dental treat and chew toys Dad gives me help. Barks, and my crazy-need to play and chew on sticks helps too.”

“HISS! HISS! WHAT???? TO SLEEP?? WHY! I'M A GREAT CAT!”

“WOOF! SETTLE DOWN, dear cat-brother! The Veterinarian has to use anesthesia when performing a dental cleaning or a surgery. Paws, since we do not completely understand what is going on when they do the dental work, a dose of it helps us to relax, not squirm, growl, bite, or try to escape. It's the safest way since we could accidentally hurt the Veterinarian and ourselves, neither of which would we want to do!”

“Barks, much like with humans, good pet dental care begins at home. Humans should brush their pet's teeth frequently! BARKS! WOOF! Pawlease pay attention NOT to use products made for humans. Those could harm or even be fatal for your pet! It's impawtant to use toothpaste, toothbrushes, or tooth wipes recommended by your Veterinarian. Barkingly, you can find dental products at your local pet store. Barkingly, brushing a pet's teeth is much like brushing humans teeth! Barks, make sure you brush every tooth removing tartar and any yucky-looking



ERIK-JAN LEUSINK / UNSPLASH

stuff, especially along the gum lines! Barks! Paws, with pets, begin trying to brush their teeth using caution, going slow and easy. If the pet allows you to continue, go ahead. If not, stop and try another time. Some pets do not like the mouth and teeth touched, so they could try to bite! WOOF! Barks, cleaning your pet's teeth at home isn't a substitute for regularly having a Veterinarian clean them. Woofs.

WOOFs! February is National Pet Dental Health

Month. Contact your Veterinarian with any questions or concerns about dental checkups and pawssibly cleanings. Barks, some Veterinarians offer discounts this month as an incentive!”

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.

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.

Expert tips for maintaining your pet's healthy weight

Courtesy of Brand Point Media

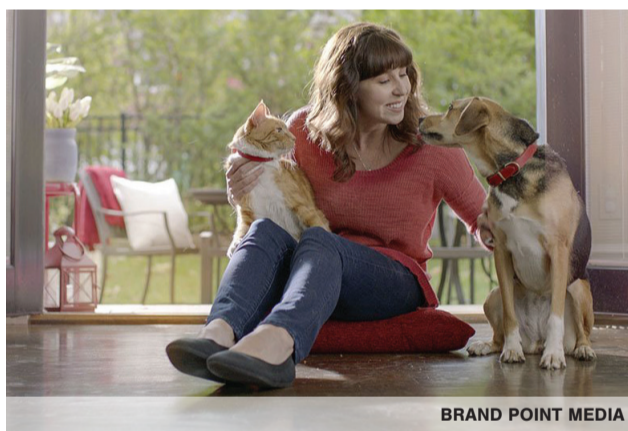
While many loving pet owners are unaware their pet may not be at their healthiest weight, the fact is that more than half of cats and dogs in the U.S. are indeed overweight or obese, according to the Association for Pet Obesity Prevention. Overweight pets tend to be less active, experience joint pain, groom less and develop more health conditions, so it's important to take a proactive approach to help your pets live a long, healthy life.

Two of Purina's pet experts, behaviorist Dr. Annie Valuska and veterinarian Dr. Callie Harris, help by answering frequently asked questions about pet weight concerns:

How can you tell if your pet is a healthy weight?

“A great way to start is to give your pet a 'healthy hug,’” advises Dr. Harris. This involves three steps:

1. Evaluate the ribs: Place your hands gently on your pet's sides. You should be able to run your hands down their chest and feel their ribs without having to “press” or “dig” in.
2. Evaluate the waist: Stand above your pet. You should be able to see a waistline or an “hour-glass” shape.



BRAND POINT MEDIA

3. Evaluate the abdomen: Stand to the side of your pet. Your pet should have a nice abdominal tuck.

“If you suspect your pets are overweight, consider switching to a weight management food for adult dogs and cats to help them achieve and maintain a healthy weight,” she says. “A few Purina formulas I'd recommend include: Beneful Healthy Weight with Farm-Raised Chicken Dry Adult Dog Food, which uses calorie-smart nutrition to help dogs maintain a healthy weight, Pro Plan Adult Weight Management for cats and dogs, which maintains muscle mass during weight loss, Purina ONE Ideal Weight High Protein for adult cats that helps spayed and neutered cats burn fat and maintain a healthy weight and Purina ONE Healthy Weight High Protein for adult dogs, which promotes lean body mass in your dog

and helps maintain a healthy body condition even after a healthy weight is achieved.”

Dr. Harris adds, “It's also always good idea to consult with your veterinarian to rule out potential medical problems that could cause weight gain.”

How much should you feed your pet?

Dr. Harris says, “Be sure to feed your pet with the amount instructed on your pet's food labels. You can find specific directions for Purina products on each bag of food. However, if you are still concerned about over or under feeding, discuss with your veterinarian so they can evaluate your pet and make nutritional recommendations.”

Dr. Valuska adds, “No matter how much your pets try to convince you otherwise, feeding them table scraps is never a good idea. Remove the temptation to

give them a bite of your dinner by training them to spend meal time away from the table - in a crate, for example - and reward their good manners with pet-appropriate treats and praise.”

What do you do when your pet begs like they're still hungry?

Dr. Valuska asks, “Are you sure your pet is hungry? Our first impulse when pets start pestering us is to assume they want food, but pets may actually be asking for attention, exercise or playtime. Next time you think your pet is begging for food, try offering some ear scratches, a fun play session with a favorite toy or a walk outside instead.”

“If your pet is still hungry, one way you may be able to help your pet feel fuller longer is to extend their mealtime. Try using slow feed bowls or puzzle feeders.”

How do you incorporate exercise into your pet's routine?

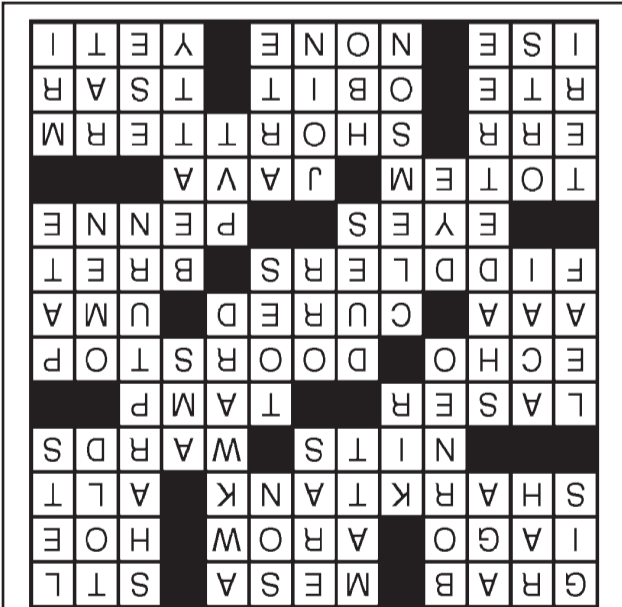
Dr. Harris says, “One easy way for pet owners with dogs to exercise is to take them on daily walks. However, if outdoor walks are not obtainable due to weather, consider creating activities in the home with your dogs such as ‘find the treat’ using treat mats. You can even be strategic about where you place your food and water bowls to encourage your dog to get up and move.”

Dr. Valuska adds, “Cats

need exercise, too! Engage their instincts with a game of chase - this can be with a laser pointer, a ball or a toy on the end of a wand. Some cats prefer to ‘hunt’ toys along the ground, while others are more excited by trying to catch toys out of the air. Try different combinations with your cat and see what they like best. If you do use a laser pointer, make sure you

always end the game with the laser on a toy that your cat can catch to ensure your cat doesn't end up feeling frustrated or anxious.”

Helping your pet achieve and maintain a healthy weight is important to their overall well-being. For more resources and to see Purina's full portfolio of healthy weight formulas, visit www.purina.com/healthypets.



Solution time: 23 mins.

Answers

King Crossword

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Help Wanted

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Idemia America Corp has an oppty in Chantilly, VA for a Local Tech Constnt, Fin Bus Unit. Mail resume to Attn: HR, 11951 Freedom Dr, Ste 1800, Reston, VA 20190; Ref #CHAAARU. Must be legally auth to work in the US w/o spnsrshp. EOE

Software Engineer Sr. to work in Reston, VA. Apply www.saic.com, Science Applications International Corporation. Opportunity to work from home. Job code# 2013768. EOE.

IT Professionals:
Ent. Lvl to Sen. Lvl Sftwr Dvlprs, CIS Mngrs. are needed for our Vienna, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Relis Management Company at 30 Maple Ave. West, Ste. 220, Vienna, VA 22180.

SOFTWARE DEVELOPMENT ENGINEERS McLean, VA area. Write code in Java, Python or JavaScript. Set up development & test environments on AWS, Azure or other clouds using pre-built automation scripts. Send res to: SRB Technologies, Inc. DBA RoboMQ, 8260 Greensboro Dr., Ste. A32, McLean, VA 22102.

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IT Professionals:
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Software Engineer
Intelligent Business Platforms LLC - Multiple openings available for following positions in Reston, VA and unanticipated client locations throughout the US: SOFTWARE ENGINEER - build a release pipeline to enable fast, but safe delivery of critical business software to production. Develop and implement standards, processes, and controls for release and deployment activities. Develop sound version control best practices-based CM Systems (SVN, GIT, etc.), including branching and merging strategies. Travel and relocation possible to unanticipated client locations throughout the U.S. To apply please mail resume, salary history and position applied for to: Intelligent Business Platforms LLC, Attn: Aditya Watal, CEO, 12020 Sunrise Valley Drive, Suite 101, Reston, VA 20191. Email: careers@intellibus.com

Help Wanted

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703-904-1004

Federal Home Loan Mortgage Corporation seeks **multiple f/t Quantitative Analytics Professional A** in McLean, VA to mine data from various web sources. Req's Master's degree or frgn equiv in Stat, Data Science, or rel quan field & demonstrated knowledge of stat & data analytics. Knowledge may be demonstrated through edu, training &/or hands-on exp. May be eligible for p/t telecommuting. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-017.

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Engineering: Software Engineer - Dovel Technologies LLC - McLean, VA - Perf SW app dvlpmnt & supp. Req. Bach or frgn equiv in Comp Sci, Info Sys, SW Engng or rtd fld + 2y exp in a SW dvlpmnt occ. Must be able to obtain & maintain a Public Trust Clearance. Exp must incl 2y exp wkg w/: Agile or Scrum envrntmnt; Java 8+, Hibernate, Maven, & REST Srvices; relational databases such as Oracle, Postgresql, or similar. ly exp wkg w/: Spring Boot; AWS platform srvc, incl appltn & srvc dplymnt in AWS; containerized (Docker) appltns & srvc. Send CV to jobs@doveltch.com ref SEDA.

Federal Home Loan Mortgage Corporation seeks **f/t Quantitative Analytics Senior** in McLean, VA to develop strategies to analyze & interpret output of models or analytic apps. Req's Ph.D. degree or frgn equiv in Fin, Stat or a related quantitative field with demonstrated knowledge of applying predictive modeling techniques to large data sets OR Master's degree or frgn equiv and 3 years of applying predictive modeling techniques to large data sets exp. May be eligible for p/t telecommuting. Knowledge may be demonstrated through education, training &/or exp. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #18-1892.

Federal Home Loan Mortgage Corporation seeks **multiple f/t Database Admin Seniors** in McLean, VA to perform Database Administration in a fast-paced operations environment supporting 24x7 business critical applications. Req's Bachelor's degree* or frgn equiv in IT, MIS, Comp Science, or rel tech field fldwd by 5 yrs of progressively resp Database Administration exp. *Any equiv combo of edu (including a 3 year or 4 year bachelor's degree), training &/or exp evaluated by a reliable professional credentials eval service to be the equiv of an US Bachelor's degree will be accepted. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #17-371.

Help Wanted

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TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

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

The public is encouraged to participate in the town's public hearing process. If the meeting is held by electronic means, people having an interest in the item are invited to register to join the WebEx to state their opinions or to submit comments for the record to BZA@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.

BOARD OF ZONING APPEALS, BZA #21-01, 500 Fairfax Lane, to seek a variance from the requirements of Section 78-80.3(a), accessory structure standards in residential districts, and Section 78-30.2(g), R-10 dimensional standards, in order to allow an existing accessory structure to remain in a required side yard setback. A 10-foot side yard setback is required in the R-10 zoning district. The applicant is requesting a reduction of the minimum side yard setback to 4 feet. The subject property is a 16,714 square-foot lot located at the terminus of Fairfax Lane and identified as 500 Fairfax Lane. The property is zoned R-10, single family residential. Fairfax County Tax Map Number: 0162-06-0034. Property Owner and Applicant: Robert L. Moran.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 19, 2021, after 3:00 pm.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 12 and February 19, 2021

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, February 16, 2021 at 7:00 p.m. and a public hearing on Tuesday, February 23, 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 item are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

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

Resolution, to solicit public comment for consideration during the development of the Town Manager's proposed budget for Fiscal Year 2022.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning February 12, 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 February 12 and February 19, 2021

Legal Notice

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To place a classified ad or a Business & Services ad, please contact:
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marcia@wspnet.com

PRACTICE CLOSING
The Vascular Access Center of Northern Virginia (13135 Lec Jackson Memorial Highway, Suite 145, Fairfax, VA 22033) will be closing effective February 12, 2021. At the written request of a patient or an authorized representative, patient records can be obtained from: Custodian of Records, Nephrology Associates of Northern Virginia, 13135 Lec Jackson Memorial Highway, Suite 135, Fairfax, VA 22033, phone: (703) 961-0488, copies may be sent to another like-regulated provider of the patient's choice or provided to the patient. Fees may apply.

The following vehicles will be auctioned on March 8, 2021 at 10:00 am. Auction held at 8474 Terminal Rd Lorton VA 22079 by Dominion Towing. Vehicle is sold as-is. Keys not provided. Other restrictions may apply. Email auction@dominiontowing.com for inquiries.

- 2015 NISSAN SENTRA**
VIN: 3N1AB7AP7FL665334
- 2006 DODGE CHARGER**
VIN: 2B3KA73W26H265958
- 2008 BMW 335XI**
VIN: WBAWC33598PD09964
- 2010 VOLKSWAGEN JETTA**
VIN: 3VVWRZ7AJ3AM034104
- 2011 VOLKSWAGEN JETTA**
VIN: 3VWGX7AJ1BM352009
- 1988 MERCEDES-BENZ 300**
VIN: WDBCA25D7JA415957
- 2011 NISSAN ALTIMA**
VIN: 1N4AL2AP3BN447274
- 2007 FORD F450**
VIN: 1FDXF46P27EB38530
- 1999 HONDA ACCORD**
VIN: 1HGCG6659XA030988
- 1998 BMW 740I**
VIN: WBACJ8328WDM19459
- 2011 KIA OPTIMA**
VIN: KNAGM4A78B5081080
- 2010 LEXUS IS250**
VIN: JTHFF2C24A2508297
- 2000 MERCEDES-BENZ C230**
VIN: WDBHA24G4YA852326
- 2006 FORD E150**
VIN: 1FTRE14W16DA30154
- 2010 NISSAN 370Z**
VIN: JN1AZ4EHXAM502561
- 2011 MAZDA 3**
VIN: JM1BL1VG4B1901106
- 2006 CHEVROLET TAHOE**
VIN: 1GNEK13T86R103299
- 2014 VOLKSWAGEN JETTA**
VIN: 3VWVD17AJ1EM428384
- 2000 CADILLAC ELDERADO**
VIN: 1G6ET1297YU202825
- 2012 HONDA ACCORD**
VIN: 1HGCG1657YA058499
- 2001 TOYOTA CAMRY**
VIN: 4T1BG22K31U857983
- 2007 TOYOTA CAMRY**
VIN: JTNBK46K473006472
- 2012 CHEVROLET CRUZE**
VIN: 1G1PH5C8C7270643
- 1998 LINCOLN TOWN CAR**
VIN: 1LNFM97V4WY707869
- 2004 HONDA PILOT**
VIN: 2HKYF18574H566124
- 2012 HONDA CIVIC**
VIN: JHMFB4F30CS003551
- 1997 BMW 740IL**
VIN: WBAGJ832VDM07659