FAIRFAX COUNTY TIMES

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**MUSIC: BIRCHMERE WELCOMES JOHN KADLECIK**

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*Friday - Partly Cloudy* **High:** 46° **Low:** 28° | *Saturday - Mostly Sunny* **High:** 58° **Low:** 40° | *Sunday - Partly Cloudy* **High:** 67° **Low:** 42°

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THE CW

**A likeable cast and great fight scenes in 'Kung Fu' reboot**

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# Limited capacity increases

*Governor Northam has announced increases to limited capacity orders, as part of the Forward Virginia plan*

AP PHOTO

**By Brooke Lewitas**
FAIRFAX COUNTY TIMES

Effective April 1, restrictions will be eased on social events, sporting events, graduations, and entertainment venues.

"With increased vaccination capacity and our health metrics continuing to trend the right direction, we can safely take these targeted steps to ease certain mitigation measures," said Governor Northam. "Virginians have come so far over the past year, and now is not the time to simply throw the doors open or let down our guard. While some capacity limits will be increased, we must all remember to stay vigilant and work together to protect ourselves, our loved ones, and our communities."

Currently, the maximum number of individuals permitted at a social gathering is 10 indoors and 25 outdoors, but as of Executive Order Seventy-Two, 50 people can gather indoors and 100 people outdoors.

Entertainment venues must continue to operate at 30 percent capacity, but where indoor venues are currently capped at 250 people, they can now hold 500 people as long as that is still within 30% capacity. Outdoor venues will have no cap on attendance numbers, as opposed to the previous 1,0000 attendee maximum, but they must continue to operate at 30% capacity as well.

Currently, the number of spectators allowed at recreational sporting events will increase from 25 to 100 people indoors, and from 250 to 500 per field outdoors.

The governor also provided guidance on safe graduation and commencement events. For outdoor events, he advised a cap of 5,000 people or 30% of venue capacity--whichever is fewer. For indoor events, he advised 500 people or 30% capacity. George Mason University announced that the plan for a virtual commencement ceremony will be amended.

"After reviewing this new information, Mason will be able to expand on our plans for a virtual commencement by offering some in-person celebrations for our students and their families. We know that this has been a challenging time and we look forward to finding appropriate ways to celebrate our graduates who have worked so hard to reach this important milestone."

Despite vaccinations becoming more widespread, epidemiologist and COVID researcher Dr. Amira Albert Roess has some concerns about the rapidity of the increases, and urges people to get vaccinated as soon as possible.

"The US is currently experiencing a surge in cases and there has been a significant increase in the number of cases due to more transmissible variants. In Virginia we're also seeing an increase in cases. I understand that pandemic fatigue is real and for economic and political reasons we are seeing a lifting of many of the restrictions. It has been a very difficult year. Now is the time for us to increase vaccination rates… We are in a very precarious situation - not enough people have been vaccinated, we are seeing a significant increase in cases due to the more transmissible variants, and across the country restrictions are being lifted. We need at least one month to vaccinate a larger percentage of our population."

She urges people to continue to take caution, and provides guidance to do so.

"The safest events continue to be outdoors. Indoor events should be well-ventilated. Attendees should wear masks correctly and follow social distancing guidelines to reduce their risk of infection. Those who are eligible to get vaccinated should."

# 4 easy ideas to enhance your 2021 garden

**Courtesy of Brand Point Media**

Gardening enthusiasm is surging thanks to our increased time at home - whether on a small-space patio or in a larger backyard. In fact, people spent 42% more time gardening in 2020 than the year before, according to Axiom Marketing's 2021 Gardening Insight Survey, and it is estimated the pandemic contributed to creating nearly 20 million new "gardeners." Many experts agree the trend toward nurturing flowers, plants and vegetables will continue into 2021 and beyond.

If you're looking to test your new green thumb or bring this year's garden to the next level, consider these top trends and simple ideas from the experts at Ball Horticultural Company:

**The year-round fresh and healthy garden**

Gardening can provide fresh access to produce that can help encourage healthy eating. You can feel confident knowing exactly where your food comes from and enjoy the satisfaction of growing it yourself. Plus, it doesn't get fresher than picking something from your own garden just minutes before preparing a dish.

You don't need an expansive garden to enjoy the many benefits of fresh,

See GARDEN, Page A4

# Eleven-year-old interviews former first lady Michelle Obama

FOX 5

Eleven-year-old Symphony Petrin-Randolph of Herndon, VA received a unique opportunity to interview former First Lady Michelle Obama about her new Netflix show, "Waffles and Mochi." The show, which is aimed at early elementary school children, promotes healthy eating and creativity.

Symphony received this opportunity through The Week Junior Counsel, which she has been a member of since January. The Junior Counsel was created by *The Week Junior*, which is a magazine aimed at helping children understand

See INTERVIEW, Page A4

# PUBLIC SAFETY NOTES

COURTESY PHOTO

Damage to the attic area of a house in Annandale.

## Annandale house fire caused by electrical event

Units were dispatched for a reported house fire in the 7400 block of Valleycrest Boulevard in the Annandale area of Fairfax County March 29, at approximately 6:36 a.m.

Crews arrived on the scene and reported fire showing from the roof of a one-story, single-family home. They quickly extinguished a fire in the attic. There were no reported civilian or firefighter injuries.

One occupant was home at the time of the fire. The occupant smelled smoke and, upon further investigation, she observed smoke visible from the end of the roof. She then self-evacuated and called 9-1-1. Smoke alarms sounded, but after the fire was discovered.

Fire Investigators determined that the fire was accidental in nature and started in the attic. The cause of the fire was an electrical event involving the household wiring.

One occupant was displaced because of the fire. Red Cross assistance was offered but declined. Damages as a result of the fire were approximately $70,000.

## Man pleads guilty to sexual exploitation of two children

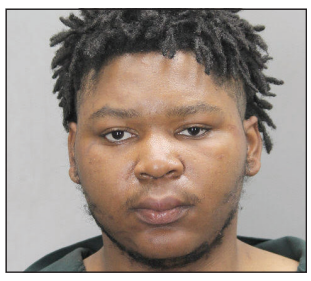
A Mexican national pleaded guilty today to two counts of production of child pornography.

According to court documents, in March 2018, Abel Ambrocio, 54, of Alexandria, developed an online relationship with a woman in Honduras over a social media platform. From around October 2018 through at least February 2019, Ambrocio instructed the woman to record and send him more than 100 images of herself sexually abusing her two children—an approximately 3-year-old boy and an approximately 10-year-old girl. Ambrocio instructed the mother to engage in specific sex acts with her children and record herself doing so on multiple occasions, even when she told Ambrocio that one of the children was in pain and crying from the previous sex act. Later, in March 2019, Ambrocio distributed images of the woman sexually abusing her 3-year-old son over a social media platform.

"The defendant's conduct, which caused the sexual abuse of two young children, is both horrific and heartbreaking" said Raj Parekh, acting U.S. Attorney for the Eastern District of Virginia. "The production of child pornography inflicts devastating and lifelong harm to society's most vulnerable victims. EDVA is committed to working with our law enforcement partners to bring child sexual predators to justice."

Ambrocio pleaded guilty to two counts of production of child pornography. He is scheduled to be sentenced August 4 and faces a mandatory minimum penalty of 15 years in prison. A federal district court judge will determine any sentence after considering the U.S. Sentencing Guidelines and other statutory factors.

This case was brought as part of Project Safe Childhood, a nationwide initiative launched in May 2006 by the Department of Justice to combat the growing epidemic of child sexual exploitation and abuse. Led by U.S. Attorneys' Offices and CEOs, Project Safe Childhood marshals federal, state, and local resources to better locate, apprehend, and prosecute individuals who exploit children via the Internet as well as to identify and rescue victims. For more information about Project Safe Childhood, please visit www.justice.gov/psc.



COURTESY PHOTO

Abdul Deen-Sie.

## Alexandria man charged with multiple offenses

A man entered the building being used as a hypothermia shelter in the 4700 block of North Chambliss Street and began assaulting several people inside March 20 at 6:54 a.m.

The man made his way outside where he damaged a car and spat on responding officers before being taken into custody. Abdul Deen-Sie, 24, of Alexandria, was charged with three counts of malicious wounding, two counts of assault on law enforcement, obstruction, destruction of property and assault.

## Single-vehicle crash in Merrifield claims life of man

A Centreville man died following a crash that occurred just before 4 a.m. March 29 at the intersection of Arlington Boulevard and Javier Road.

Detectives from the Fairfax County Police Department Crash Reconstruction Unit have preliminarily determined Dashdavaa Zambalgarav, 49, was the lone occupant and driver of a 2008 Lexus RX traveling west on Arlington Boulevard when he drifted into the center median and crashed into a traffic pole at Javier Road. Zambalgarav was taken to a hospital where he succumbed to his injuries. Detectives continue to investigate the circumstances surrounding this crash, but preliminary, do not believe speed or alcohol were factors.

Anyone with information about this crash is asked to contact the Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

COURTESY PHOTO

Mohamed Souidi.

## Detectives make arrest in Tysons sexual assault

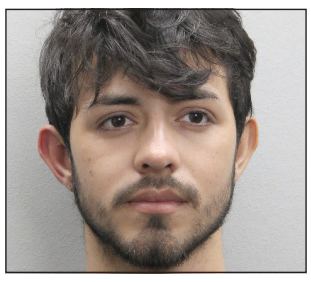
A 27-year-old man is facing charges after sexually assaulting a woman who was sitting on a bench near a shopping center in Tysons.

Officers were called to the 1500 block of Cornerside Boulevard for a report of a sexual assault Mar. 4. The victim was sitting on a bench around 4 p.m. the day prior when the unknown man approached her, engaged her in conversation then sexually assaulted her. The woman screamed and was able to leave. As she walked away, the man continued to follow her. A bystander saw the man following her and escorted her inside a business.

As Major Crimes Bureau detectives were working on the case, the man was seen in the area again Mar. 12. Officers responded and took Mohamed Souidi, no fixed address, into custody. He was charged with object sexual penetration and abduction. He is being held at the Fairfax County Adult Detention Center without bond.

Detectives continue to investigate this case and are asking for your help. Considering the time and location of the assault, detectives believe there may have been people in the area who unknowingly witnessed this crime. If you have any information about this case, or you recognize this man and believe you may have been assaulted by him, please call our detectives at 703-246-7800, option 3. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Victim specialists from the Major Crimes Bureau's Victim Services Division have been assigned to this case to ensure the victim is receiving appropriate resources and assistance.



COURTESY PHOTO

Oscar Sabillon.

## Herndon man charged with multiple offenses

Officers responded for a man in distress who ran into the road in the 2700 block of Centreville Road when officers arrived March 22 at 11:13 a.m.

Oscar Sabillon, 19, of Herndon, fought officers during the arrest and attempted to grab one officer's gun and taser. Sabillon was charged with three counts of assault on law enforcement, attempt to disarm officer, prevent officer from making an arrest and indecent exposure. One officer was taken to the hospital for treatment of a minor injury while another officer was treated at the scene.

COURTESY PHOTO

Abdul Deen-Sie.

## Newington townhouse fire caused by electrical event

Units were dispatched for a reported townhouse fire in the 8400 block of Eucalyptus Court in the Newington area of Fairfax County March 22, at approximately 11:56 a.m.

Crews arrived on the scene of a two-story, middle unit townhouse with fire showing from rear of the home. They quickly extinguished a small fire. The fire was contained to the outside of the home. There were no reported civilian or firefighter injuries.

No occupants were home at the time of the fire. A contractor working at a nearby house saw smoke coming from the back of the house and called 9-1-1.

Fire investigators determined that the fire was accidental in nature and started on the exterior of the rear of home. The cause of the fire was an electrical event involving the service lateral to the house.

Three occupants were displaced because of the fire. Red Cross assistance was offered and accepted. Damages as a result of the fire are approximately $40,000.

## Centreville man dies after crash in 7-11 parking lot

A 61-year-old man has died as a result of injuries from a crash that occurred Mar. 4 in the parking lot of a 7-11 in Chantilly.

Officers responded at 5:32 p.m. to 14515 Lee Jackson Memorial Highway for man who was hit by a 2020 Jeep Gladiator. The Fairfax County Police Department Crash Reconstruction Unit detectives determined Murvin Withers was walking across the parking lot when the driver of the Jeep accidentally hit him. The driver remained at the scene. Withers was taken to the hospital with serious injuries and later passed away on Mar. 21.

Detectives determined neither speed nor alcohol were factors in the crash and no charges are anticipated.

COURTESY PHOTO

Flames shoot out the back of a Centreville townhouse.

## Improperly discarded smoking material cause of Centreville fire

Units from Fairfax County Fire and Rescue Department, the City of Fairfax Fire Department, and the Loudoun County Fire and Rescue Department were dispatched for a reported townhouse fire in the 6000 block of Clay Spur Court in the Centreville area of Fairfax County March 15 at approximately 5:13 p.m.

Crews arrived on the scene of a two-story, middle unit townhouse and reported fire evident to the rear of the home. The bulk of the fire was on the outside of the home. However, fire did extend inside to the first and second floors. Firefighters worked quickly to extinguish the fire. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. Both occupants were alerted to the fire after a smoke alarm sounded. Upon investigation, one of the occupants observed fire on the deck. Both occupants evacuated and called 9-1-1.

Fire investigators determined that the fire was accidental in nature and started on the back deck. The cause of the fire was improperly discarded smoking material.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $155,000.

The members of your Fairfax County Fire and Rescue Department want to help eliminate this totally preventable cause of fire and keep Fairfax County safe. If you smoke, or know someone who does, please take a moment to learn how to prevent starting a fire outside.

- Never dispose of cigarette butts in potted planting soil. The soil, when it gets too dry, can become highly flammable.
- Never flick cigarettes into mulch or shrubbery. Dispose of them in a suitable ashtray or bucket with sand.
- Ensure designated outside smoking areas have an appropriate fireproof container, ashtray or bucket.
- Completely douse butts and ashes with water before throwing them away, as they can smolder and cause a fire.

## D.C. man charged after threatening victim

A man approached the victim in the 1600 block of International Drive March 23 at 11:30 a.m., displayed a knife and demanded property before walking away.

Responding officers arrested the man, Jason Stokes, 38, of Washington, D.C. and charged him with robbery.

## New York man, two juveniles charged

A person concealed merchandise inside Home Depot at 6555 Little River Turnpike and attempted to leave in a car March 24 at 11:10 a.m.

Officers stopped the car and arrested Tyrek Rollings, 23, of New York. Rollings was charged with two counts of grand larceny and three counts of contributing to the delinquency of a minor. Two juveniles were also charged with grand larceny.

## Burke man charged after taking property

Someone forced entry into TCS Computer at 6343-B Rolling Road and took property March 21 at 3:45 a.m.

Detectives identified and arrested the man, Toan Phan, 25, of Burke, and charged him with burglary.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## PEOPLE AND PLACES

COURTESY PHOTO

Robin Duska.

### Virginia Master Naturalists name volunteer of the year

During the pandemic, the restorative value of walking along dirt paths became especially clear to Fairfax Master Naturalist **Robin Duska**, who was recently recognized by the Virginia Master Naturalist state board as 2020 Volunteer of the Year for her outstanding contributions to natural resource education, conservation, citizen science, and stewardship.

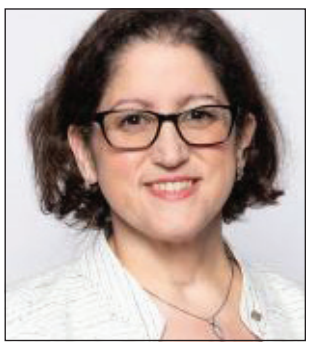
The VMN award announcement identified Duska's leadership in promoting the creation and conservation of wildlife habitat and in educating the community about the importance of natural, native habitat.

When serving as co-director of the Audubon at Home (AAH) program of the Audubon Society of Northern Virginia (ASNV), Duska often went out birding–and eBirding–along the 55 miles of trails near her Reston home. She found it possible to manage more than 500 hours of volunteer service in 2020 across a variety of activities.

"When I retired five years ago, I decided to structure my volunteering to make some kind of contribution on national, regional, and local levels," she said. "During the pandemic, when weekly public bird walks are not being conducted, it has still been possible to help out authorities at Great Falls National Park by walking the dirt paths and providing a weekly update on the park's birds. Sadly the pandemic precluded my other usual national-focused volunteering in the National Museum of Natural History's Bird Division and Q?rius Learning Center. But on the bright side, that left more time for regional and local service, much of which can be done outside, in writing, or via Zoom."

On the regional front, out on those dirt paths again in the absence of public bird walks, Robin and FMN Kris Lansing report weekly to park authorities on the bird life at Fairfax County's Riverbend Park. Also, Zoom became a resource early on: In March, having recruited experts from Pennsylvania Audubon to hold a jointly sponsored RA-ASNV program in Reston, Robin realized that the pandemic would preclude travel from Pennsylvania to Virginia. So, she restructured the program into a webinar—a continuing educational resource about bird-window collisions. In summer, she also facilitated Audubon at Home discussions with parties in Fauquier and Rappahannock Counties to expand AAH operations there–and the pandemic did not prevent drafting and coordinating the requisite documents to clinch the new AAH partnerships.

Other activities included volunteering in her own neighborhood, educating others on planting Virginia native plants and working on a presentation for landscaping committees. She also identified a need for a non-technical handout on pesticides geared to readers in HOAs and on their boards.



COURTESY PHOTO

Stephanie Mango.

### CGI Federal names new president

CGI announced the appointment of **Stephanie Mango** to president of CGI Federal with transition activities effective immediately.

In this role, she will lead CGI Federal's 7,000 professionals, partnering with more than 85 government agencies to provide solutions for defense, civilian, healthcare and intelligence missions.

"I am honored to take the helm of such a remarkable organization that provides mission-critical services to help agencies enhance citizen engagement, accelerate digital transformation, protect America's assets, modernize operations and empower the Federal workforce of the future," said Mango. "I've seen firsthand how the contributions of our members have shaped the success of our clients, our business and our communities, and I am excited about the road ahead of us."

Mango's career at CGI Federal spans 25 years, most recently as the senior vice-president and leader of the Security, Assistance, Justice and Health (SAJE) Business Unit, where she led a large, diverse client portfolio and oversaw the company's mergers with Sunflower Systems and TeraThink Corporation.

Outgoing CGI Federal President **Tim Hurlebaus** fully endorsed Mango's appointment as he transitions to a new role as president of CGI's U.S. Commercial and State Government operations, replacing **Dave Henderson**, who will now serve as president of CGI's Global IP Solutions.

"I have watched Stephanie excel as a leader, as she inspired our team to achieve significant growth and positive outcomes for our clients," said Hurlebaus. "Stephanie's new leadership role positions CGI Federal for continued growth and success."

"Stephanie is recognized for fostering a collaborative, productive team that balances the needs of our clients, members and shareholders," added George Schindler, CEO of CGI. "Her consultative style and proven ability to bring the best of CGI globally to her clients has resulted in tremendous success over the past five years. I'm proud to welcome Stephanie as a valuable member of CGI's Executive Committee."

Mango is also a recognized thought leader in the government market and an advocate for diversity, equity and inclusion. She serves as Vice Chair for the American Council for Technology, as a member of Industry Advisory Council's executive committee and is a founding member of Chief Washington DC, a network that connects and supports women leaders. Last month, Mango was named a finalist in the WeQual Awards for Leadership Excellence, where she was recognized for amplifying her voice on behalf of female corporate leaders.

COURTESY PHOTO

Mother, artwork by Alison Wan, TJHSST, won Best in Grade Award.

### Students earn recognition in 2021 Scholastic Art and Writing Awards

Original works of art and writing by students from Fairfax County Public Schools (FCPS) earned 27 national medals in the Scholastic Art and Writing Awards program.

In addition to Gold Medals and Silver Medals, **Lyat Melese** of Thomas Jefferson High School for Science and Technology (TJHSST) received the American Voices Medal in writing, **Arin Kang** of McLean High School received the Best in Grade Award for grade 10, **Alison Wan** of TJHSST received the Best in Grade Award for Grade 11, and **Ellen Pan** of McLean High School was recognized with the One Earth Award.

The Scholastic Art and Writing Awards, presented by the Alliance for Young Artists and Writers, is the largest, longest-running recognition program of its kind in the United States. Established in 1923, the awards have recognized students who have become some of our nation's most celebrated artists and writers, including Richard Avedon, Robert Indiana, Steven King, and Andy Warhol. Visual arts categories include architecture, art portfolio, ceramics and glass, comic art, design, digital art, drawing, editorial cartoon, fashion, film and animation, jewelry, mixed media, painting, photography, printmaking, sculpture, and video game design. Writing categories include critical essay, dramatic script, flash fiction, journalism, humor, novel writing, personal essay and memoir, poetry, science fiction and fantasy, short story, and writing portfolio. More than 300,000 students participate in the program across the country.

Eleven Gold Medalists and 15 Silver Medalists from our region will be celebrated in a virtual award ceremony in June. More information and a complete list of national award winners is available at https://bit.ly/3ryIhAr.

### Virginia Tech names two to Innovation Campus leadership roles

Two Virginia Tech leaders have taken new roles with the university's Innovation Campus now taking shape in Alexandria.

**Robin Jones** has been named assistant vice president for Innovation Campus student services. She formerly was assistant provost for planning and resource management at Virginia Tech, and she held leadership positions within the Division of Student Affairs.

In her new role, Jones will continue her previous work to collaborate with campus partners to expand and manage services available to Virginia Tech students who are enrolled in the university's graduate programs in the greater Washington, D.C., metro area. She will focus primarily on supporting students who fall within the framework of the state's Tech Talent Investment Program. These students include Virginia Tech and other partner university accelerated master's students, corporate cohorts, military and veterans, and Virginia residents enrolled full and part time.

The Tech Talent Investment Program is a centerpiece of Virginia's proposal to draw Amazon's second headquarters to Arlington. Through this program, Virginia is investing in computer science and related academic programs with a goal of increasing the availability of talented professionals to fill technology jobs in the commonwealth.

Last year, Jones led the launch of the Greater Washington, D.C., Area Hokie One Stop, a virtual suite of services for Virginia Tech graduate students in Northern Virginia. The website is an online version of a future in-person location in Northern Virginia that will feature the same variety of services. Hokie One Stop eventually will be based at the Innovation Campus once it opens in 2024.

**Dannette Gomez Beane** has been named assistant vice provost for enrollment management for strategic initiatives. Previously, Beane served as director of operations in the Office of Undergraduate Admissions at Virginia Tech.

She will focus on graduate enrollment and degree goals for the Tech Talent Investment Program, which includes the Innovation Campus. Beane's track record in helping Virginia Tech set and meet enrollment targets puts her in a position to help achieve the program's goals.

The Innovation Campus offers graduate degree programs in computer science and computer engineering, with a primary mission of fueling the Tech Talent Investment Program. The campus' new master of engineering in computer science program launched last fall.

Both Jones and Beane bring valuable experience that is key to the success of the Innovation Campus now and going forward, said Ken Smith, chief operating officer for the campus.

"Robin and Dannette's established connection to a broad network of colleagues across the many Virginia Tech offices that serve students has allowed them to hit the ground running and their collaborative work is already benefiting applicants, current students, and the faculty that serve them," Smith said.

### FCPS students win grand prize awards at Regional Science & Engineering Fair

The 66th annual Fairfax County Regional Science and Engineering Fair virtually showcased over 200 high school science projects via recorded videos. Over 290 students presented their research projects in a wide variety of fields. Projects were judged by over 300 professionals and 50 professional organizations and businesses.

The Grand Prize and first place winners are eligible to compete in the Virginia State Science and Engineering Fair to be held virtually in April.

Grand Prize winners are:

Animal Sciences, **Shan Lateef**, Thomas Jefferson High School for Science and Technology (TJHSST), What's All the Buzz? Drosophila melanogaster as a Unique Model for Addiction Disorders after Traumatic Brain Injury (TBI).

Biochemistry: **Sagar Gupta** and **Sumanth Ratna,** TJHSST, Protein Secondary Structure Assignment (SSA) by Clustering Amino Acid Residues in the Space of Topological Descriptors; and **Gitali Bhanot** and **Sana Friedman**, Oakton High School, Managing Hyperlipidemia: Algae as Lipase Inhibitors.

Chemistry: **Kaien Yang** of TJHSST, New Methods for Computing the Configurational Entropy of Deeply Supercooled Liquids with the Potential Energy Landscape; and Kiara Fenn of Fairfax High School, The Effect of the Mass of Sodium Bicarbonate on Endothermic Reactions.

Physics and Astronomy, **Aditi Chandrashekar** and **Vance Kreider** of TJHSST, Modeling Coronal Faraday Rotation of Radiation from Extragalactic Radio Sources.

Systems Software: **Pravalika Putalapattu** of TJHSST, DORC: Dynamic Operating Room Companion for Gallbladder Removal Surgery Workflow Verification.

Translational Medical Sciences: **Thomas Chia** of Chantilly High School, A-EYE: Utilizing Multistage Neural Networks and Landmark Localization for Fundus Image Disease Detection; and **Ron Nachum** of TJHSST, PANDwriting: An Accessible Parkinson's and Alzheimer's Novel Diagnostic Framework Using Vision-Based Handwriting Kinematic Analysis and Machine Learning.

Complete results from the 2021 Regional Science and Engineering Fair, including a complete list of winners, are available online on the FCPS Science Fair website at https://bit.ly/31t7dPe.

Organization awards are also available online at https://bit.ly/3cuAHCI.

The 2021 science fair was made possible by hundreds of students, teachers, and community members who dedicated their time and energy.


STAYING CONNECTED

*Strengthening Family Ties at Tall Oaks*

*"My dad's birthday was the best. It couldn't have been nicer. Lunch was spectacular and it was nice to have a spot to ourselves. I was there for 4 1/2 hours and it just flew by because we had such a nice time together."*

*Kari C. with her parents, Eric and Karen H.*

Virtual and socially distanced **connection** was a top priority in our community last year.

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SPRING AWAKENING

# 5 expert tips to renew your lawn

**Courtesy of Brand Point Media**

As a homeowner, now is the perfect time to start thinking about lawn care again. Spring is your first - and best - opportunity to get your outdoor living space in top shape for the warmer months ahead. And depending on where you live in the U.S., that window begins whenever the soil starts warming.

To help you get ready for a healthy, lush green lawn this spring, TruGreen, America's #1 lawn care company, shares five things you should do.

**1) Start with a spring cleanup:** Spring cleaning isn't just for the inside of your home. Your lawn has collected fallen leaves, sticks and other debris over the winter months. Leaving behind this plant matter can smother the growth of your lawn and leave behind unsightly dead patches on the turf. A cleanup will give your lawn room to breathe, so it can take in water and sunshine, as well as any fertilizer or weed control treatments.

**2) Clean up the mower:** Spring is also time to dust off the lawn mower, fill it with fresh fuel and get your first mow. The first mowing of the season removes dead blades of grass and encourages the lawn to start waking from its winter slumber.

**3) Get a step ahead of weed growth:** The return of crabgrass is not something to look forward to, however, the good news is, you can get these and other unsightly weeds under control by applying a treatment before they start popping up around your lawn. But keep in mind, it's important to get the timing just right.

"Timing is critical when it comes to applying preventative weed treatments," says Brian Feldman, TruGreen's Director of Technical Operations - North. "Treatment should be applied under very specific soil and temperature conditions. Otherwise, it won't work and you'll end up wasting both product and effort."

To take the guesswork out of weed control, consulting with a lawn care professional - such as TruGreen - can bring you peace of mind and deliver desired results.

**4) Nourish your lawn:** Spring presents yet another important window of opportunity to achieve a thick, healthy lawn. After being dormant all winter, it will need a dose of food to help it spring back to life and start growing.

Because by summer, your turf will be facing many stresses - heat, drought, insects and disease. A light application

BRAND POINT MEDIA

of fertilizer can help your lawn take full advantage of spring growth and have it at its best. Don't forget your trees and shrubs, too! The amount of fertilizer needed varies with the age and where your trees and shrubs are located, so contact a professional for expert treatment.

**5) Set a simple watering schedule:** Regular rainfall is optimal for healthy grass. But when the sun is beating down and it's been more than a week since the last rainfall, you'll need to supplement the lack of rain with a sprinkler. Luckily, you can keep it simple as most lawns will thrive and grow with one inch of water per week. To keep track, set a few empty tuna cans around the lawn. When they get full - indicating an inch of water - you can move the sprinkler to a different section. Trees and shrubs also need some watering TLC; keep them hydrated also, particularly when temperatures start to spike.

It's important to remember that every state and region has unique grass and plant types that present their own needs and challenges. Yet, a thick, green lawn you will feel proud of is closer than you think. Call your local lawn professional and they'll create a plan that's tailor-made for your outdoor living space to get it into great shape this spring.

TruGreen prides itself on designing a lawn-care experience founded on customer needs and rooted in science. To find a professional in your region, visit TruGreen.com.

## INTERVIEW

CONTINUED FROM PAGE A1

current events and the world around them.

"I became involved with *The Week Junior* because I had that magazine, and I saw that they were trying to look for members of the Junior Counsel. When I found out I got in, I was so happy because I love writing and interviewing, and that all comes together in *The Week Junior*," she said.

She's always wanted to be a writer, but her work with the junior counsel helped her realize she might want to be a reporter.

When she found out she would be interviewing Mrs. Obama, she says she was "definitely" nervous.

"I thought it was going to be really hard to talk to her, but it was actually really easy and not as nerve-racking as I thought it would be. I just took a few deep breaths and when I wrote my questions I practiced them slowly so I could get used to the idea of interviewing her."

Besides dispelling her nerves, she prepared for the interview by doing plenty of research on the show.

"I love that show," she says. "I think it's really cool, because it's actually designed for preschoolers, but my mom and I really liked it--and we're not preschoolers!"

Symphony considers Mrs. Obama to be a role model, especially since she saw the Netflix documentary *Becoming* based on her autobiography. She is also inspired by other trailblazing women of color, like Kamala Harris, CJ Walker, and Annie Turnbo Malone.

Of Vice President Harris, she said: "I love that she is the first female, Asian-American, African-American to become Vice President.

Symphony hopes to inspire other kids who want to do big things, and tells them "Just believe in yourself! If you work hard enough you can do anything. Nothing is impossible, because in the word impossible there is I'm Possible."

Symphony's article with her interview of Mrs. Obama will be featured in the upcoming issue of *The Week Junior*.

## GARDENING

CONTINUED FROM PAGE A1

healthy vegetables and herbs. In fact, you don't need a garden at all! Check out Kitchen Minis from PanAmerican Seed® and enjoy a variety of peppers and tomatoes that can be grown inside on a sunny windowsill, countertop or outside as patio tabletop plants. You can grow and harvest your own Kitchen Minis flavors most of the year.

**The multi-purpose flower and herb garden**

Don't be afraid to mix your flowers and herbs. Trending in 2021 is bundling your plants together to save space and make a multi-functional showcase. Start with a tiered fruit stand, line it with coco liner cut to fit inside each bowl space, and then add soil and plants of your choice. The handle and lightness of the stand make it easy to hang as a basket or decorate a patio or table for a beautiful and functional addition wherever you garden.

Be sure to select plants that have a lot to offer in a compact space. For example, herbs from Burpee Plants are ideal for small gardens, so you can enjoy fresh flavors like mint, rosemary and parsley at a moment's notice. If you'd prefer a centerpiece or accent decor for entertaining, petunias from Wave® Petunias are low-maintenance and stunning, easily adding a punch of color to your container.

**The beautiful garden for a bold and colorful outdoor living space**

As people spend more time enjoying the outdoors from the safety and comforts of home, they are taking a new look at their exterior spaces. Colorful blooms brighten the outdoors and elevate the mood, which is why flower gardening is flourishing. However, people want this outdoor beauty without extensive maintenance, so ease is essential when planning your flower garden.

When it comes to pairing beauty and simplicity, Beacon® Impatiens are a great choice, especially for those whose outdoor spaces don't get a lot of sun. Available in bright, bold colors, you can fill baskets, window boxes, patio containers and shade landscapes with Beacon to add vivid, dramatic color to your spaces and have confidence in their performance. These impatiens are low-maintenance and have high resistance to Impatiens downy mildew, a disease that has caused plant loss in recent years.

**The fun family-friendly garden**

Having a family garden comes with many benefits. Whether it's you and your partner at home or the entire family, gardening has proven to be a fun and safe hobby that people of all ages can do together. Enjoy spending quality time while breathing fresh air and learning important lessons from nature and the environment.

Gather everyone's input on a plan for your family garden and work together as a team to make it a success. One plant that's particularly fun for families to include is Lavender Primavera from Darwin Perennials. The rich purple color is visually stunning, plus lavender attracts pollinators like bees, butterflies and hummingbirds, so you're enhancing the natural world around you. Additionally, you're sure to enjoy the relaxing scent wafting in the breeze, and you can harvest your lavender to use in DIY craft projects around the house or as gifts to loved ones.

**Start growing today**

The ability to explore interests like gardening and plant care is a silver lining of spending more time at home. Gardening is a healthy activity for anyone, and there are many resources - from your local gardening store to online blogs and videos - to help you be successful. 2021 is your chance to dig in and grow!

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# 4 ways to prepare your home for bug season

**Courtesy of StatePoint Media**

Spring is the official start to bug season, making it important to prepare your home. Here are four steps you can take you keep bugs at bay:

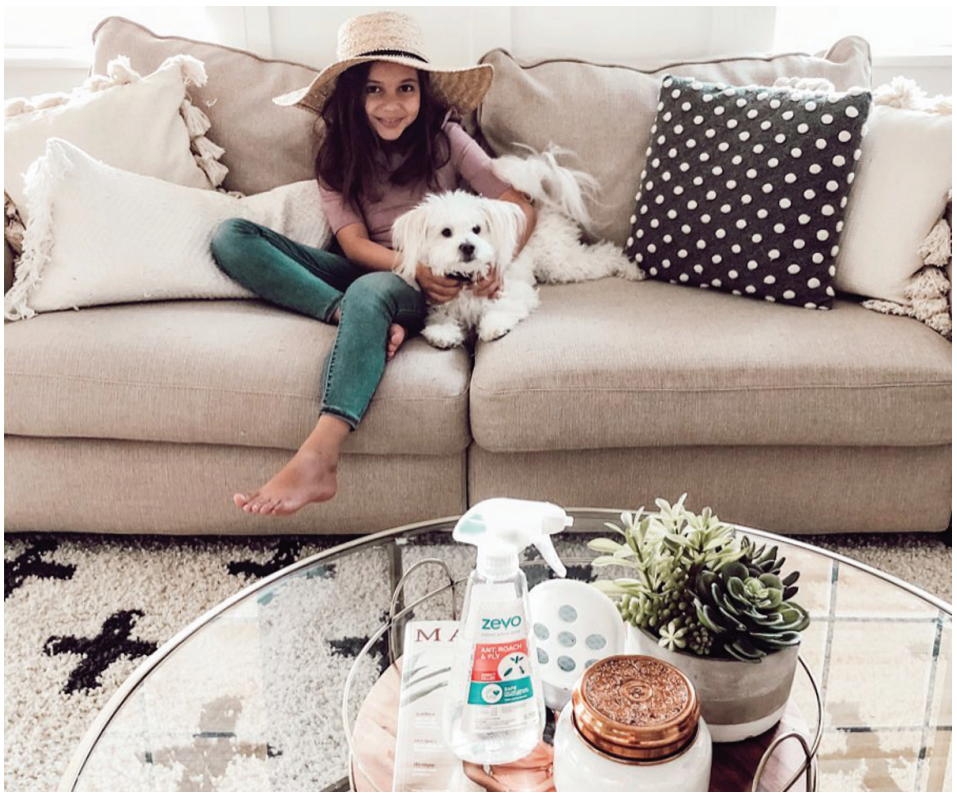
**1. Do a spot check:** Check window and door screens for tears to prevent flying bugs from getting in the home and make repairs where necessary. Also, take a quick look around for areas with standing water and try to eliminate them. Standing water creates a breeding ground for mosquitos. Lastly, even the sturdiest garbage bags can't entirely prevent leaks and spills, and over time, your trash bins can begin to accumulate residue inside and around the rim. Bugs, especially flies, love leftovers, so give your garbage cans a thorough rinse.

**2. Be ready:** Put an effective pest control product in your shopping cart early in the season so you're ready when you see the first sign of bugs in your home. If you see one cockroach, chances are there are more hiding in nooks and crannies. It's hard to put a pin on how many, but an old saying is that for every one you do see, there are 10 more you don't. Striking at the first sign of ants or roaches can help you avoid big problems down the line, as these insects can multiply very quickly. One solid choice is Zevo Instant Action Bug Killer Spray. Zevo's BioSelective Technology targets and shuts down biological pathways found in bugs, not in people or pets. Easy to use, just spray on pests, then wipe up the dead bugs, as well as any excess product. Zevo is now available nationwide at The Home Depot and Target, and online at zevoinsect.com.

**3. Protect your trees:** Prepare for the upcoming visit of the 17-year cicadas. In many parts of the country, billions of cicadas will swarm and the females will scrape small twigs to lay their eggs under bark. Protect small and vulnerable trees (ones that are under 4 or 5 feet tall) with cheesecloth to spare them from attack.

**4. Keep an eye on pets.** Pets are liable to gobble up large helpings of dead cicadas. While not toxic, too many cicadas could cause some digestive issues for furry friends. Help keep them healthy by watching what they eat!

During the spring season, it is necessary to take steps both to keep bugs out, and to be ready if they do invade.




JAMIE THORPE, @HOMEOFUANDME

**Put an effective pest control product in your shopping cart early in the season.**

# Spring maintenance checklist for homeowners

**Courtesy of StatePoint Media**

As the weather warms, there are a few maintenance tasks every homeowner should consider completing. Use this checklist as your guide:

**Outdoor Upkeep**

• Wash window exteriors for a better view.

• Clean gutters and downspouts to ensure proper water flow. Neglecting this task for too long can cause rot, mold and damage to your foundation.

• Get your patio or deck in tip-top shape for outdoor living. Sweep and hose it down. Remove patio furnishings from storage. Wipe down surfaces and vacuum cushions (or launder them if they're machine washable).

• Inspect lawn equipment and tools for needed maintenance, repair and fuel refills.

• Mow the lawn. Trim the edges.

• After the next rainfall, inspect your yard for standing water, which can damage your home and invite mosquitoes. Consider hiring a landscaper to level out an uneven lawn.

**HVAC Maintenance**

• Change HVAC filters at least once each season (ideally monthly). Dirty filters make equipment work harder and cause more wear and tear on equipment. They also increase your energy bill and lessen indoor air quality.

• According to Energy Star, 20-30 percent of the air that moves through the duct system of a typical home is lost due to leaks, holes and poorly connected ducts. Consider professional duct sealing for improved energy efficiency and lower bills.

• Check to see whether your furnaces and air conditioners bear the ENERGY STAR logo. If not, consider a new unit. A properly-sized and installed ENERGY STAR air conditioner uses up to 20 percent less electricity than older models, and doing so may make you eligible for a Federal Tax Credit.

• Have a technician give your home's cooling system a pre-season tune-up so that everything is running efficiently by the time warmer weather arrives. You know the "personality" of your heating or cooling unit best, so be prepared to provide the technician with important information. No fact is insignificant, as it may help them diagnose and fix a problem.

• Be sure that all HVACR installation and maintenance is performed only by a qualified professional. Read company reviews and ask the contractor if they have technicians certified by North American Technician Excellence (NATE). NATE-certified technicians have demonstrated knowledge of today's increasingly sophisticated heating and cooling systems. To find a NATE-certified technician in your area, visit Natex.org.

**Safety**

• Carbon monoxide, often referred to as the "silent killer," is odorless, colorless and tasteless. Protect your family by changing the batteries on your carbon monoxide detectors and ensuring you have a detector on each level of your home. When changing a furnace filter, make sure the new filter is correctly positioned and the access panel is securely fastened. Have your home's furnace inspected and serviced annually by a NATE-certified technician.

• Likewise, test all the smoke alarms in your home and replace batteries as needed. The National Fire Protection Association recommends smoke alarms on every level of the home, including every sleeping room and outside each separate sleeping area.

A little seasonal maintenance can go a long way to a safer, more beautiful and more eco-friendly home.

ORANAT TAESUWAN / ISTOCK VIA GETTY IMAGES PLUS

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# Spring cleaning – inside & out

KEYS TO BETTER HEALTH
CINDY SANTA ANA

People like "stuff." We tend to hold onto it year after year. We save and stock up on things that we don't know what to do with anymore. Maybe we keep things because they hold precious memories of days gone by, or they remind us of our parents, grandparents, past loves or childhood. To part with these precious possessions seems out of the question. There is a saying that goes, "You have to get rid of the old to make way for the new." If you are feeling stuck or stagnant in your life, try spring-cleaning. Throw out some of that stuff, say goodbye to your past and welcome the new energy of your happy, healthy future. Try these three ideas:

1. For good mental and physical health, we actually have two "houses" that need to be spring-cleaned: our physical homes and our physical bodies. Just as we accumulate "stuff" in the form of outgrown clothes, magazines, rusty bicycles, tools and random keepsakes, so do our bodies accumulate old food residues and toxins that need to be cleaned out.

2. To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps a simple fish dish. Fasting means limiting most foods and drinking lots of water, fresh vegetable juices, teas and soups. Without much energy going toward digestion, more energy is available to the rest of your body and mind. Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

3. While you're cleaning out your body and home, don't forget to spring-clean your heart. Throw away negative thoughts and habits you've been harboring that no longer serve you. A clean, open heart will allow you to receive all the good that awaits you each and every day. If your heart and mind are cluttered, there is no room for life's gifts and surprises to enter.

**Food Focus: Greens**

Leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routine. Densely packed with energy and nutrients, they grow upward to the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, Swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, napa cabbage, green cabbage, spinach and broccoli.

How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folate, chlorophyll and many other micronutrients and phytochemicals. Their color is associated with spring, which is a time to renew and refresh vital energy. In traditional Asian medicine, the color green is related to the liver, emotional stability and creativity. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetables most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green to try. Soon you'll find your favorite greens and wonder how you ever lived without them.

## SAUTEED KALE

**Prep Time: 2 minutes**
**Cooking Time: 10 minutes • Yield: 4 servings**

### INGREDIENTS

**1-2 tsp coconut oil or ghee**
**1-2 cloves crushed garlic**
**1 bunch curly kale, washed & chopped**
**Pinch of sea salt and red pepper flakes (optional)**

### DIRECTIONS

1. **Warm oil in large pan on medium heat, then, add minced garlic until aromas of garlic are released, about 2 minutes.**
2. **Add chopped kale, stir-fry for 3-4 minutes.**
3. **Add a splash of water and pinch of salt to pan, cover and let steam for 2-3 minutes.**

**Serve as a side dish with a lean protein.**

# 12 ways to eat more greens

GARETH HUBBARD / UNSPLASH

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Did you know that the least eaten food in the US is leafy greens? They should be the highest on your list. We've all been told to "eat more greens," but it can be a daunting task, especially for families with young children or picky eaters. Vegetables give us fiber, vitamins, minerals and antioxidants. They're also low in fat and calories, contain protein and some even protect us from certain cancers.

**Here are 12 ways to increase your veggie intake each and every day!**

1. Add some fresh baby spinach, bell peppers, mushrooms and/or onions to your morning omelet. Top with fresh salsa and diced avocado.

2. Tear some dark green lettuce leaves into a large bowl, along with arugula and a pinch of fresh herbs like cilantro or mint. Add sliced carrots, sugar snap peas, cucumbers, tomatoes, diced bell peppers, avocado, add a lean protein like tuna, grilled chicken breast, hard-boiled egg, or cooked quinoa.

3. Try one new veggie for dinner each week. Don't know how to slice fennel or kohlrabi, or are you perplexed by artichokes? Ask your farmer at the market or ask your grocer how to prepare a particular vegetable. You can "Google" Brussels sprouts and get 3 million results (my favorite way to eat those is roasted!). Check out You Tube for videos on how to cut and prepare almost anything!

4. Shred them! Kids especially won't turn their nose up to Zucchini bread and fun veggie fritters. Play around with different veggies like shredded zucchini, squash, or carrots and make little fritters.

5. Don't forget snacking! Veggies make great snacks too. Set out a variety of cucumbers, snap peas, sweet bell pepper strips, broccoli, and celery and let your kids try them all. Serve with hummus or ranch dip.

6. Make a fun new chip - Kale Chips! Just wash and tear the leaves onto a baking sheet, drizzle olive oil, sea salt and pepper (or red pepper flakes for a kick) and bake on 350 degrees for 10-15 minutes.

7. Try juicing! Play around with different veggies to juice like, cucumber, celery, spinach, kale, beet greens, apple, and carrots. Create new combos every day and have some juice for a great afternoon pick-me-up.

8. Skip the fries at a restaurant and order an extra serving of veggies or a salad.

9. When planning your dinner, skip the rice or potatoes and add an extra veggie. A nice filet of fish or chicken is great with a serving of broccoli and a kale salad.

10. When making a sandwich, pile it high with lettuce, sliced cucumber, tomato, avocado, broccoli sprouts, and smaller portions of protein. The "crunch" is so satisfying!

11. Make it easy for you to access your veggies. When you get home from your weekly shopping trip, wash and cut your veggies for your meals that week. That way they are ready for nights when you are rushed and don't have a lot of time to prep.

12. Add them to soups, casseroles, lasagna, enchiladas, burritos and tacos.

Not sure how to prepare some of these veggies or need some help in the kitchen. I have a full library of cooking classes to choose from on www.UnlockBetterHealth.com.

Eating this way can help build your nutrient stores and keep you healthy.

IÑIGO DE LA MAZA / UNSPLASH

# Pets and the pandemic

## *New report reveals changing attitudes and lifestyle choice*

**By Susan Doktor**
SPECIAL TO THE
FAIRFAX COUNTY TIMES

SUSN MATTHIESSEN / UNSPLASH

On any given day at Chico's Natural Pet Market in Falls Church, pet lovers might walk into the store looking for a 20-pound bag of kitty litter. Or perhaps a 10-gallon fish tank. But since the onset of the COVID-19 crisis, more and more frequently, they're walking out with a pint-sized puppy, rescued from the streets of Norfolk. Or a sugar-faced tabby surrendered by a suddenly-unemployed cat lover who couldn't afford to pay for senior kitty's veterinary care. The global pandemic has changed everything. And a new study conducted by Money.com and Morning Consult reveals how it has affected our relationships with animals.

**Great News for Shelter Animals**

The study stands against a remarkable backdrop. The number of pet adoptions nationwide skyrocketed in the early months of the pandemic. Many pet shelters were in the unprecedented position of having to turn would-be adopters away due to an "inventory" shortage. Adoption waiting lists became the norm. Widespread office closings created a new remote workforce made up of millions of people who unexpectedly had at-home time on their hands—the time they always thought they needed to properly care for a pet. Stuck inside and putting on pandemic pounds, they wanted a reason to get out and enjoy the fresh air. Locked out of their favorite theaters, stadiums, and bars and isolated from friends and family, they craved company. More than half of the respondents in Money.com's survey who took home a new pet during the pandemic cited loneliness as the reason. More than a third of these pets were adopted from shelters. Satisfaction ran high among all respondents regardless of where they found their new best friends. Breeders are also doing big business as demand for purebred pets also soared. Paul Reynolds, Insurance Editor for Money.com, commented, "One of the most surprising findings of our study was pet adopters' extraordinarily high satisfaction with the experience choosing a new pet during the pandemic. An overwhelming 95% of buyers were satisfied with the experience of getting a new pet, a level of positivity that's rare for any purchase."

**The Pandemic's Effect on Our Feelings**

Perhaps due to the way the pandemic involuntarily separated us from our loved ones, pet owners hugged their four-legged companions a little tighter as the months wore on. Or a lot tighter as the Money.com study revealed. Six out of ten survey respondents told researchers that they love their pets more now than they did pre-pandemic. Half reported that they are more affectionate toward their four-legged friends now, too. While pet owners often think of pets as members of the family—think how many pet owners you know that call their furry companions "baby"—the pet/parent bond was cemented by COVID-19.

Then there are the pet-owners who are living a cherished dream. Some 72% of new pet owners surveyed said they always wanted a pet and 68% related that having more time at home finally gave them the impetus to welcome one into their households.

**How Much Do We Cherish Our Pets?**

Some pet owners feel a love so deep for Buddy and Bella it's indescribable. So, Money.com looked for other ways to measure their attachment. It turns out that pet-owners put their money where their mouths are. 67% of survey respondents reported that they'd spend any amount of money to save their pets' lives. More than 80% say they'd spend any amount they could afford. And they're already spending it on the little things that keep dogs and cats healthy, happy, and entertained—yes, pets are also subject to pandemic boredom—and the pet supplies industry reflects pet parents' devotion.

**Industry Trends Prove the Power of Puppy Love**

A study conducted by PetfoodIndustry found that a fifth of pet owners report spending more on their pets since the pandemic began. Popular online pet supplies retailer Chewy.com saw a 45% increase in revenue in the third quarter of 2020, an escalation that followed two consecutive quarters of over 50% revenue growth. Pet industry analysts are predicting continuing growth and project the global pet care market will be worth $5.89 billion by 2025.

One interesting indicator of our attachment to pets and our willingness to spend on them is the popularity of pet insurance and the proliferation of pet insurance companies. Insurance giants like Nationwide and Allstate now offer pet insurance. Walmart is now in the business of insuring pets in cooperation with Petplan. Consumer demand for pet insurance has inspired thousands of employers to offer it as an employee benefit. According to the Society for Human Resources Management, about 15% of employers have partnered with pet insurers to bring greater peace of mind to their pet-loving workers. In 2020, the pet insurance market was valued at $2 billion. It's likely that the growing ranks of insured pets has swelled in response to rising veterinary care costs. Between 2001 and 2019, the price of veterinary services has increased by 84%.

**Pet Experts See Warning Signs**

What goes up, must come down. And the surge in pandemic pet ownership is not without risk. Tara Hubbard, an animal rescuer and advocate who has spent 15 years working with professional rescue organizations, explains, "Dogs who are adopted from shelters often have behavioral and anxiety issues. Many have been abused before they were surrendered or rescued from the streets and still more suffer from "kennel stress"—a response to being caged, bored, inactive, and subjected to the constant sound of other unhappy pets." Pet adopters, especially first-timers who were inspired by pandemic-driven lifestyle changes, weren't necessarily prepared for the challenge of taking a shelter pet into their homes. "Sadly, we're now seeing an increase in re-surrenders," reports Ms. Hubbard.

Max Machon, a Toledo, Ohio dog trainer accredited by the Certified Council for Professional Dog Trainers, predicts that as adults return to work and kids go back to school, all pets—not just rescue animals—will be more susceptible to anxiety and behavioral problems. "Pets thrive on routines. COVID-19 has already engendered one disruption in many pets' lives. The re-opening of the economy will be another."

But pet owners are more tuned into their pets' emotions now. Experts hope that our deepening empathy attachment to our pets will help see our furry family members through the next round of changes we can expect in a world turned upside down by COVID-19.


MEET THE CANDIDATES

McLEAN COMMUNITY CENTER
2021 GOVERNING BOARD ELECTIONS

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote for members of MCC's 2021-2022 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

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703-790-0123/TTY: 711 mcleancenter.org

McLean Community Center The Center of It All

**ADULT CANDIDATES — THREE POSITIONS OPEN**

**SEPEHR HARANDI** sepehr.harandi@gmail.com

I'm a McLean boy, I attended Churchill Road Elementary, Cooper Middle and Langley High schools, Longwood University where I played Division 1 soccer and obtained my master's from Oklahoma University. Growing up in McLean was vital to my maturity and development and I ultimately returned. I've been involved in the community in a variety of ways—coaching McLean youth football and basketball, sponsoring McLean 5k and playing for McLean Youth Sports. I choose to run for the MCC board to be a vital part of the community and stay connected to my roots while helping in any way I can.

**LISA MARIAM** lisamariammcc@gmail.com

McLean Community Center was a big factor in our decision to move to McLean in 2002. Attending classes, performances and events, I appreciate MCC's welcoming atmosphere and outstanding programs that connect me to the community. I'm interested in serving on the Board to help guide MCC through this exciting period of transition to reopening with a new Director. I offer extensive professional and volunteer experience with organizations including ArtsFairfax, the National Gallery of Art, Girl Scouts and school PTAs. I look forward to supporting strong McLean traditions and exploring new opportunities to engage residents of all ages, abilities and backgrounds.

**RASHEQ RAHMAN** rasheq.mcc@gmail.com

My name is Rasheq Rahman. As a 25+-year McLean resident with a small business proudly headquartered in downtown and kids attending McLean public schools, the McLean Community Center (MCC)'s world-class activities from children's learning to date nights at The Alden have enriched my family life for generations. I seek a seat on the MCC Governing Board with deep gratitude and the belief that my 20 years of diverse experience in finance (Goldman Sachs), strategy (IBM) and education (Yale, Virginia Tech) enable me to lead the MCC to be ever resilient, innovative and inclusive during this time of change.



**SHIVANI SABOO** shivsaboo1@gmail.com

My name is Shivani Saboo and I am running for MCC Governing Board. I have lived in McLean all my life and wear my hometown with a badge of pride! I graduated from McLean High School in 2016 and recently graduated from the University of Virginia in 2020. As our town welcomes increasingly more young professionals, I hope to represent those voices and help MCC integrate more with the young adult community. Additionally, as an Asian-American, I hope to represent immigrant communities and push for increased celebration of the diverse cultures represented in McLean.

**ALLISON STRATTON** allison.c.stratton@gmail.com

I'm excited to run for the board of the McLean Community Center because I believe in the difference a robust and well-functioning community can make in the lives of its residents. A former military spouse, I've volunteered for leadership positions in service organizations and seen firsthand how beneficial these groups can be. My background in higher education and passion for lifelong learning gives me a unique perspective on the types of activities that might be attractive to our stakeholders. Now that our family has settled in McLean permanently, I'm thrilled to have a chance to contribute to our community's wellbeing.

**YOUTH CANDIDATES — ONE POSITION OPEN**
**Langley High School Boundary Area**

**IVY CHEN** ivychen2004@gmail.com

I want to run for the Governing Board because I am profoundly interested in setting policies for the community. I am very interested in matters that will affect our lives and I love to be able to give back to my society. Beyond my academic life, I enjoy participating in a multitude of extracurricular activities, ranging from politics to student government. I want to be involved in leading, making and creating change within our community to ensure that we all create the most positive and helpful environment possible for all.

**ROWAN JOHNS** rowanjohns887@gmail.com

I'm Rowan Johns, a 15-year-old sophomore at Langley High. I will ensure youth in my community are informed, heard and encouraged, with particular focus on community engagement during COVID-19 restrictions. My interests include music, ranging from school band to playing drums in a rock band. I love sports and have played soccer for 10 years. I learned responsibility early taking care of Jake, my beagle. Academically, I love history and civics. I am enthusiastic, caring and always willing to help others. I believe the combination of my interests and personality make me a good candidate for this role.

**CHARLOTTE LOVING** charlotterloving@gmail.com

I have been a "customer" of the McLean Community Center my entire life. Whether watching a play, taking classes or enjoying the park, MCC has always been there for me! I know McLean well and have friends in both the McLean and Langley districts through softball, church and other extracurricular activities. I am the social media manager and president-elect of the Langley Nice Cream Club, which has taught me how to communicate, lead, plan and achieve goals. Since the Community Center has been such an important part of my past, I would like to be part of its future.

**YOUTH CANDIDATES — ONE POSITION OPEN**
**McLean High School Boundary Area**

**MAX BLACKSTEN** max4mcc@gmail.com

Hello, my name is Max Blacksten. I am honored to have the opportunity to be in candidacy to serve the community that has given me so much over the past 16 years. I am passionate about helping McLean be the best that it can be, by using my position to improve the lives of teens in McLean through engaging teen activities and advocating for increased teen involvement in the MCC decision-making process. I have significant leadership experience and an understanding of politics through my involvement and leadership in Boy Scouts, Venturing, DECA, Model United Nations and other clubs and organizations!



**TYLER JENSEN** tylair16@gmail.com

I'm running for the McLean Community Center Governing Board because I believe I can best represent the interests of my community and will offer potential to the board. I'm qualified for this position because I serve on the Youth Advisory Council, I was elected by my peers to serve on the Committee on Raising Student Voices at McLean High School, and I'm the current McLean Community Center Youth Board Member for McLean High School. I am deeply invested in leadership roles and I strive to give back to the community in any way I might. Thank you for your consideration.



**CATE KANAPATHY** catekanapathy2283@gmail.com

I want to serve my community to the fullest extent, so I'm running for the Governing Board. I believe everyone can have positive impacts on not just the community, but the world, a world I strive to make a difference in. Therefore, I volunteer with various advocacy groups including the Uyghur Human Rights Project and Youth Climate Action Team. I've been accepted into the Youth Advisory Committee and several school clubs, giving me experience in responsibility, dedication and collaboration. I will improve McLean Community Center, but above all, I will improve your lives so I hope to represent you all!



**NOOR LECANU** noornlecanu@gmail.com

I've grown up here and now that I'm 16 I see myself as not just benefiting from the community—I want to play a role in shaping MCC's future just like it has shaped my youth. Board members should have an appreciation of what McLean and MCC have to offer and ensure their continuity. I've participated in events in our community, and I have a keen interest in the arts, which was not only sparked but nurtured throughout my youth by MCC. These have been positive experiences and I want to ensure it continues to provide these opportunities for youth.



**EMMA SAUNDERS**
emmasaundersformclean@gmail.com

As a native of McLean, I've earned the trust and respect of my peers and am dedicated to representing their diverse viewpoints. I've demonstrated commitment and integrity through my leadership roles such as captain of the McLean travel soccer team, Safety Patrol captain, and as a member of several national honor societies. Passionate about giving back and supporting my community, I am involved with Girls Leadership Club, Cancer Kids First and taking active volunteer roles in many community events. I am a creative thinker and find unique approaches to problem-solving. Thank you for this opportunity to represent your valued perspectives.

**For more information on the election, call the Center at 703-744-9348, TTY: 711, or email elections@mcleancenter.org.**

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Fairfax County Times' Guide to
Arts & Entertainment

**PETS: HART wins MuttNation Foundation grant and April fundraiser!**

Page B3

COURTESY PHOTO

# Birchmere welcomes John Kadlecik

*A co-founder of Dark Star Orchestra, the DC-based singer will play a solo show on Friday*

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

Although he's been playing in bands for most of his life, and enjoys bringing new people together to form new bands, John Kadlecik is best known as lead guitarist for Dark Star Orchestra.

The Grateful Dead tribute band was started in 1997 with DSO known for playing the well-documented set lists of the legendary band. It quickly developed a cult following and the group spent a decade performing in front of die-hard Deadheads.

Kadlecik's playing would get him noticed by The Grateful Dead's Phil Lesh and Bob Weir, who asked him to join their new band, Furthur. Over the past 20 years, the guitarist has been part of the Golden Gate Wingmen, Phil Lesh & Friends and joined forces with Melvin Seals to form The Mix.

More recently, the musician has toured some of his originals as The John Kadlecik Band and playing some solo gigs.

"I call it adventure gigging, where you play in a place like Alaska or the big island of Hawaii or Costa Rica," Kadlecik said. "Still, I think I've played with something like 64 different bands over the last 10 years, and I started a handful of them."

Since last March, he's spent most of the pandemic only picking up his guitar when the full craving arose.

"This time has definitely been interesting," he said. "Not a whole lot of live performance, and when it gets back to some sort of normalcy, I expect I'll have to do a lot of makeup shows, so I honestly took a couple of months and laid low, barley playing."

Not that fans need worry that Kadlecik is getting bored with his instrument and performing. He's just been catching up on stuff he's had to ignore the last two decades because of his performance schedule.

"I'm committed to doing this for life and I'm going to make music until I can't anymore," he said. "Not to wax too poetic, but the medium of music is time itself when played live. You catch this wave and bring as many people as possible in at the same time."

When he started to play more regularly at the beginning of 2021, he admitted it took a little time to get his muscles and calluses back to where they needed to be for his brand of guitar playing. But he knew he wanted to get back on stage, and he's started to book a few shows.

On Friday, April 2, Kadlecik will be performing at the Birchmere, kicking off Easter weekend live on stage.

"When I do my solo shows, I go out without a set list; one of the advantages of playing solo is I don't have to rehearse anybody," he said. "I have my own songs that I am evolving over time and some are on the cutting edge of some technology that I am still getting under my fingers, but for the most part, it's a big of a free-for-all."

With any show, he noted he likes to play a bit of his original tunes—especially B-sides, and some material from his DSO days.

"I like to play a show that feels like an improvised story over the course of a set, though I don't necessarily know what it's going to be going into it," Kadlecik said. "I'll solicit the audience for requests, and sometimes that's the way I can have an improvisation jam."

Thanks to the equipment he brings to his gigs, he shared that he can produce any rock ensemble sound out of his guitar—from drums and bass to flutes and trumpets. That helps him get the sound he wants for each song.

"The cool thing about the solo show is I don't have to sustain a whole band and crew on the road so the overhead is much lower," Kadlecik said. "That means I can make it work with smaller crowds, and that's what we have to prepare for in this new COVID way of touring."

He expects to play some outdoor shows with some of his bands later this spring and summer and is looking forward to being back in front of live crowds.

Kadlecik will also soon be part of a regional all-star band playing a benefit for Dark Star Orchestra guitarist Robbie Eaton, who fractured the ulna and radius in his left wrist and is facing $75,000 in medical bills. The date for the fundraiser will be announced at a later date and Kadlecik noted fans can stay up on the latest by visiting www.johnkmusic.net.

STAY TUNED

# A likeable cast and great fight scenes in 'Kung Fu' reboot

**By Melissa Crawley**
MORE CONTENT NOW

Documentaries explore the lives of an extraordinary lioness and one of America's greatest authors. ABC debuts an Erin Brockovich-inspired series and The CW reimagines a martial arts drama.

### Dispatches: Weekly TV news

Fox has given a series order to **"Our Kind of People"** for the 2021-22 season. The drama is from executive producer Lee Daniels and written by Karin Gist. It's inspired by Lawrence Otis Graham's critically acclaimed book, "Our Kind of People: Inside America's Black Upper Class."

### Contenders: Shows to keep on your radar

Feature documentary, **"Hysterical"** (April 2, FX, 9 p.m. ET), goes backstage and on the road with female comedians. Following veterans, rising stars and novices, the film explores their personal and professional stories as they break comedy's glass ceiling.

In **"My Grandparents' War"** (April 4, PBS, 8 p.m. ET), Helena Bonham Carter, Mark Rylance, Kristin Scott Thomas and Carey Mulligan retrace their grandparents' footsteps during World War II.

Olivia Liang stars in a rebooted "Kung Fu." [The CW]

**"Gangs of London"** (April 4, AMC, 10 p.m. ET) makes its U.S. television debut. The story follows Sean Wallace (Joe Cole), the son of the most powerful criminal in London, as he hunts down his father's killer and takes over the dangerous role he left behind.

Angela Basssett narrates **"Malika the Lion Queen"** (April 4, Fox, 8 p.m. ET). The two-hour wildlife documentary takes viewers through the life of Malika, the lioness of a pride in South Africa's Kruger National Park.

The iconic series on race, **"Eyes on the Prize,"** returns to broadcast TV on the anniversary of the death of the Rev. Martin Luther King Jr. (April 4, World Channel and PBS, 9 p.m. ET). The 14-part series tells the story of the Civil Rights era from the point of view of those whose actions launched a struggle that continues to be felt today.

Filmmakers Ken Burns and Lynn Novick are the pair behind the documentary, **"Hemingway"** (April 5, PBS, 8 p.m. ET). An examination of the life of one of America's greatest writers, the film combines biographical events with excerpts from his work, as well as interviews with scholars and Hemingway's son, Patrick.

Nasim Pedrad ("Saturday Night

See STAY TUNED, Page B2

# The arts are in Fairfax

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

COURTESY PHOTO

**Fairfax Poetry Month readers: (top) Calista Garcia, Holly Mason, Reggie Holmes, Paul Vodra (bottom) Nicole Tong, Kevin Leong, Yasmine Bolden and Megan Beyer**

Spring is finally here. We are excited to get outdoors and experience life beyond four walls. We feel optimistic and crave fun opportunities. Life is starting to look familiar as school busses return to the roads and businesses open their doors to more patrons.

However, returning to pre-pandemic economic stability continues to be a challenge for many. Last month President Biden's signing of the American Rescue Plan took a significant step toward recovery and building back America, but for the arts, economic challenges remain.

The arts were one of the first to close their doors and will be one of the last to open. Despite these challenges, the arts community continues to think innovatively and creatively to connect and serve the community.

**Getting Out**

Getting the kids out of the house is on the minds of every parent. ArtsFairfax is curating a list of artist camps, including experiencing the summer outdoors with Traveling Players Ensemble, artistic creations with Blue Hyacinth Mosaics, or theatre with NextStop Theatre camp.

As you plan for the future, visit artsfairfax.org and follow us on social media @ArtsFairfax to stay informed of camps, events, and classes in your community.

**Deadline Approaching**

Fairfax County and the Cities of Fairfax and Falls Church arts organizations are reminded of the ArtsFairfax April 14th deadline for the Operating Support Grant application. Visit artsfairfax.org/grants to learn more.

**National Poetry Month**

April is National Poetry Month, and ArtsFairfax and Fairfax County's inaugural poet laureate Nicole Tong invite you to celebrate with her Poetry Lives Here community project. Designated Poetry Month by Fairfax County Board of Supervisor Chairman Jeff McKay, the project is designed to connect the entire community. Tong asked community leaders to celebrate poetry by reading and sharing their favorite piece throughout the month. Look for a new video to be released each day during April at https://artsfairfax.org/poet-laureate/. Follow ArtsFairfax on Facebook and Tong on Twitter @PoetryLivesHere. Remember to share on social media @ArtsFairfax your favorite poet, poem, and reader using the hashtag: #NPMArtsFairfax.

**Recovery Innovation and Access Workshop**

ArtsFairfax continues its WORK-SMART workshop series on April 8th at 12:00 p.m. with Dr. Brea Heidelberg, Assistant Professor at Drexel University. The interactive presentation includes discussions and questions focusing on making connections with diverse audiences and how to start conversations about diversity, equity, inclusion and access. The virtual event is free, but registration is required at artsfairfax.org/workshops.

**Fairfax County Priorities Survey**

Fairfax County leaders seek community input for the County's strategic plan that will shape how our community grows and develops over the next 10-20 years. The survey provides an opportunity to express your desire to see the cultural and recreational opportunities expand with County support. Take the survey at www.fairfaxcounty.gov/strategicplan/.

**McLean Project for the Arts**

McLean Project for the Arts Spring 2021 Exhibitions opens in April through June 10, 2021. View work by artists Yuriko Yamaguchi and writer Mineke Schipper in Intium Novum: Humanity's End As A New Beginning and Alonzo Davis presents Navigating Climate Change, Extended. Visit mpaart.org for more information.

**Jammin Java Celebrates 20 years**

This October Jammin Java celebrates 20 years with an outdoor concert series now through the fall. A longtime community staple for arts entertainment and engagement in Vienna, Jammin Java invites everyone to stop by and celebrate. Visit https://www.jamminjava.com/ for a complete schedule.

# Art News

**Sully Historic Site,** 3650 Historic Sully Way, Chantilly. For more information visit https://bit.ly/3dciA3N.

**The State Theatre,** 220 N. Washington St., Falls Church. For more information visit https://bit.ly/31b1OvW.

**Workhouse Arts Education** programs include visual arts, dance and theater, culinary arts, ceramics and glass and camps. For more information visit the class catalog at https://bit.ly/3uNLejG.

**Vertigo** is an exhibit by Mouna Benserradj featuring impressionistic oil pastel illustrations. The gallery is open Friday through Sunday from noon to 5 p.m. This exhibit continues through May 2 and may also be viewed virtually. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3uoNZr9 or call 703-584-2900.

**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.***

**Vernal Pools Ventures Campfire** Take an after-hours hike to search for signs of new amphibian life. 6 p.m. April 2. Cost is $9 per person. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3m6249x.

**Design Great Containers** Join extension master gardeners to gain information and inspiration for creating beautiful displays. 10 a.m. April 3. Cost is $12 per person. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit https://bit.ly/39uL6MV.

**Funday Monday** Enjoy a Kids' Nature Show in person. 10:30 a.m. April 5. Free. Old Town Hall, 3999 University Dr., Fairfax. For more information and to sign up visit https://bit.ly/3sDh4xR.

**Action Night for the Environment** Join the Sierra Club Great Falls Group for a free online event to learn and share ideas to protect the environment. 5 p.m. April 5. Free. For more information visit https://bit.ly/2PnuGPk.

## ONGOING

**Civil War Week** Join the National Museum of the U.S. Army to examine Civil War military leadership through a series of virtual events. April 5 through 9. Free. For more information visit https://bit.ly/2Plchmf.

**Developing Fiction with a Theatrical Mindset** Join this four-week virtual writing workshop and learn from George Mason MFA writers. Adults. 11:30 a.m. Each Wednesday from April 7 to 28. Free. For more information visit https://bit.ly/3u0Po6m.

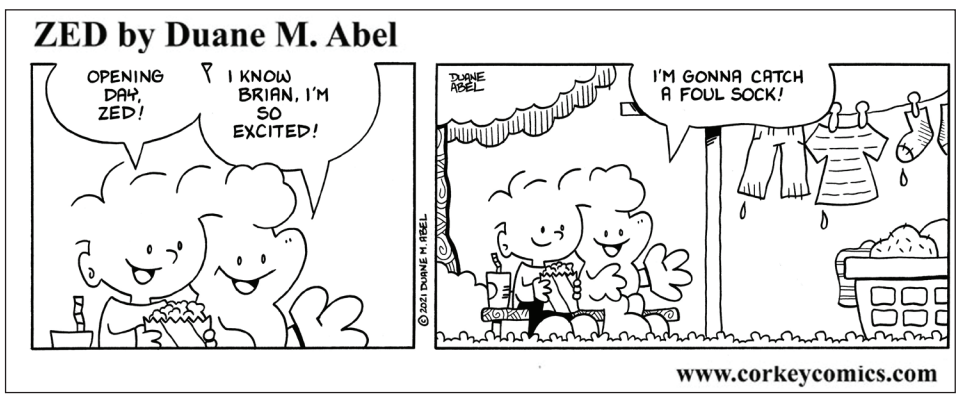
**Senior Womens Softball** Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit goldengirls.org.

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

**Help Needy Children** through volunteer work with Assistance League. Learn more at https://bit.ly/305C3ge.

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

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



MOVIE REVIEW

# 'Senior Moment' proves to be a sweet movie for all ages

**By Ed Symkus**
MORE CONTENT NOW

**William Shatner and Christopher Lloyd Reunited in 'Senior Moment'** [Screen Media]

Well, here's one for the books. Make that a charming, sweet one for the books. One featuring drugs and sex and fast driving, and a cast made up almost entirely of actors who are of "a certain age."

You could say that "Senior Moment" - a misleading title, as there's nothing about memory loss in it - was custom made for an audience that's usually ignored by film companies. But it goes way beyond that. Sure, there are a couple of very different acting icons with the spotlight on them. William Shatner, who just turned 90 (but was "only" 88 when the film was shot) stars as Victor, a war veteran and former jet pilot, who now gets his kicks in his Palm Springs community by zipping around in his shiny Porsche and ogling every young woman he sees (thankfully, he does it in a charming, not lascivious manner). His longtime best friend Sal is played by Christopher Lloyd (82), who lives in a Palm Springs senior center, but comes and goes as he pleases, and is convincingly spry in his performance. The third lead, Caroline - who just could turn out to be a romantic interest for Victor - is by Jean Smart who, in real-life, is a girlish 69 years old.

But the actual ages of these folks - even of the characters they play - isn't important (although it's a bit strange that Victor is supposed to be 72). The story is about how society looks at people who physically appear to be "old," but have their younger lives still spinning on the inside.

Victor is a very good driver, but he also has a reckless, daredevil version always ready to break loose. After one too many traffic violations, in a town where every cop knows him, he has his license revoked and his prize car impounded. He'll get everything back in a while, if he can pass a driving test that proves him fit.

This initially shatters him, as it completely disrupts his man-about-town lifestyle, and forces him to walk instead of drive, then take bus rides - something that was never on his agenda - when the walking tires him out.

Though his friendship with Sal never suffers, Victor does have some new people enter his life, the most significant of them being Caroline, who runs a cute little café in town, has never been married (neither has Victor), and proves to be someone that he enjoys talking with. But as they get closer, Victor begins to wonder if he's the only man in her life, as he sees her, from afar, on numerous occasions, with a local artist named Diego (Esai Morales, a mere 58 in real life), and he experiences some pangs of jealousy.

It's a cleverly written and nicely acted plot development, because viewers are also kept in the dark about what appears to be an overly friendly relationship between Caroline and Diego. But while all of this is going on, the film keeps returning to Victor's concerns about getting his license and his true love - that Porsche - back. Those scenes bring some wonderful bits of comedy, both in the script, and from Shatner's natural comic timing in his line delivery and with his facial expressions.

If one of the film's characters seems to be a slick huckster, and another comes across as a tough punk, don't worry. There's a lot of façade going on here. This is a movie that's packed with nice characters doing good things. The biggest surprise about that is that it's never the least bit saccharine. It's appealing and warm and funny. And you don't have to be on Social Security to enjoy it.

## STAY TUNED

CONTINUED FROM PAGE B1

Live") plays a 14-year-old Persian boy in **"Chad"** (April 6, TBS, 10:30 p.m. ET). On a mission to become popular during his first year of high school, Chad uses every strategy he can think of to target the cool kids, all while dealing with his mom's new dating life, and reconciling with his cultural identity.

**"Kung Fu"** is reimagined (April 7, The CW, 8 p.m. ET). In the reboot, a young Chinese American woman named Nicky Shen (Olivia Liang) vows to protect her San Francisco community from corruption and criminals. Watch it for the entertaining fight sequences and likeable cast.

Katey Sagal ("Sons of Anarchy") plays Annie "Rebel" Bello in new series, **"Rebel"** (April 8, ABC, 10 p.m. ET). Inspired by the life of activist Erin Brockovich, the show follows Rebel, a fearless blue-collar legal advocate, as she fights for the causes that matter to her.

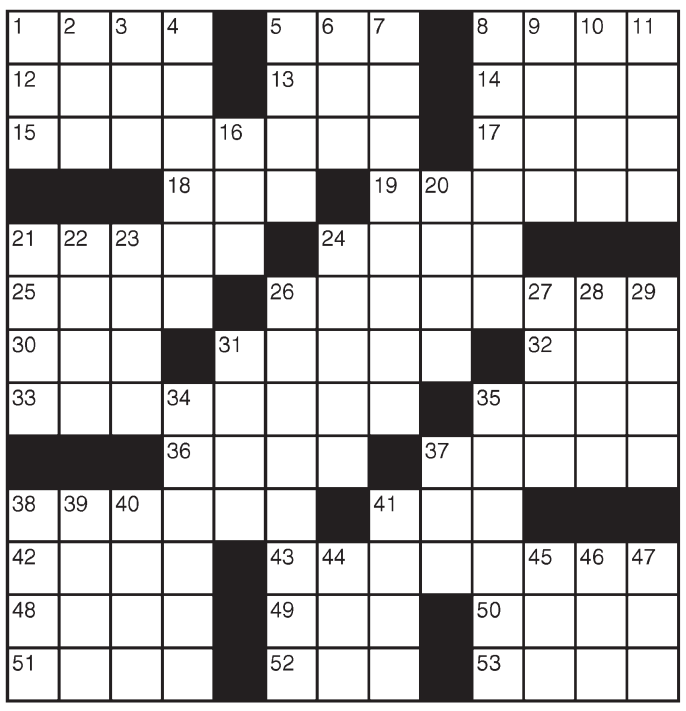
### Report Card: Ratings winners and losers

**Winners:** FX renewed **"Snowfall"** for season five.

**Losers:** In its new/old Sunday slot, **"Zoey's Extraordinary Playlist"** marked series lows.

*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 @mcstaytuned*

## King Crossword



**ACROSS**
1 Tub session
5 Petrol
8 Microwaves
12 Jai —
13 Dadaist artist
14 Vicinity
15 Home to the Buccaneers
17 Fish feature
18 Evening hrs.
19 Whirl
21 Jazz genre
24 Crossword hint
25 Former mates
26 Turquoise-like color
30 Mimic
31 Rib
32 Ltr. holder
33 Pentagon VIPs
35 Broad
36 The Eternal City
37 Golfer's wear
38 Calms
41 Actor Holbrook
42 Canal zone
43 Dorm room sleepers
48 Curved molding
49 Corn spike
50 Pakistani language
51 Office plant
52 Reuben bread
53 Grate

**DOWN**
1 Cudgel
2 Pie — mode
3 Highland hat
4 Zoo heavyweights
5 Yaks
6 Coach Parseghian
7 Small telescope
8 Capital of Croatia
9 Operatic solo
10 Hide
11 Auction
16 Sound booster
20 Year-end celebration
21 Tempo
22 Big fair, for short
23 Pager sound
24 Stop
26 Trucker in a union
27 Floral rings
28 Nullify
29 Always
31 Helen's home
34 Impudent
35 Orville's brother
37 Moving day rental
38 Starting
39 Olympic sled
40 Lusty look
41 Employ
44 Path
45 Epoch
46 License to drill?
47 Dine

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FROM THE DOG'S PAW

# HART wins MuttNation Foundation grant and April fundraiser!

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

Oh, my paws and barks! My first article for "from The Dog's Paw!" I have been looking forward to this! BARKS! Pawingly, it is my pawleasure to share pawsome news about the rescue who so diligently helped me find my mostest pawsome humans to spend the rest of my life! WOOFS!

WOOFS! As my buddies Noah and Samson pawed over the last few weeks, I am an alumnus of the Homeless Animals Rescue Team (HART)! You can find my story about HART and my joining their family at http://www.fromthedogspaw.com/p/published-articles.html.

WOOF! I am BARKINGLY excited to congratulate HART on receiving a surprise $5,000 donation for their pawsome work from the Miranda Lambert's MuttNation Foundation and Tractor Supply Company! Paws, while HART was surprised at the award, as there was no application process, barks, I am not! The love and care they showed my future humans and me were outstanding.

Woofingly, Miranda Lambert's MuttNation Foundation and Tractor Supply Company teamed up to provide a quarter-million dollars in grants through "MuttNation's Mutts Across America" program by donating $5,000 to one animal shelter or foster-based animal rescue group in each state across the country. The MuttNation Foundation based its selections on high adoption rate, high volunteerism, fiscal responsibility, high activity/fundraising, specialty, community presence, website, social media presence, and advocacy. BARKS!

Paws, MuttNation Foundation's mission is to promote and facilitate the adoption of shelter pets, encourage spay and neuter for all pets, and educate the public about the importance and beneficial impact of these actions. The objectives are accomplished through numerous initiatives, which include: high-profile adoption events, fundraising events, a national pet transport network, and providing financial support to carefully vetted shelters across the United States. MuttNation provides monetary, hands-on, and transport assistance during times of emergency and disaster. To learn more and to donate, https://muttnation.com/foundation/.

Barkingly, the surprise grant will help many dogs and cats find their "Forever Homes!" Paws, however, ongoing financial support and fundraisers are an impawtant aspect of helping these pawsome animals. Woofs, join HART's Woofs & Whiskers Spring Fest, an outdoor event at the beautiful Vanish Brewery! Barks, bring your family, friends, and dogs to enjoy a fun outing of helping raise money to save the lives of dogs and cats! The event will be Sunday, April 25, 2021, overlooking the beautiful trees and scenery at Vanish Brewery, 42245 Black Hops Lane, Leesburg, VA 20176, (Lucketts, VA), 11:00 AM - 3:00 PM! For information about all the fun you will have while raising funds to help dogs and cats, pawlease visit https://hart90.org/Events/WoofsWhiskers/Default.aspx. Let's make this their mostest pawsome fundraiser ever!

WOOFS! A few friends looking for their "Forever Homes!" are:

**Chase**, a Catahoula Leopard Dog, around 2-years-old, is dog-friendly, unknown with cats, and not mini-human-friendly. He is housebroken, has a low to moderate energy level. He is deaf and is looking for a particular human willing to work with him on hand signals. He seems very ready and excited to learn! The shelter staff loved this boy and was so happy when HART rescued him.

**Dexter**, a Saluki mix, is around 2-years-old, is dog-friendly, unknown with cats and mini-humans. He is a super playful, snuggly guy who wants a home with a fenced yard and pawssibly another dog to play with! He loves playing fetch then snuggling on the couch with his humans. Small mini-humans and cats make him nervous, so he'd do best in a home without cats and young mini-humans.

**Blaire**, a beautiful 13-year-old cat, is friendly with other cats, unknown with dogs, and prefers older, calm mini-humans. Her human is moving overseas and cannot take her. She doesn't need much to be happy, a cozy place to call home, and a human(s) to tell me how pretty I am!

**Torti-Girl Pixie**, is around 4-years-old, is good with other cats, unknown with dogs and mini-humans. She is looking for a quiet home. This kitty is a sweet lady who appreciates a serene environment. A good match might be a single human or a couple looking for a mellow kitty to grace their home.

COURTESY PHOTOS HART

Contact Homeless Animals Rescue Team, www.hart90.org, 703-691-HART, hart90office@hart90.org

**About us!** Barks! Meows! Using humor with facts, Samson, Abby, 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.

## King Crossword

Answers

Solution time: 23 mins.

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

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Business & Services Directory

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

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SAT PREP
Classes begin Tuesday April 6th from 5:00-8:00 - For the May or June SAT dates
Expectation Church, 11924 Braddock Road, Fairfax 22030
Class size will be limited to 10 students for social distancing
Hunt Test Preparation
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703-425-7656

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# Classified

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

## Help Wanted

Investment Analyst (Fairfax) Perform market res+asset allocate models, analyze/optimize portfolios per client reqs. Use portfolio mgment tool to rev complex invests/propose new per FINRA. Req MBA in Finance or rel & 2 yrs exp incldg financial plan; asset allocation models; portfolio analysis; market res/analysis; satisfaction surveys & US work authorization. Accept combo edu/exp/train. CV to K Creyts, Ameriprise, 3201 Jermantown Rd #575, Fairfax, VA 22030. NO CALL/FAX/EMAIL/AGENCY

Engineering: Amdocs, Inc. seeks Solution Architects in Herndon, VA to lead SW solution dsgn throughout prjct lifecycle & be accountable for solution integrity. Ensure SW solutions meet cstmr business & tech needs by leveraging Amdocs assets & best practices while integratng w/cstmr IT environment. Supervise 10 subordinate employees. Req'd: 20% domestic & international travel. Req'd: Bach in Ectrl Eng, Indstrl Eng & Mngmnt or rltd & 5 yrs rel exp. To apply, email careersta@amdocs.com and ref job ID HR-7030.

Aetna Resources LLC, a CVS Health company, is hiring for the following roles in Chantilly, VA: Sr. Technology Support Managers to manage and architect process automation software using Salesforce APEX programming and Lightening components, and deploy the code on Salesforce cloud force.com to automate client configurations and setup process. Robotic Process Automation Business Analysts to analyze business processes, identify automation opportunities, define RPA value proposition, reengineer process to improve automation potential and recommend RPA approach/strategy. Multiple openings. Related degree and/or experience and/or skills required. For more information and to apply online, please visit https://jobs.cvshealth.com/

## Legal Notice

**[(Full name(s) of owner(s)]:**
Restaurant Associates LLC

**Trading as:**
Restaurant Associates
1900 Reston Metro Plz
Reston, Fairfax, VA 20190-5218

**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages.**

Adrian L. Meredith, President & CFO

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

3008232 (04-02-21, 04-09-21)

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

**Trading as:**
Motier French Pastry and Cuisine
12664 Chapel Rd
Clifton, Fairfax, VA 20124-8000

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

Ivar Setiawan, General Manager, Owner

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

3008234 (04-02-21, 04-09-21)

**1-800-Pack-Rat (VA-Sterling-5523)**
**46213 Transdulles Plaza**
**Sterling, VA 20164**
**877-774-1537**

**Notice of Sale**

| Tenant: | Unit # |
|---|---|
| Bloom, Warren | 800652 |
| Lewis, James B | D54143 |
| Marchessault, Robert | 353644 |
| Martin, Kathleen | D00674 |
| Paschal, Justin | 704584 |
| Paschal, Justin | D04196 |
| Prince, Sarita | 801128 |
| Rena Plucinski (LDM) | 354412 |

1-800-Pack-Rat (VA-Sterling-5523), 46213 Transdulles Plaza, Sterling, VA 20164, has possessory lien on all of the goods stored in the units above. All these items of personal property are being sold pursuant to the assertion of the lien on 4/7/2021 at 10:00 AM in order to collect the amounts due from you. The sale will take place on www.Acceleratedlisting.com from 4/7/2021 to 4/14/2021 at 6:00p.m..

## Legal Notice

TOWN OF Herndon VIRGINIA

**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, April 7, 2021, at 7:00 p.m. and a public hearing on Wednesday, April 21, 2021, at 7:30 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 ALTERATION TO AN EXISTING STRUCTURE, ARB #21-004**, to consider an application to construct a new rooftop screening structure enclosing new mechanical equipment on the multi-tenant commercial building located at 12900 Worldgate Drive, Herndon, Virginia, and located between the intersection of Worldgate Drive and Alton Square and the intersection of Worldgate Drive and Wiltshire Lane, and further identified as Fairfax County Tax Map 0163-02-0028D. The property is zoned PD-W, Planned Development - Worldgate, and consists of 174,727 square feet of land. Owner/Applicant: MIVPO, LLC c/o Nick Sheehan, Jones Lang LaSalle (JLL). Applicant's Representative/Agent: Lynn Maia, Clune Construction Company.

**APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-005**, to consider an application to construct a new tenant wall sign on the multi-tenant commercial building located at 494 Elden Street, more specifically for Suite 220, Herndon, Virginia, located between the intersection of Elden Street and Grant Street and the intersection of Elden Street and Jonquil Lane, and further identified as Fairfax County Tax Maps 0162-24-A. The property is zoned PD-B, Planned Development - Business, and consists of 331,041 square feet of land area and 102,080 of gross building floor area. Owner/Applicant: SVAP II Herndon Centre LLC c/o Greg Moross. Applicant's Representative/Agent: John Martel, Complete Signs, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 2, 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 April 2 and April 9, 2021

## Legal Notice

TOWN OF Herndon VIRGINIA

**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold work sessions on Tuesday, April 6 and Tuesday, April 20, 2021, at 7:00 p.m. and public hearings on Tuesday, April 13 and Tuesday, April 27, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

An Ordinance to amend Chapter 74 (UTILITIES), Article II (Sewers & Sewage Disposal), Division 5 (Sanitary Sewer System Rates & Charges), Section 74-262; and Article III (Water), Division 2 (Service), Section 74-326 (Schedule of Charges), to increase the usage charges for sanitary sewer and water, effective for meter readings taken on or after July 1, 2021.

The actual dollar amounts of the proposed rate changes are as follows:

**Chapter 74 (UTILITIES)**

**Article II. Sewers & Sewage Disposal**

**Division 5. Sanitary Sewer System Rates & Charges**

**Sec. 74-262. Schedule of Rates.**

(a)The rate schedule for sanitary sewer service shall be determined on the basis of water consumed and shall be charged at the rate of ~~**$6.19**~~ ***$6.28*** per 1,000 gallons of water used, except as otherwise provided in this division.

**Article III. Water**

**Division 2. Service**

**Subdivision II. In-Town Service Charges**

**Sec. 74-326. Schedule of charges.**

Quarterly Water Usage Charges
(a) The water usage charge shall be ~~**$3.16**~~ ***$3.21*** per 1,000 gallons, based on the consumption of water as measured by readings of the water meter serving the property.

Peak Water Usage Charges
(c) All water consumed during the peak use periods in excess of the average consumption of the preceding two winter quarter billing periods shall be charged an additional amount of ~~**$5.38**~~ ***$5.46*** per 1,000 gallons. This peak use period charge shall be applied in addition to the base water usage charge in subsection (a) above.

Sections 15.2-2122 and 15.2-2143, Code of Virginia (1950), as amended, grant to the Town the legal authority for enactment of such proposed levy, fee or increase.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning April 1, 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 on April 2 and April 9, 2021

## 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, April 7, 2021, at 7:00 p.m. and a public hearing on Wednesday, April 21, 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 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 A CERTIFICATE OF APPROPRIATENESS FOR AN ADDITION TO AN EXISTING STRUCTURE, HDRB #21-006**, to consider an application for a Certificate of Appropriateness for two additions to the single-family residential structure at 622 Madison Street, Herndon, Virginia, located between the intersection of Monroe Street and Madison Street and the intersection of Jackson Street and Madison Street, and further identified as Fairfax County Tax Map 0162-02-0263. The property is zoned R-10, Residential, Single Family; and consists of 19,117 total square feet of land. Owners: William H. and Lisa K. Nolf. Applicant: Basem Abdelhaq, Agent.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning April 2, 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 April 2 and April 9, 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 work sessions on Tuesday, April 6 and Tuesday, April 20, 2021, at 7:00 p.m. and public hearings on Tuesday, April 13 and Tuesday, April 27, 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 proposed FY 2022 budget. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

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

Ordinance, to Levy Taxes on Real Estate and Manufactured Homes, and Other Subjects for the Fiscal Year 2022 budget, to consider levying the Town of Herndon taxes for Fiscal Year 2022 as follows: Real Estate $.2650 per $100 of valuation; personal property $.00 per $100 of valuation; farm machinery, farm tools, and farm livestock $.00 per $100 of valuation; and to levy all other taxes and licenses previously enacted and imposed by the town at the same rate, except as provided by other ordinances adopted by the town council in this budget cycle, or to make such levies at such rate as the town council may determine at such hearing.

Resolution, to adopt a Fiscal Planning Resolution for the Fiscal Year 2022 budget for the Town of Herndon, to consider the proposed total budget as submitted to the town council in the amount of $55,735,783. A brief synopsis of the budget follows: Expenditures and Revenues (including interfund transfers, use of assigned and unassigned fund balances, and other financing sources, where applicable): General Fund, $35,304,587 ; Water and Sewer Fund, $11,752,750; Chestnut Grove Cemetery Fund, $736,656; Golf Course Fund, $1,692,165; Downtown Parking Enterprise Fund, $3,894,625; and the Capital Projects Funds, $2,355,000. The budget includes the Fiscal Year 2022 portion of the Capital Improvements Program (CIP).

Ordinance, to Appropriate Funds to Implement the Fiscal Year 2022 budget for the Town of Herndon, establishing the pay plan, and reserving on-going and capital funding for this fiscal year.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 1, 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 March 26 and April 2, 2021

**[(Full name(s) of owner(s)]:**
Natys Bar & Grill Inc

**Trading as:**
Natys Bar & Grill
8170 Silverbrook Rd
Lorton, Fairfax, VA 22079-2956

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

Jose Buruca, Officer

**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.**

3008232 (04-02-21, 04-09-21)

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

**Trading as:**
Big Buns Damn Good Burgers
1908 Reston metro Plz Ste C
Reston, Fairfax County, VA 20190-5237

**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer On and Off Premises, Delivery Permit Restaurant license to sell or manufacture alcoholic beverages.**

Alireza Azima, CFO

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

3008207 (03-26-21, 04-02-21)

## Help Wanted

Federal Home Loan Mortgage Corporation seeks **multiple f/t Quantitative Analytics Professional A** in McLean, VA to develop &/or analyze quan models that assess the market. Req's Master's degree or frgn equiv in Stat, Math, Quan Fin or rel quan field & demonstrated knowledge of stat and 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 #19-361.

Boston Global Education, Inc. Fairfax, VA 22030 seeks FT Education and Operations Director to manage education consulting company in the U.S. Reqs: BS in Bus. Mgmt., or related (or foreign equiv.) + 2 yrs exp. in int. edu. mgmt.. or, 4 yrs exp. in int. edu. mgmt. (any suitable combination of edu., training, or exp. is acceptable). REQ. Travel: Some domestic travel to other branch offices or conferences, some international travel as needed. To apply email resume to dkang@bostonglobaledu.com

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