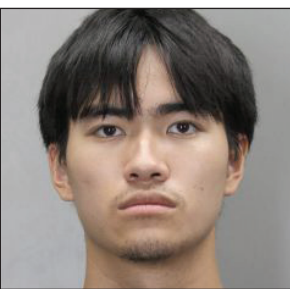




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Man arrested after medical examiner confirms identity of buried body

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NOVA health officials warning of possible measles exposure

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UNSPASH

Stronger Memory program launches on World Alzheimer's Awareness Day

SEE PAGE A8



Early voting begins September 17
 More information at fairfaxcounty.gov/elections/early-voting

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25¢ NEWSSTAND PRICE
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CELEBRATING Hispanic Heritage Month

Board approves 5 cent bag tax

By Heather Zwicker
 FAIRFAX COUNTY TIMES

In a 9-to-1 vote, the Fairfax County Board of Supervisors approved a 5 cent tax on plastic bags September 14. It will take effect January 2022.

The board adopted this first-ever tax on disposable plastic bags to “influence consumer behavior by discouraging individuals from using single-use disposable plastic bags” to work towards reducing plastic bag pollution in local waterways.

“A small fee on plastic bags is an opportunity for residents to look at their habits while providing the County with avenues for environmental cleanup, education, and access to environmentally friendly alternatives,” said Board Chairman Jeff McKay in a statement. McKay told FFXnow that the county hasn’t done any estimate on how much revenue it would generate, but any proceeds



ADOBE STOCK

would supplement existing efforts, which he thought should prioritize litter pickup and getting reusable bags to those in need.

The tax will apply to plastic bags at grocery, convenience and drug stores. The exceptions will be plastic bags designed for

reuse, bags used for perishable food items, bags for dry cleaning and waste bags sold in packages such as garbage bags. Stores will collect 5 cents per bag from the consumer, but under state law they will only remit 3 cents to the state until January 2024 when they

will be required to remit 4 cents.

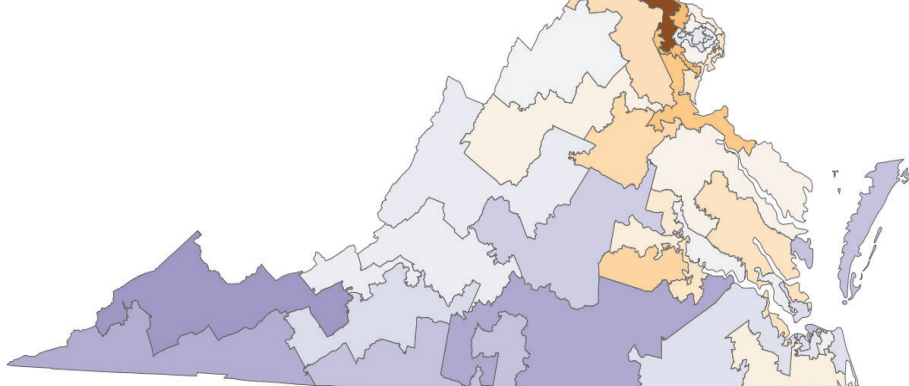
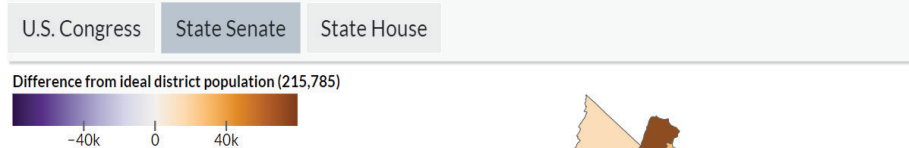
Springfield District Supervisor Pat Herryty was the lone dissenting vote despite opposition to the tax from community members, businesses and testimony from former EPA Administrator Andrew

Wheeler.

“My colleagues say this tax is intended to help people change their behavior, but this is not the kind of help I would want from my local government during a pandemic,” said Herryty. “We need to address litter

See BAG TAX, Page A4

Incumbent offers to redraw his own district lines in redistricting meeting



COURTESY ART

By Rick Horner
 FAIRFAX COUNTY TIMES

A Fairfax County senator offered a redrawing of his own district fearing that a consultant-drawn map would push him out of his own district.

When voters approved the establishment of the Virginia Redistricting Commission last year many saw this as a win in keeping incumbent politicians from redrawing their own districts in order to hold onto office. Senator George

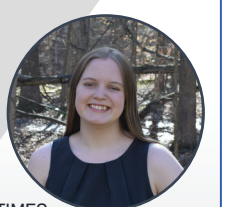
Barker (D-Fairfax) decided to offer an alternative redrawing for his district for fear of being pushed out and into contention with another, more established democratic senator.

Barker represents the Commonwealth’s State Senate District 39 which covers parts of Springfield, West Springfield, and Rose Hill in Fairfax County. The 39th district also covers areas of Prince William County such as Lake Ridge and Occoquan.

See DISTRICT LINES, Page A5

POSITIVE Vibes

By Laura Scudder • FAIRFAX COUNTY TIMES



McLean teen donates more than \$25,000 to mental health organization

Kozmo Rhyu raised money for FCCGW through fencing

Kozmo Rhyu, a 16-year-old from McLean, has been fencing for years — and it is something he sees himself continuing beyond his high school career. What Rhyu did not know is that his fencing would raise more than \$25,000 for the Family Counseling Center of Greater Washington (FCCGW).

It took Rhyu mere months to raise the money — he had the idea for this fundraising opportunity in October 2020 and began the process in March 2021. He presented the donation to FCCGW September 7.

Rhyu first got the idea to raise money because he had heard mental health organizations were suffering financially due to the COVID-19 pandemic.

FCCGW is a non-profit organization serving those in the DMV area to improve mental health services by providing counseling services and promoting aware-

See RHYU, Page A4



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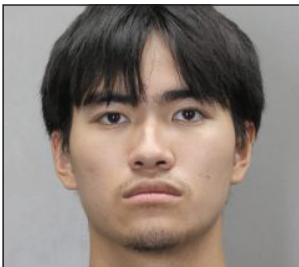
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PUBLIC SAFETY



COURTESY PHOTO
Philip Nguyen

Man arrested after medical examiner confirms identity of buried body

A 19-year-old man has been charged in the murder of his father after detectives located a deceased male buried in his backyard.

On September 6, a wife reported that her husband, Truman Nguyen, 78, of Falls Church had been missing since the previous day. At the time of the report, officers searched the residence and backyard. Officers found no signs of foul play or anything to indicate the elder Nguyen was in danger.

Detectives from the Fairfax County Police Major Crimes Bureau Missing Persons Squad took over the investigation September 7, and received information that the circumstances of Truman Nguyen's disappearance may involve foul play. They quickly contacted Nguyen's son, Philip, who resides at the home with the family. Based on information from multiple sources, detectives believed Truman Nguyen could be deceased and buried in the family's backyard.

Detectives searched the property September 8 and found Truman Nguyen's body. An autopsy was conducted by the Office of the Chief Medical Examiner who confirmed the identity of the deceased.

Through the results from the autopsy, detectives believe that the cause of Truman Nguyen's death was from multiple stab wounds to the upper body. Detectives found evidence to indicate Philip Nguyen burnt the body prior to burying his father in the backyard.

Philip Nguyen has been charged with second-degree murder. He is being held at the Adult Detention Center without bond.

Detectives are asking anyone with information about this crime to contact us at 703-691-2131, or call 911. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

This is being investigated as the 18th homicide year to date in Fairfax County. Detectives have made 13 arrests related to the 17 homicides. In 2020, there were 6 homicides year to date.

Virginia State Police investigates fatal crash on I-66

Virginia State Police is still investigating a multi-vehicle fatal crash that occurred September 9 in Fairfax County.

State police were called to the scene at 3:06 a.m.

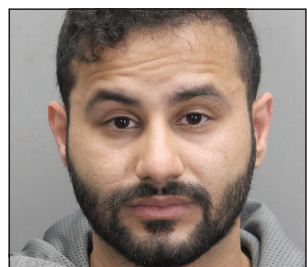
At this stage of the ongoing investigation, it has been determined that a 2012 Honda Crosstour was traveling east on Interstate 66 when it lost control near the 64 mile marker. The Honda struck a 2015 Toyota Rav and then continued off the right side of the interstate. When the Honda struck the guardrail, it then re-entered the eastbound lanes of I-66 and struck the Toyota a second time. The Honda continued off the left side of the interstate and struck the guardrail, after which it spun back into the eastbound lanes of I-66. An eastbound tractor-trailer swerved to the right to avoid the spinning Honda, but the two vehicles collided.

There were a total of five individuals in the Honda Crosstour. The driver, Lacquora Smith, 28, of Alfred, Maine, died at the scene. A 4-year-old female passenger and 6-year-old female passenger also died at the scene. A 7-year-old female passenger and a 2-year-old juvenile survived the crash and were transported to Fairfax Inova Hospital for treatment of non-life threatening injuries.

The adult male driver of the tractor-trailer was not injured in the crash.

The adult male driver of the Toyota SUV was transported to a nearby hospital for treatment of non-life threatening injuries.

The crash remains under investigation.



COURTESY PHOTO
Mohammad Alenezi

Fairfax man arrested after fleeing

The victim reported an acquaintance, Mohammad Alenezi, 28, of Fairfax, assaulted him in the 2900 block of District Avenue and took his property September 4 at 10:44 p.m.

Alenzi fled the scene after the assault, but officers were able to obtain warrants for his arrest. On 9/7/21, Officers located Alenezi and he was charged with robbery, and malicious wounding. The victim was taken to a hospital with injuries not considered life threatening.

Alexandria Police investigates serious Old Town crash

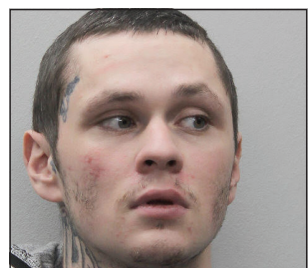
The Alexandria Police Department is investigating a car crash which resulted in serious injuries, that occurred the evening of September 7.

Officers responded to

a crash involving a pedestrian struck by a vehicle in the 1800 block of Cameron Street around 6:15 p.m. The pedestrian, a 72-year-old Alexandria resident, was transported to the hospital and remains in critical condition.

The 34-year old male driver was not injured. He remained at the scene until authorities arrived.

This crash remains under investigation. Anyone with information should contact Officer Harrell at 703.859.3052 or call the police non-emergency line at 703.746.4444.



COURTESY PHOTO
Jose Freeman

Alexandria man arrested

Officers saw Jose Freeman, 28, of Alexandria, lying on the ground in the 1600 block of Washington Plaza September 9 at 2:09 a.m. When they checked on him, they found him to be in possession of narcotics, multiple rounds of ammunition, and a firearm.

Freeman was charged with two counts of felon in possession of ammunition, carrying a concealed weapon, and possession of schedule IV narcotics.

Alexandria Police investigates shots-fired incident in North Del Ray

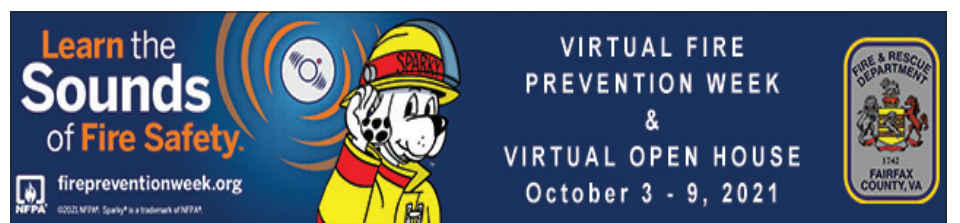
The Alexandria Police Department's Criminal Investigation Division is investigating a shots fired incident in the Hume Springs area September 7.

Uniformed officers on patrol near W Reed Ave. and Edison St. began to investigate a suspicious event involving a vehicle, at which time an occupant of the vehicle fired multiple shots at the officers.

Officers immediately initiated a high-risk traffic stop and the occupants were taken into custody without incident. A weapon was recovered. There were no injuries reported.

The suspects, an 18-year-old Alexandria resident, and a 20-year-old non-city resident are being charged with shooting missiles at an occupied vehicle, unlawful discharge of a firearm, and illegal possession of a firearm.

This is an active investigation. If anyone has information on the incident, please contact Det. Trevor Griffin at 703.859.3271.



COURTESY ART

Fairfax Fire and Rescue hosts virtual events during Fire Prevention week

Historically, every October, Fairfax County Fire and Rescue has invited community members into fire and rescue stations for Open House events during Fire Prevention Week (FPW). Last year, the pandemic caused officials to adjust the tradition and they held a very successful virtual open house, with a week of activities and events on-line.

Unfortunately, this year as well, it is safer for the Fairfax County community and members of the Fairfax County Fire and Rescue Department (FCFRD) if an in person, traditional Open House at the fire and rescue stations are not offered.

Instead, like last year, FCFRD will be hosting several fun, interactive activities, and virtual events throughout FPW beginning October 3. This year's FPW theme is "Learn the Sounds of Fire Safety!" The theme focuses on educating children and adults about

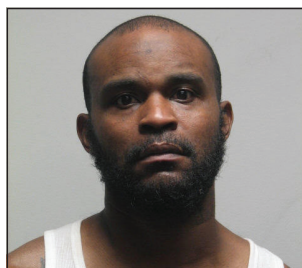
smoke and carbon monoxide alarms, their necessity, and how the sounds they make help save lives.

A virtual open house will highlight the week and occur throughout the day October 9 on FCFRD social and digital platforms.

Join FCFRD for a fun-filled week of fire safety, special activities and "Behind-the-Scenes" features. Please register online to be eligible for prizes and to enjoy specially prepared daily selections. Deadline to register is September 17. Register at <https://bit.ly/3htLFdO>.

Once registered you will be sent a packet containing related safety materials. You do not need to register to participate in the week's events but registering allows you to be eligible for prizes.

To see just a few of the scheduled events, visit <https://bit.ly/3lkXJz7>.



COURTESY PHOTO
Samuel Bucey

District man found in possession of stolen goods

Samuel Bucey, 36, of Washington D.C., forcefully entered the Sunoco at 6400 Backlick Road and took property September 3 at 3:31 a.m.

Officers found Bucey nearby in possession of stolen merchandise. Bucey was arrested and charged with burglary, possession of burglarious tools, and grand larceny.

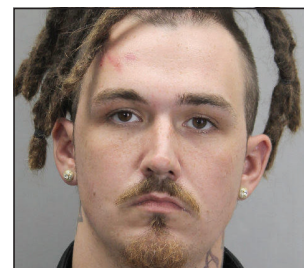
Alexandria Police arrests sexual battery suspect

The Alexandria Police Department made an arrest in a sexual battery incident in the City's West End September 9.

At approximately 5:35 p.m., officers responded to reports of a disorderly person in the 300 block of S. Reynolds Street. While gathering information, APD learned that the adult male suspect had committed sexual battery on a female victim and was following other women in the area.

Officers in the area located a man fitting the suspect's description a short distance from S. Reynolds Street. They immediately took him into custody and he was positively identified by the victim. At the time of his arrest, he appeared to be under the influence.

Tonio Richardson, a 30-year-old Alexandria resident, was charged with sexual battery, simple assault, and public intoxication.

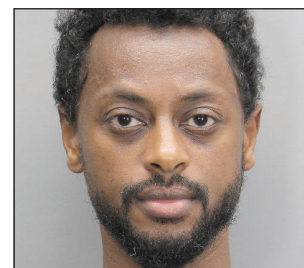


COURTESY PHOTO
Michael Vaughn

Triangle man arrested in Springfield

Officers saw a man known to have an arrest warrant in the 6500 block of Loisdale Road, September 4 at 8:18 p.m.

When they approached him, Michael Vaughn, 27, of Triangle, ran away. As he was running, officers saw Vaughn retrieve a firearm from his waist and discard it under a vehicle. After a short foot chase, he was arrested and found to be in possession of narcotics. Vaughn was charged with carrying a concealed weapon, possession of schedule I or II drug and possession of a schedule I or II drug while in possession of a firearm.

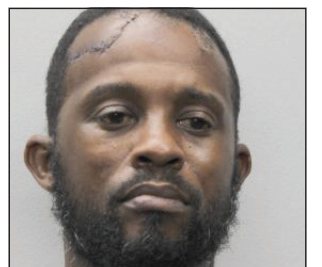


COURTESY PHOTO
Thomas Seyoum

Alexandria man arrested after erratic driving

After receiving numerous calls from community members, officers saw a 2014 Mazda sedan driving erratically at Richmond Highway and Hagel Circle September 7 at 4:51 p.m.

Officers attempted to stop the car, but the driver refused, resulting in a pursuit. After a short pursuit, the driver stopped and Thomas Seyoum, 36, of Alexandria, was taken into custody. Seyoum was charged with driving under the influence, reckless driving and eluding.



COURTESY PHOTO
Jamaal Lowery

Woodbridge man arrested in July fatal crash

Detectives from the Fairfax County Police Department Crash Reconstruction Unit have charged the driver of the 2007 Lincoln Town Car for the July 29 fatal crash involving a two-year-old child.

The driver, Jamaal Lowery, 41, of Woodbridge, was charged with child endangerment, reckless driving, and driving without a license. He was arrested on Thursday and remains held at the Adult Detention Center without bond.

Per Virginia Code 19.2-11.2, police are prohibited from providing identifying information about juvenile crime victims unless parental consent is provided. Accordingly, no further information pertaining to the two-year-old or relationship between the child and Lowery is available in this case.

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

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PEOPLE AND PLACES



KATIE STUNTZ

Virginia First Lady Pamela Northam, Senator Tim Kaine (D-Va.), and Delegate Dan Helmer (D-Fairfax) visit Main Street Child Development Center in Fairfax September 10 to hear about the needs of children and working families. In April, the senator introduced legislation to make child care affordable for working families, expand access to preschool programs for 3- and 4-year-olds, improve the quality of care for all children, and increase compensation and provide training for child care workers.



COURTESY ART

Park Authority parks and playgrounds are tops in NOVA

The **Fairfax County Park Authority** doesn't play around when it comes to its parks and playgrounds. Its facilities captured the top spots on this year's list of Virginia Living magazine's "Best Living & Recreation Winners" in Northern Virginia.

Burke Lake Park, Frying Pan Farm Park and Riverbend Park were named the best parks. **Clemyjontri Park, Burke Lake Park and Chessie's Big Backyard** were named the top playgrounds in the region.

Burke Lake Park captured the top spot on the list of parks and came in at No. 2 for the best playgrounds. In addition to its multiple playgrounds, Burke Lake offers families a chance to ride on a miniature train or carousel, play mini golf or disc golf, and indulge in sweet treats at its ice cream shop. The lake itself provides opportunities for a tour boat ride and fishing. Visitors also can hike or bike the trail around the lake or spend a night camping. Burke Lake Park is located at 7315 Ox Road in Fairfax Station.

Frying Pan Farm Park preserves and interprets farm life of the 1920s to 1950s and is especially popular during the spring birthing season when visitors can see baby cows, pigs, sheep and other farm animals. It offers a playground and carousel, country store and wagon rides, too. The park is located at 2709 West Ox Road in Herndon.

Riverbend Park, located on a Potomac River bend, has a rare combination of geology, plant life, wildlife, isolation and beauty. The park offers kayak and canoe rentals to explore the water and miles of trails to explore the beautiful landscape. Its spring Virginia bluebell bloom is a not-to-be-missed event. Riverbend is located at 8700 Potomac Hills St. in Great Falls.

Clemyjontri Park captured the No. 1 spot on the list of best playgrounds. With specially-designed features, the playground offers children who use wheelchairs, walkers or braces, or those who have sensory or developmental disabilities, an opportunity to have a parallel playground experience of fun and exploration. Clemyjontri is located at 6317 Georgetown Pike in McLean.

Rounding out the top three playgrounds was Chessie's Big Backyard at the Lee District Family Recreation Area. This fully accessible playground has lots of features to crawl through and

climb over. Ramps are wide enough for wheelchair access; and children can enjoy slides, swings, and equipment designed to offer access for all. The Recreation Area also features a spray park, accessible tree house, children's trail and carousel. It is located at 6601 Telegraph Road in Franconia.



COURTESY PHOTO

David Romola

Chantilly-based Citizant names new COO

Citizant, Inc., an award-winning and woman-owned small business, has promoted **David Romola** to the role of chief operating officer, in which he will oversee all customer delivery activities and spearhead the company's focus on organic growth in targeted accounts.

Romola has served as Citizant's senior vice president of operations since 2019, reporting to CEO Alba M. Alemán.

"David has proven himself to be the right leader to champion Citizant's values - particularly delivery excellence and responsibility - in our next phase of growth," said Alemán. "He has worked tirelessly in the last few years through the most challenging business environment to honor our commitments to our government customers, strengthen our relationships with strategic partners, and promote a better future for all of Citizant's employees."

"I am truly honored to work for a company that lives and breathes its core values every day. Citizant's employees have established a strong reputation for exceeding customer expectations for value, delivery excellence, expertise, and innovation," said Romola. "Backed by solid customer relationships, an employee-focused culture that is second to none, and a robust pipeline of growth opportunities for our staff, I am excited and honored to help lead the next phase of expansion for Citizant."

Before joining Citizant, Romola served as chief operations and growth officer for Expression Networks in McLean, where he was directly responsible for increasing annual revenue to more than \$20 million over a four-year period. He also previously led and grew business at PwC, KPMG, Booz Allen Hamilton, and Deloitte. While at PwC, he successfully managed all contracts, subcontractors, P&L, and the contract center for a \$40 million U.S. Army practice.

Romola received a bachelor's degree in Finance and Business Information Systems from Virginia Tech, as well as a Master of Business Administration degree from Averett University. He is a Certified

Project Management Professional (PMP) and Certified Defense Financial Manager (CDFM).



COURTESY PHOTO

Alex Cooper

Fairfax resident joins 16th class of Stamps Scholars

This fall, 229 students from across the country will enroll in universities and college with the support of the Stamps Scholarship, making up the 16th class of Stamps Scholars.

With support from the Stamps Scholars programs, these scholars will pursue their passions of tackling national and global challenges while making impacts on their campuses and communities.

Alex Cooper of Fairfax has been awarded the Stamps Scholarship and will attend the College of William & Mary and plans to study applied statistics, computer science, and psychology. She is the daughter of Scott and Haydee Cooper.

Selected from over 320,000 applications, the 16th class of Stamps Scholars was chosen via rigorous processes by their universities and colleges for their academic excellence, leadership experience, dedication to service, and exceptional character. For these students, the total value of their Stamps Scholarships will be worth up to approximately \$36.4 million, with each attending one of 37 partner universities across the US and the UK.

Cooper, a W.T. Woodson graduate, said she developed an interest in coding for social good in high school through hackathons. "I went on to win coding awards at Virginia Tech and

UVA among others, and I have been working at MITRE as a student researcher for the past three summers," she said. She is also a Courageous Leadership & Authentic Excellence Fellow at William & Mary.



COURTESY PHOTO

Jared Lucas

Fairfax athlete is regional UTSA Foundation scholarship recipient

The USTA Foundation, the charitable arm of the United States Tennis Association Incorporated (USTA), announced the 2021 Novo Nordisk Donnelly Scholarship regional recipients, each receiving a \$5,000 scholarship administered by the USTA Foundation.

Jared Lucas of Fairfax is a regional recipient.

The Novo Nordisk Donnelly Scholarship is named in honor of Tracey Donnelly Maltby and Diane Donnelly Stone, who along with their father, Bud Donnelly, all played Division I collegiate tennis while living with the challenges of Type 1 diabetes. Tracey played singles and doubles for four years at the University of Iowa and received All Big Ten honors. Diane was a three-time All-American and 1987 NCAA doubles champion at Northwestern University and will be inducted into the 2022 ITA Collegiate Tennis Hall of Fame. Bud played singles and doubles for four years at Western Michigan University and won six individual Mid-American Conference titles.



Dementia: What It Is and What It Is Not

Presented by Amy E. Matthews, Dementia Consultant



While we have come a long way in increasing awareness of dementia there is very little understanding of what that actually means. Dementia is often used interchangeably with diseases like Alzheimer's and vascular dementia. However, there are conditions that can cause dementia symptoms, but with proper diagnosis and treatment, these symptoms can be managed or reversed. We will discuss the meaning of the term dementia as well as the causes. We will identify the steps to getting an accurate diagnosis as well as things we can do to promote healthy aging.

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RHYU
CONTINUED FROM PAGE A1

ness, according to the organization's website.

He chose FCCGW to donate his fundraising efforts not only because of their mental health services but because they do so much for the Korean American community in particular.

"I also, as a Korean American, I know that in the Korean community especially, mental health has always been a stigmatized issue, said Rhyu. "So just, you know, basically, combining those two things together, I thought, why not start a fundraiser for the Family Counseling Center of Greater Washington ... so it's just sort of like the perfect timing and I found the perfect organization for that."

Cindy Han, chair of the board for FCCGW, echoed that mental health is a stigmatized issue in the Asian American community. "What we are trying to do is hopefully someday we can eradicate this stigma [so] people who need help can seek the help through the activities and places that can provide help for them," she said.

Han also noted that the organization was thrilled to receive the donation, adding that "every penny" of

Rhyu's donation will help those who cannot afford services — or those who may encounter other issues receiving treatment due to language barriers.

Rhyu said that all of the donations he raised came from third party individuals.

"I contacted over 100 — you know, basically, anybody that I could contact family friends, friends, you know, from my fencing life, school life, other extracurriculars," he said. "I basically reached out to anybody I could, and I sent them a pledge form, basically asking people to pledge a certain amount of money per point that I score in fencing competitions."

Essentially, Rhyu asked that individuals make donations per point he scored — so if he scored one point, they could donate 10 cents per each point, he used as an example.

He said that he did have a goal in mind while beginning to raise funds — he just had no clue he would raise as much money as he eventually did.

"I didn't know how successful the fundraiser would be. So I started off with the goal of \$10,000. But about like halfway — after a few months of fundraising, I realized that the fundraiser had potential to raise more than that, so I sort of pushed it to \$25,000. And I was able to reach that goal,"

Rhyu said.

Once people learned about the fundraiser and interest was piqued, Rhyu said that he did not have much of a problem receiving donations.

"When I first had the idea in October, I didn't really picture myself actually handing the check over to the organization," he said. "It was just really satisfying when I did because the organization was so happy that someone in high school would really think of their organization and the Korean community and go out of their way to do that. So it was just very satisfying — it was a very satisfying moment."

Rhyu has experience with other sports and extracurricular activities, but fencing is his true passion. He is a junior at St. Albans School, a private school in Washington, D.C., so most of his time is spent between schoolwork and fencing. When he can, he tries to rest.

Han explained that she is excited to stay in touch with Rhyu as the years pass, as she is impressed with his spirit of wanting to help others. "What an example that he can set — that he sets — for youth in our country, in our neighborhood, in our state and county," she said.

BAG TAX
CONTINUED FROM PAGE A1

issues which is why I've proposed ways to do that without taxing our residents."

One of the proposals Herrity made included a program called No Charge, a non-profit out of Augusta County that addresses criminal justice reform for non-violent, first time offenders which was not only successful in cleaning up litter but it also saved taxpayers court costs spent processing offenders. He is also working on providing more places in the country to recycle the bags similar to the purple glass recycling bin program. "When we provide a place to dispose of things correctly and securely, they don't end up in the environment," he said. "Not only are plastic bags highly recyclable, but there is already a market for them in Virginia." Herry explained that many businesses convert recycled bags into new plastic bags, playground parts, benches and decking.

Herry also pushed forward Operation Stream Shield, a highly successful program employing individuals experiencing homelessness while helping the county to keep streams clean through removing litter and non-native invasive plants. From March 2020 to May 2021 the program collected nearly 34,000 pounds of trash from streams, according to Meredith Martinez, policy director on Herry's staff.

In a two-page letter dated September 10, Food Lion Director of Operations Eric Sword outlined the company's objections to imposing the bag tax. "While Food Lion strongly supports responsible stewardship and waste reduction efforts, complying with a patchwork of varying local single-use bag restrictions in the Commonwealth negatively impacts Food Lion's ability to serve our customers," he wrote. Sword said that implementing a tax on plastic bags would increase use of paper bags which are already in short supply. He projected that Food Lion would use more than 4 million paper bags per year, up from 27,600 bags in 2020.

"Just because you can now tax us, doesn't mean you should," Mount Vernon resident Maureen Brody, told supervisors at the hearing. She said they presented three falsehoods regarding the bag tax on their website, the first one which is the claim that plastic bags are polluting our landscapes. "I go out every week to clean our roadsides, because the government doesn't," said Brody. "I rarely find

plastic bags, but when I do I'm happy because I can use them to gather the most common item I find — masks. So that's a fake reason with no data behind it."

The second reason listen on the site claims that the bags are meant for single use. "That's a fallacy. The consumer uses these bags for many other purposes," said Brody. "Moreover, you can recycle thin bags at the store. So your policy here is just upside down." She went on to call their claim that the money collected will be used to fund reduction and education a joke. "The one thing you don't mention is paying to administer the program. It's all half-baked with no purpose and no plan for execution — including enforcement."

Former EPA Administrator Andrew Wheeler, who spoke in opposition of the tax and called it regressive, is also a resident of Fairfax County. "I'm afraid no matter what the good intentions might be on the plastic bag tax proposal, that I have to adamantly oppose the tax," he said. "It is misguided and could ultimately do more environmental harm than good, and taxes like these disproportionately impact low-income families, senior citizens and others on fixed incomes."

Wheeler called the tax an optical band-aid. "Taxes such as these have little to no effect on the problem at hand, and in fact make people incorrectly believe they have solved the recycling problem when they have not," he said. "The heart of the crisis is that as Americans we don't do a good enough job sorting our recycling materials which has led to not enough pure separated waste streams to support new products made from recycled materials." He went on to say that the tax will end up creating a greater carbon impact on the environment through the use of cotton totes and reusable plastic bags. "Solutions such as education programs and more locations to recycle disposable bags will do more to solve our recycling problems," he said, concluding that the high level of taxes is a real problem the board should try to address.

"Residents have seen a 45 percent increase in their taxes over the last decade, inflation is rising at the fastest rate in 12 years, on top of the impacts of the pandemic during which many have lost their loved ones, homes, jobs and businesses," said Herry. "It should go without saying that this is the wrong time for a new tax, especially one that will disproportionately impact people who are already struggling."



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UNSPASH



ADOBE STOCK

Health officials warn of possible measles exposure

No community transmission so far

By Heather Zwicker
FAIRFAX COUNTY TIMES

Northern Virginia health officials are warning residents about possible measles exposure in six locations where Afghan migrants may have come in contact with them. According to local health authorities those locations are Dulles International Airport, Stone Springs Hospital Center, Inova L.J. Murphy Children's Hospital, Inova Fairfax Hospital, Dulles Expo Center and the Crowne Plaza Dulles Airport.

As of September 15, measles cases had been confirmed in six children who traveled through Dulles Airport as part of Operation Allies Welcome (OAW), the U.S. federal government's emergency evacuation of citizens of Afghanistan, according to the Virginia Department of Health (VDH). They said there has been no community transmission thus far. It was noted that the migrants are also tested for COVID-19 upon arrival and if positive, sent to a location to isolate. VDH said they are also using contact tracing which is a standard part of public health response when cases of a contagious disease are identified.

Measles is a highly contagious illness that is spread through coughing, sneezing, and contact with droplets from the nose, mouth or throat of an infected individual. Measles symptoms usually appear in two stages. In the first stage, most people

have a fever of greater than 101 degrees, runny nose, watery red eyes and a cough. The second stage begins around the third to seventh day when a rash begins to appear on the face and spreads over the entire body.

Those who have received both doses of the measles vaccine are protected and do not need to take further action, according to a VDH spokeswoman. Even those who have received only one dose are very likely to be protected and risk is low, she said.

People who have potentially been exposed are receiving preventative treatment as appropriate and public health guidance. "The Health Department is following up with non-federal staff at the facility to assess immunity, and apply preventive treatment," said the spokeswoman. "All the individuals evacuating from Afghanistan receive medical screening and age-appropriate immunizations as part of an immigration exam. VDH is working in close collaboration and coordination with other state and federal agencies as well as local partners to coordinate appropriate public health measures."

The Biden administration confirmed last week flights carrying refugees have been paused as a precaution.

Earlier this week, Senators Tim Kaine (D-Va.) and Mark Warner (D-Va.) co-authored a letter to Department of Homeland Security Secretary Alejandro Mayorkas and FEMA Senior

Response Official Robert J. Fenton, Jr. calling for increased coordination and improved coordination with Virginia localities and institutions assisting the Afghan resettlement mission and to reiterate concerns their offices have fielded regarding resources and the level of support being provided by the federal government. "We remain concerned about the impacts that insufficient coordination and communication have had so far, especially related to health-care operations in Northern Virginia," they wrote.

"We are certainly seeing an increase in patient volume due to a number of factors, however we are here to serve the community and will adjust our workflow in order to ensure the full level of service that our community expects and deserves," said an Inova spokesperson. "We are not restricting or pulling back services in any way, but continue to be very busy." They recommended community members continue to wear a mask, wash their hands and implement other measures to prevent both COVID-10 and other respiratory illnesses.

Residents with additional questions about this measles investigation should contact their local health district; find contact information, here: www.vdh.virginia.gov/local-health-districts. For more information on measles, visit www.vdh.virginia.gov/epidemiology/epidemiology-fact-sheets/measles-rubeola/.

DISTRICT LINES

CONTINUED FROM PAGE A1

The new map would have pushed Barker closer into State Senate District 34 for which Senator Chap Petersen (D-Fairfax) has been its incumbent for four terms. District 34 covers the city of Fairfax ending just outside of Vienna and stretches out past Centerville and Chantilly.

This alternative plan came as a surprise to the commission whose existence was predicated on Virginia voters wanting to prevent this very issue from occurring. Barker explained that the draft map drawn up by the commission's Republican consultant would put him in a very lopsided primary contest with Petersen because most of the redrawn District 39 would fall in much of Petersen's district.

"In a primary situation, the people who have been voting for him... they know him, they don't know me," Barker told the Virginia Mercury. "And basically, in a situation where he has 39 precincts and I have two, there's no contest."

After Barker made his presentation Democratic citizen commissioner Sean Kumar asked why the commission would even allow this in the first place since it runs contrary to its mission.

Fairfax Times contacted Petersen for comment on the situation and he avowed his support for the commission and expressed his thankfulness that people are willing

to work on this issue and that because of the large workload was glad that he wasn't a part of the process.

"I don't have a strong opinion when it comes to redrawing the districts, I represented the 34th for four terms," said Petersen. "I'm somewhat agnostic on what happens, I don't have any criticisms and am thankful for the people that are doing this."

Petersen also said he had no awareness of the situation until he had read about it himself. According to Petersen the latest map of a redrawn 34th district goes south towards Fairfax Station and Clifton instead of west towards Centerville as it's currently drawn.

Mackenzie Babichenko, the commission's Republican co-chair, said he would consider Barker's map as a comment and would have no impact on the commission unless they decided to do something with it.

When discussing the matter with the Virginia Mercury after the meeting, Barker disputed that his comment was all about his own self-interest and would have done it for any senator regardless of the party had they been impacted. Barker did state that in this case, he happened to be the one who would feel the impact of such a decision.

Although the commission has access to the data which shows where all 140 members of the General Assembly live, they have yet to incorporate that information into their process. The maps

for districts in Northern Virginia are being drawn from scratch and without that information, the result is that some districts are drawing multiple incumbents into the same district while other districts are left without incumbents which isn't sitting well with Northern Virginia Democrats.

One member of the commission, Senator Marcus Simon (D-Fairfax), was left with no incumbents as a result of the redistricting. Simon caused an uproar when suggested that partisanship may be involved in deciding who gets paired with who especially in areas where Republicans can't in his words "control the political outcome."

"I'll just be very frank about it," Simon said during the meeting. "If I were a Republican drawing Northern Virginia, my goal would be to duplicate as many incumbents as possible."

Republican Citizen Commissioner Richard Harrell objected to Simon's comments calling them out of order. Simon shot back at Harrell questioning his presence at the meeting but apologized later acknowledging Harrell's right to be in the meeting. Simon stated his reason for the outburst was that Harrell addressed him directly rather than addressing the commission's chairs per General Assembly decorum.

Harrell declined to comment to Fairfax Times about the exchange or on the business of the commission itself.

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OPINION

NoVA Chamber of Commerce: show us your papers!

Dear Editor,

On September 28, the Northern Virginia Chamber of Commerce will host a Top of the Ticket Gubernatorial Debate between Glenn Youngkin and Terry McAuliffe. Virginians are invited to attend in person or by watching online.

If you want to attend in person, the Chamber requires that you "be fully vaccinated. All attendees will be asked to provide their physical COVID-19 vaccine card, a photo of vaccination card, or Health Pass by CLEAR."

So, if you have recovered from COVID-19, have active antibodies and no need for a COVID vaccination, you will be excluded intentionally from the event.

As we learn more and more about this virus, studies are showing that people who

have recovered from the illness are better protected by their own antibodies than are people who have been given the "jab." According to Dr. Marty Makary, professor at Johns Hopkins University School of Medicine, this is "because with natural immunity, the body develops antibodies to the entire surface of the virus, not just a spike protein constructed from a vaccine." Some studies have shown that natural immunity gives a 6.7 - 13 times greater level of protection against reinfection (including virus variants).

Dr. Makary says, "Requiring the vaccine in people who are already immune with natural immunity has no scientific support." <https://www.usnews.com/news/national-news/why-covid-19-vaccines-should-not-be-required-for-all-americans>

There are countless Americans who have had COVID-19, and many don't even know they had it. They have antibodies, too.

COVID-19 antibody testing is available (\$29.99 at Giant Pharmacy, for example). The test is designed to detect antibodies acquired through natural infection. It is not designed to measure antibody levels promoted by the vaccine.

Why is it that neither the federal government nor Governor Northam's Administration acknowledges people with natural immunity to COVID-19? Why do they continue to dictate that all people must get the "jab," and at alarmingly younger and younger ages?

Why isn't there greater pushback against these government dictates? Scientific data from the last

year and a half do not support compelling all Americans to get the jab, which first was promised to protect against the virus, and now is showing to be less effective. In fact, there is some concern that the COVID vaccines are "leaky," meaning they may be causing the virus to replicate and/or mutate and spread.

Fear-inducing soundbites have wrecked havoc on civil, rational discourse about a likely engineered virus that spread around the world. It remains true that most people without underlying medical conditions will survive infection with COVID-19. Therapeutics are available and can treat infection successfully. Vitamins D and Zinc also help to ward off infection.

We need government and community leaders who will promote a rational understanding of how

civil society lives with the COVID-19 virus until it weakens out of existence. There is no magic bullet to ridding ourselves of this malady, and it is time for these elected and community officials to stop acting as if a shot and multiple boosters are the only way out of this mess.

I call on the Northern Virginia Chamber of Commerce (NVCC) to end its policy that discriminates against people who have natural immunity against COVID-19, and to cease dividing our community between the vaccinated and the unvaccinated.

As the largest Chamber in the Greater Washington, DC, Metropolitan Region, the NVCC bears a weighty responsibility to the nearly 500,000 employees it represents. It's time for the organization to lead by

example and to question both the validity and the safety of requiring Northern Virginia residents to submit to mandatory shots, especially when the efficacy of those shots is still in question, and at a time when employees may lose their jobs if they do not submit to the unsubstantiated mandate.

The Chamber can begin by welcoming people with natural COVID-19 immunity to the September 28 Gubernatorial Debate.

Note: Last week, I called Julie Coons, President and CEO of the NVCC, asking her about allowing people with natural COVID-19 immunity to attend the upcoming debate. She has not returned my call.

Catharine Trauernicht
McLean, VA

Help make redistricting better

Dear Editor,

Fairfax County residents have an opportunity to help make redistricting better. By law, redistricting is supposed to preserve communities of people living in an area who share similar social, cultural, and economic interests. The definition of what constitutes a "community of interest" is open to interpretation. And in a diverse, dynamic region such as Northern Virginia, a bottom-up approach to defining communities of interest is best. Those who live in these communities

have the best sense as to their boundaries and shared interests.

Fortunately, the Virginia Redistricting Commission is soliciting suggested communities of interest. Fairfax County residents should do their part by visiting virginiaredistricting.org and clicking on "Submit Your Community of Interest" to participate in this endeavor.

Not every community of interest will be fully accommodated. The Virginia Redistricting Commission has other mandatory considerations and ideas of what communities of interest

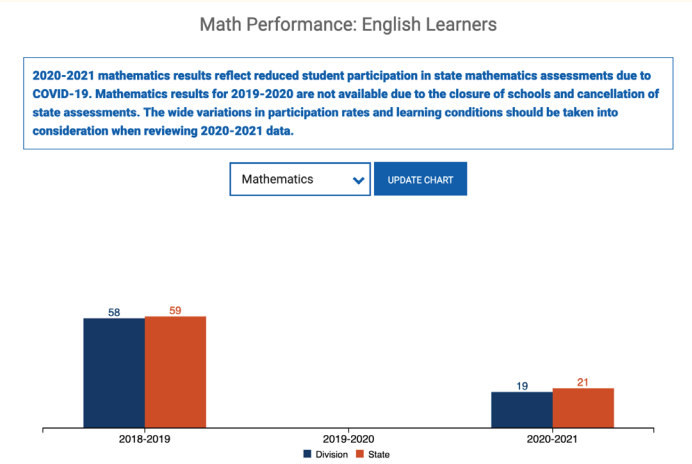
exist will likely conflict. But by taking a few minutes to draw boundary lines on a map and describe the community in that boundary, each of us can play a vital role in giving voice to our communities and informing the commissioners of our perspectives. This will ensure that our new redistricting process can successfully strengthen the legitimacy of the Virginia General Assembly as a representative lawmaking body and fulfill the lofty goals of the Virginia Redistricting Commission.

Jason Morgan
Vienna, VA

Quarantine and our students

Some seniors in Fairfax County Public Schools missed their last first day of high school. A coach on their sports team caught COVID and the health department sent everyone home to wait while they started contact tracing. Elementary students experienced two days of school and then went on a pause as an entire class. Once contact tracing is completed, identified contacts will be home for 14 full days from their last exposure. Across Fairfax these over-cautious quarantines are depriving many healthy kids of classroom time. We are worried about a third disrupted year of school. Current second graders have never had a full educational year. 2019-2020 was cut short and hours were reduced in 2020-2021. How much of this year will quarantines disrupt?

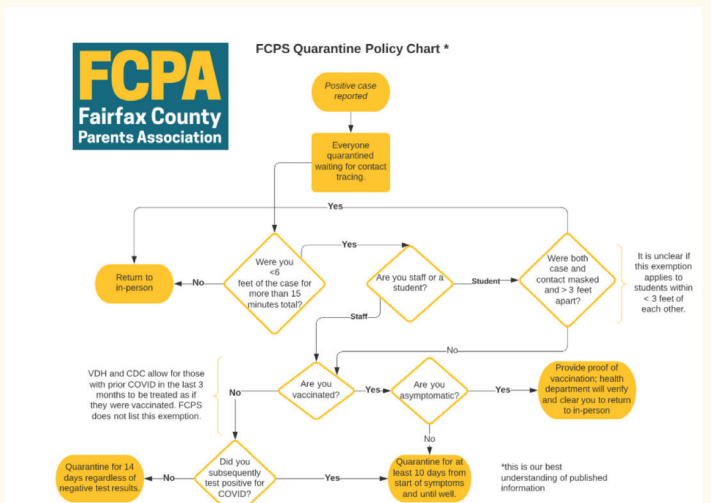
It has become abundantly clear that students did not learn as much during school closures as they usually do. This disproportionately impacted students who were already disadvantaged. The Virginia Department of Education recently released school quality reports for 2021-2022. Overall 15 percent fewer Fairfax County students passed Mathematics SOL tests. The change jumped drastically for English language learners and economically disadvantaged students. Only 19 percent of English language learners passed a math SOL in Fairfax County in 2021.



SOURCE: THE VIRGINIA DEPARTMENT OF EDUCATION SCHOOL QUALITY PROFILES

Repeated quarantines of healthy children will be worse than remote schooling. Not only will students not be able to accelerate through unfinished learning into new content, but they will fall behind even more. Many of the plans for quarantine learning are even worse than synchronized virtual learning: e.g., slides posted online and packets of worksheets picked up from school so that students will teach themselves. The most disadvantaged will again be harmed most.

Local school districts and health departments have created these processes in order to stop COVID spread in schools. But the best of intentions has created an unexpected behemoth. The quarantine process is so complex that parents are left confused and unsure how to navigate their children out of quarantine. To remedy this, the Fairfax County Parents' Association created this flowchart:



SOURCE: THE FAIRFAX COUNTY PARENTS ASSOCIATION

Importantly, we note that students sent home to quarantine will not always be able to stay home with a caregiver. When all adults need to work, the quarantined children may have a patchwork of childcare situations leading to increased community spread. As the world learned last year, keeping kids in controlled environments reduces COVID spread. We need to use ways to keep kids in school as much as possible, and safely.

In Utah, Massachusetts, the San Francisco Bay, and other places, an innovative solution out of this quandary has been found. When a positive case is reported, contacts are offered the option of rapid testing and symptom monitoring instead of quarantine. Healthy kids, which are the vast majority of so-called "close contacts", can continue in-person learning while the rapid tests help prevent any further spread.

A study in the United Kingdom showed that in-school COVID spread was similar in schools quarantining contacts and in those using this "test-to-stay method." The benefit resulting from the latter approach - the number of in-person instructional days salvaged -- was immense. For example 13 high schools in Utah piloted test and stay and saved approximately 109,752 in-person instruction student-days, according to the CDC.

DMV-area public school children have experienced so much disruption and atypical learning since March of 2020. They are going to school wearing masks, submitting to screening tests, and so much more in the name of public health. For the children's sake we need to stop unnecessary quarantines. Healthy children should always have access to school. Test-to-stay is one way to get us there safely.

Fairfax County Parents Association



Cardiac Surgery Team

Front Row (L-R) Michael Fiocco, MD, Abeel A. Mangi, MD, Ezequiel J. Molina, MD
Back Row (L-R) Jeffrey E. Cohen, MD, Ammar S. Bafi, MD, Christian C. Shults, MD, Brian T. Bethea, MD, Ricardo O. Quarrie, MD, Hiroto Kitahara, MD

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OPINION

Say no to collective bargaining

Dear Editor,

Did you know that Democrats on the Board of Supervisors are getting ready to authorize collective bargaining with government unions in Fairfax County? It is often said that "all politics is local." Well, nothing is more local than this. Collective bargaining is now by far the single greatest threat to our county's future - it would significantly degrade government services over time, even as the costs for those services would soar.

If you doubt that collective bargaining is a raw deal, just look to heavily unionized California or New Jersey as case studies. Both states are now drowning in public debt, notwithstanding exorbitantly high taxes - but are their governments better? Are their roads smoother? Both California and New Jersey are notoriously high cost-of-living states that are saddled with corruption as government unions call the shots.

Until recently, both Democrats and Republicans in Virginia understood that strong government unions are antithetical to economic vitality and good, honest government. Then-Governor Doug Wilder, a Democrat, signed a 1993 law that rightly banned government-sector collective bargaining throughout Virginia.

Following the Virginia Democrats' takeover of the legislature last year, new legislation gave counties the authority to decide whether to allow government-sector collective bargaining or not. In Fairfax County, elected

officials now seem poised to empower union officials, to the detriment of everyone else.

Make no mistake: collective bargaining invariably means a government of the unions, by the unions, and for the unions. The rest of us would be made to suffer - and then be stuck with a hefty bill in the end. Our county board, at least in theory, has a fiduciary responsibility, first and foremost, to county taxpayers. Authorizing collective bargaining would be a gross violation of that responsibility.

With a Democrat majority on the county board, it might feel like the fix is already in - but in reality, it's not yet too late. A groundswell from concerned residents could still dissuade the Board from hanging this albatross on the necks of county taxpayers - just as residents defeated the hated "meals tax" a few years ago.

It is time for county residents to band together and head off this latest threat. As a first step, concerned citizens should write to collectivebargaining@fairfaxcounty.gov, and encourage their friends and neighbors to do the same. Contact information for individual county supervisors may be found at fairfaxcounty.gov/boardofsupervisors - let them know where you stand on this proposal that would impact our county for many decades to come.

Steve Knotts - Chairman of the Fairfax County Republican Committee, the Republican Party of Virginia's largest political unit.

A call to censure and remove Abrar Omeish

Dear Fairfax County School Board Members,

On the eve of the 20th anniversary of 9/11, the single greatest terrorist attack on the home soil of the United States of America, the Fairfax County School Board entertained a resolution for a moment of silence to honor the victims who died that day in New York City, Shanksville, Pa., and the Pentagon, those who suffered injuries, and the first responders who rushed to save lives.

In a county with one of the nation's largest populations of veterans, military personnel, and federal civilian employees, we expected that such a resolution would be unanimously supported without debate.

As citizens and families watched horrified, however, the cruel and hostile words of your fellow School Board Member Abrar Omeish emanated from the dais. With an established history of anti-Semitic rhetoric and inexplicable decisions to use phrases like remember "jihad" in a recent graduation speech, Ms. Omeish has long-demonstrated a concerted effort to use her position to spread her radical ideology instead of performing her duties as a member of a governing board meant to serve the education needs of the children and their families in Fairfax County.

Ms. Omeish's shocking claims that a resolution for a moment of silence for the 9/11 victims was not "anti-racist" and that the resolution failed to address "state-sponsored traumas" was as tone-deaf as it was patently anti-American and callous to the pain of a nation mourning a tragedy 20

years later.

Ms. Omeish unbelievably went further, attempting to take her own well-publicized traffic incident, when she repeatedly failed to produce her license and registration, then refused to exit the vehicle, in compliance with a police officer's direction and tie it -- as "one of the most traumatic experiences" of her life -- to the "pain and trauma" of the victims of the 9/11 terrorist attack.

The events of September 11, 2001, were not "jarring," as Ms. Omeish off-handedly minimized. That day witnessed a brutal terrorist attack by Muslim extremists that resulted in the murder of 2,977 people, the injury of more than 6,000 others, plus the deaths of countless first responders who have since succumbed to 9/11-related cancers and diseases. It is unfathomable that Ms. Omeish's focus was to use a national tragedy to put forward her political grievances. Our county sits in the very shadow of the nation's Capitol and the Pentagon, two of the three targets of the terrorists' attack.

Ms. Omeish embodied profound cultural incompetence from the School Board dais Thursday evening, even as she asserted: "I vote against this today because our omission of these realities causes harm. We are elevating a traumatic event without sufficient cultural competence".

As Fairfax County School Board Members, you must immediately issue a public statement separating yourselves from the hateful and callous rhetoric of your colleague and hold Ms. Omeish accountable for her words and actions, once and for all.

We call for you to 1) immediately censure Ms. Omeish, 2) strip her of all roles assigned by the Chairman, and, 3) to the extent allowed by law, terminate all of Ms. Omeish's responsibilities assigned by the Board.

That which you tolerate, you proliferate. If you do not affirmatively disavow Omeish's words and conduct, you are complicit in promoting her hateful and culturally repugnant stance. This letter is a project of Beacons United, a grassroots network shining a light for accountability.

*Sincerely,
Army of Parents*

Chinese American Parents Association of Northern Virginia

Coalition for TJ

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Hispanics for STEM

Muslim Reform Movement

National Society for the Advancement of Black Americans

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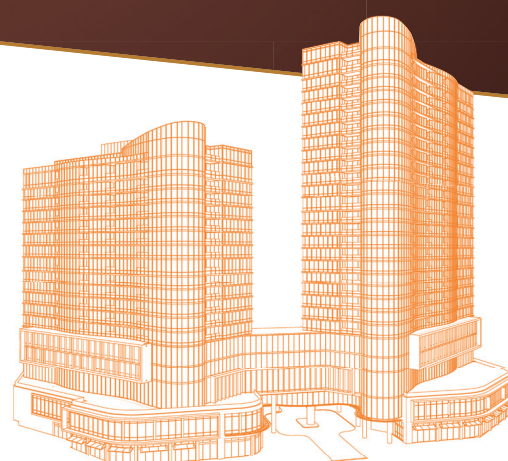
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Stronger Memory program launches on World Alzheimer's Awareness Day

By Rick Horner
FAIRFAX COUNTY TIMES

Goodwin House, a senior living and health care services organization based in the Washington D.C. area, will unveil a new program on World Alzheimer's Awareness Day (September 21) designed to help those affected by the disease.

The program known as Stronger Memory is a curriculum designed to stimulate the brain, specifically the prefrontal cortex, in order to help patients with Alzheimer's to retain their cognitive control functions.

According to Dr. Catherine Tompkins, a professor at George Mason University's College of Health and Human Services, the prefrontal cortex plays a major role in cognitive control functions influencing attention, impulse inhibition, prospective memory, and cognitive flexibility.

Tompkins has studied Alzheimer's Disease and other related dementias for 13 years and has worked with the Goodwin House and Mason's Gerontology Research Team for nearly a year to develop the curriculum.



UNSPASH

"My career began with exploring the needs of the direct care workforce and what knowledge and skills are imperative to provide quality of care to frail older adults. Over the years my career has evolved, and I am now a part of a gerontology team examining the impact of non-pharmacological interventions on older adults and their care partners faced with normal aging challenges, mild cognitive impairment, and dementia," said Tompkins.

In the Stronger Memory curriculum, participants spend approximately 20 to 30 minutes daily engaged in reading, writing, and simple math activities. The program was developed by Goodwin

House President and CEO Rob Liebreich after his own mother started showing signs of mild cognitive impairment.

The program is similar to other non-pharmacological treatments that the Gero Research Team participates in such as TimeSlips. TimeSlips is a group storytelling intervention designed to help stimulate socializing for people with dementia. The Gero Team also participates in Telestories which takes the same approach but brings it to individuals outside of the group.

"Participants may not notice any cognitive changes but are motivated to participate in the program often

because of fears related to receiving a diagnosis of dementia or because of family and friends encouraging their participation. Other participants may be experiencing normal aging cognitive changes, mild cognitive impairment, or maybe challenged with a diagnosis of Alzheimer's disease or related dementia. Like the other non-pharmacological interventions that the Mason Gero Research team studies, we are beginning to explore the impact of Stronger Memory on cognitive functioning, memory, and life satisfaction," said Tompkins.

As Tompkins and the Gero Research Team continue to study the effects

that Stronger Memory has in helping to retain cognitive control function they hope to offer the program to more older adults who may be experiencing Alzheimer's and other forms of dementia.

Goodwin House will officially launch the Stronger Memory program with the premiere of a public service announcement featuring U.S. Senator Mark Warner (D-Virginia). Warner is a co-chair of the Bipartisan Congressional Task Force on Alzheimer's Disease along with Senator Susan Collins (R-Maine). The task force has worked to advance research and public awareness of Alzheimer's and other forms of dementia since its founding in 1999.

Other members of the task force include U.S. House of Representatives Co-Chairs Maxine Waters (D-California) and Chris Smith (R-New Jersey), Senator Ed Markey (D-Massachusetts), and Senator Pat Toomey (R-Pennsylvania).

The event will also feature both Liebreich and Tompkins who will speak on the impact of the Stronger Memory Program. Alexandria Mayor Justin

Wilson will also speak about the program. Alexandria was designated a dementia-friendly city by Dementia Friendly America, a national network of communities, organizations, and individuals that seek to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers.

World Alzheimer's Awareness Month was established to raise awareness of the disease and challenge the stigma surrounding those with dementia. The month also coincides with World Alzheimer's Day which happens September 21.

Increasing the awareness of this disease is more important than ever as the population ages," said Tompkins. "The Social Work Department at George Mason is committed to raising awareness about Alzheimer's disease throughout the year and welcome World Alzheimer's Awareness Month as an opportunity to spotlight the research and practice in this field. While we've learned so much about Alzheimer's disease, there is much urgent research to be done in this field."

Are artificial sweeteners healthy?

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Artificial sweeteners, or sugar substitutes, are chemicals added to some foods and beverages to make them taste sweet.

Eating something sweetened with an artificial sweetener won't by itself cause your glucose levels to spike. That's because these artificial sweeteners don't actually contain glucose; they just stimulate your sweet receptors so you get the taste without the calories.

And while that sounds great, studies suggest these sweeteners can have metabolic consequences, influencing your body's ability to process glucose and insulin over time, and even contributing to obesity.

The science on these substances is extensive but complex and often contradictory. So let's break down what we know and what you can do about it.

Common artificial sweeteners

There are three categories of non-sugar sweeteners: artificial, natural, and sugar alcohol. Artificial are the most familiar—as many as 40 percent of adults consume them—and the most studied. These include:

- Saccharin (Sweet 'N Low)
- Sucralose (Splenda)
- Aspartame (NutraSweet, Equal)
- Acesulfame Potassium, or Ace-K (Sweet One)

Natural sweeteners also provide taste without calories but are derived from plants or fruit. Stevia is the most prevalent, but you may also see monk fruit or yacon syrup.

Sugar alcohols like xylitol and erythritol are found naturally as well. Unlike the others, these have some calories, but no nutritional value, so they're sweeter

than sugar.

Will sweeteners raise my glucose or insulin?

Although dumping a pack of Splenda in your coffee won't immediately spike your blood sugar, researchers have identified a few ways they can have a metabolic effect on your body.

One has to do with your gut microbiome, the collection of bacteria, viruses, and fungi in your stomach that helps process food. We know there are links between bacteria composition and conditions like obesity, insulin resistance, and diabetes. And we know that artificial sweeteners can affect the gut's makeup. In one study, mice fed saccharin, sucralose, or aspartame for 11 weeks showed changes to the bacteria in their gut and elevated blood sugar. When researchers transferred the altered bacteria to other mice, those mice also developed high blood sugar.

The study suggested a similar effect in humans. Researchers found gut bacteria from people who ate a lot of sweeteners looked different from people who didn't. And when they transplanted that sweetener-modified human bacteria into mice, those mice developed high blood sugar. What we don't know is the exact way that sweeteners change the microbiome, and if that change in fact causes metabolic conditions.

Another notion is that these artificial sweeteners break the association between sweet taste and caloric consequences—a connection our bodies have spent millennia developing. So, for example, when something sweet hits your tongue, your body releases insulin (known as a cephalic response). If an artificial sweetener triggered that response, your body then has no glucose to process, which could lead to excess insulin. The actual mechanisms at play are much more complicated—involving multiple signaling pathways and

hormones—and researchers haven't yet found the smoking-gun link to metabolic conditions.

A more recent idea revolves around the fact that we actually have sweet taste receptors in our gut. Research shows that sweeteners can trigger these receptors and cause the release of certain glucose-related hormones, but it's so far not clear that this causes a change in blood sugar in humans.

What's more, artificial sweeteners may unfavorably alter metabolic hormones. Research in rats has shown that artificial sweetener consumption can cause a decrease in the release of hormone GLP-1, which is involved in appetite regulation and blood sugar. When GLP-1 is low, it can promote increased food intake and high blood sugar, and over the long term, may increase the risk of diabetes and cardiovascular disease.

It's also important to note that many studies in humans have shown an increase in body weight associated with artificial sweetener use.

What about natural sweeteners?

Here's some potentially good news: Studies suggest stevia may not suffer these same drawbacks. In one, test subjects showed lower levels of glucose and insulin after a meal when they ate stevia first compared to people who ate sucrose or aspartame. Other research has even shown it can lower blood sugar in diabetics. (Though other studies disagree.) Similarly, sugar alcohols seem not to show negative metabolic effects—they can, however, cause digestive issues at high doses.

Make sure you are reading the ingredient labels of everything you consume, including mints, gum, and beverages because artificial sugars tend to linger there. Products that claim "zero-sugar" or "sugar-free" are signs of artificially sweetened products.

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Westfield beats Marshall in a nail-biting finish

By Michael Marrow
FAIRFAX COUNTY TIMES

It was the first Friday night since fall 2019 that fans could pack the stands at Westfield High School to watch varsity football, and the gridiron action did not disappoint.

A close game for four quarters concluded in a nail-biting finish, with the Westfield Bulldogs successfully defending their home turf against the Marshall Statesmen in overtime.

Following a somber moment of silence for the 20th anniversary of the September 11 attacks, kickoff came just after 7 p.m. with the Statesmen receiving. After an uneventful first drive forced Marshall to punt, the Statesmen quickly recovered the ball when the Bulldogs fumbled during their first set of downs. A touchdown by Marshall put the Statesmen in the lead for a score of 7-0.

Westfield nearly tied it up before the end of the first quarter after a longshot end zone pass was called back due to an offensive penalty. As the Westfield marching band jammed to the tune of "Livin' On a Prayer" to start the second quarter, the Bulldogs punched it in for a touchdown. The score remained 7-7 at halftime.

Meanwhile, a jubilant Westfield student section known as the "Dog Pound" was filled to the brim, with students eager to exile peers whose enthusiasm was lacking. "You better cheer, and if you don't you should leave because we don't want you," a student shouted from within the crowd early in the game. Another student near the front brandished a sign facing toward fellow students that read "Get Loud Or Get Out."

Westfield students Sophia McMurrer and Avery Sawyer, who were among several students sporting leis and aloha shirts for the Dog Pound's "Hawaiian Out" theme for the night, told the Fairfax Times they were thankful to be back following the easing of pandemic restrictions. "The year off was terrible," Sawyer lamented, both noting that their newfound senior status and return to football games enabled them to revive traditions. "We're seniors now, and it's fun to be in the front and yell at all the freshmen," McMurrer said.

A handful of Marshall students traversed the county to support their team as well with a theme of red, white, and blue colors, who similarly said that the return to normalcy has been liberating. "It's a big relief," sophomore Rania Hamed said. "It actually feels like we can be a Marshall community again," added sophomore Tallulah Drivet.

After the start of the second half, a huge touchdown run by Westfield running back Jahmari Nelson put the Bulldogs in the lead, though a botched extra point attempt left the score at 13-7. A steady Statesmen march

culminated in a touchdown early in the fourth quarter, but after Westfield blocked Marshall's extra point, the game was again tied for a score of 13-13.

The end of regulation came down to the wire, as a Statesmen touchdown with just under seven minutes remaining gave the Bulldogs a narrow window to tie the game back up. A foul by Marshall breathed new life into a scoring drive for the Bulldogs, which resulted in a Westfield touchdown with just over a minute remaining and a tie game once again for a score of 20-20. Two big consecutive plays by Marshall then put the Statesmen in striking distance, but an offensive penalty with seconds left on the clock pulled them back. The two teams then prepared to battle in overtime.

Marshall began with the ball but was eventually forced to attempt a field goal that was no good. That put the Bulldogs in a confident position since either a touchdown or a field goal would clinch the game. It ended up being the former, as Nelson carried the ball into the end-zone for Westfield, prompting an ebullient roar from the Dog Pound. The final score was 26-20, making both teams 2-1.

As the crowd petered out, Frank Giancola, who has helped run concessions at Westfield since 2002, said the return of the football season has been "awesome." He noted that the resumption of football games and concession sales restored a critical funding source for the booster club that supports the school's athletic programs and that a haul from one home varsity football game can bring in anywhere from \$3,000 to \$7,000. "We have a great time here," Giancola said.

Westfield principal Antonio DiBari, who assumed his role in March, said that everyone was ecstatic to be back following some initial apprehension about how the return to in-person activities would work. He said students and faculty have been "phenomenal" with mask-wearing in classrooms, one of several key steps that makes the return possible. "It's good to have them back," DiBari said.

At halftime, he had prophetic words for the Bulldogs. "We're generally a second-half team," DiBari reasoned, sounding cautiously optimistic. "I'm excited, I think we have a good shot."

Here's the roundup for week three of Friday night lights in Fairfax County:

Annandale at Lewis

The Annandale Atoms defeated the Lewis Lancers, who was narrowly spared a shutout loss. The final score was 42-2. Annandale is 1-2 and Lewis is 0-2.

Langley at Oakton

The Oakton Cougars continued their winning streak with a victory over the Langley Saxons. The final score was 34-15. The Cougars are 3-0 and the Saxons are 0-3.

West Potomac at Colonial Forge

The West Potomac Wolverines suffered their first loss of the season to the Eagles of Colonial Forge. The Eagles climbed to a lead of 21-3 at halftime and held on until the end. The final score was 34-17. West Potomac is 2-1 and Colonial Forge is 1-1.

Washington-Liberty at Chantilly

The Chantilly Chargers won out against the Washington-Liberty Generals. Chantilly's victory started a winning streak for the Chargers and extended a losing one for the Generals; Chantilly is now 2-0 and Washington-Liberty is 0-3. The final score was 37-6.

Centreville at Mount Vernon

The Mount Vernon Majors were shut out on their home turf by the Centreville Wildcats. Despite several promising plays, the Majors failed to capitalize on any of their drives. The final score was 42-0. The Wildcats are 2-1 and the Majors are 1-2.

McLean at Edison

The McLean Highlanders edged out the Edison Eagles for their first win of the season. The final score was 16-13. McLean is 1-2 and Edison is 0-3.

FCA at Thomas Jefferson

The Jefferson Colonials defeated the FCA Bucks. The final score was 27-14. The Colonials are 2-0 and the Bucks are 0-2.

Robinson at Justice

The Robinson Rams trounced the Justice Wolves. The Rams opened up a comfortable lead with three touchdowns in the first quarter and stayed in control for the remainder of the game. The final score was 57-0, making the Rams 3-0 and the Wolves 1-2.

Woodson at Wakefield

The Woodson Cavaliers fell to the Wakefield Warriors 28-14. A bruising first half for Woodson resulted in an insurmountable lead for the Warriors, who held the Cavaliers to two touchdowns in the second half. Woodson is 0-2 and Wakefield is 1-2.

Hayfield at Falls Church

The Hayfield Hawks bested the Falls Church Jaguars. A scoreless first quarter gave way to a gradually widening Hayfield lead lessened only by a single Jaguars touchdown in the third quarter. The final score was 27-7. Hayfield is 1-2 and Falls Church is 0-3.

Yorktown at Madison

The Madison Warhawks shut out the Yorktown Patriots during their second home game of the season. The final score was 41-0. Both teams are 2-1.

The South Lakes Seahawks were scheduled to play at Herndon, but an outbreak of Covid-19 among the Hornets forced the game to be postponed.

Fairfax, Lake Braddock, West Springfield, and South County had a bye week. Fairfax is 2-0, Lake Braddock is 1-1, West Springfield is 2-0 and South County is 1-0.



Westfield vs. Marshall

7News Sports Team



Chantilly vs. Washington Liberty

7News Sports Team

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SPECIAL ADVERTISEMENT FEATURE

DC, MD and VA residents scramble to get last Walking Liberty Rolls

TRI-STATE - Once Tri-State residents got wind that Tri-State State Restricted Bank Rolls filled with Silver Walking Liberties dating back to the early 1900's were being handed over, there was a mad dash to get them. That's because some of these U.S. Gov't issued silver coins are already worth hundreds in collector value.

"It's like a run on the banks. The phones are ringing off the hook. That's because everyone is trying to get them before they're all gone," according to officials at the National Mint and Treasury who say they can barely keep up with all the orders.

In fact, they had to impose a strict limit of 4 Tri-State State Restricted Bank Rolls. So, if you get the chance to get your hands on these State Restricted Bank Rolls you better hurry because hundreds of Tri-State residents already have and

you don't want to miss out.

You see, the U.S. Gov't stopped minting these Silver Walking Liberties in 1947 and there can never be any more which makes them extremely collectible.

And here's the best part. The rolls are unsearched so there's no telling how much they could be worth in collector value.

That's why at just the \$39 state minimum set by National Mint and Treasury it's a deal too good to pass up.

But you better hurry because these Tri-State State Restricted Bank Rolls are the only ones known to exist and Tri-State residents are grabbing them up as fast as they can.

That's because they make amazing gifts for children, grandchildren and loved ones. Just imagine the look on their face when you hand them one of the State Restricted Rolls — they'll tell everyone they know what you did for them.



■ **GOT 'EM:** Residents all across Tri-State who get their hands on these State Restricted Silver Walking Liberty Bank Rolls are definitely showing them off. That's because they are the only ones known to exist. And here's the best part, these Bank Rolls are loaded with U.S. Gov't issued Silver Walking Liberty coins some dating back to the early 1900's and worth up to 100 times their face value so everyone wants them.

Last State Restricted Silver Walking Liberty Bank Rolls go to Tri-State residents

Tri-State residents get first dibs on last remaining Bank Rolls loaded with U.S. Gov't issued Silver Walking Liberties dating back to the early 1900's some worth up to 100 times their face value for the next 2 days

► **STATE DISTRIBUTION:** A strict limit of 4 State Restricted Bank Rolls per DC, MD and VA resident has been imposed

TRI-STATE - "It's a miracle these State Restricted Bank Rolls even exist. That's why Hotline Operators are bracing for the flood of calls," said Laura Lynne, U.S. Coin and Currency Director for the National Mint and Treasury.

For the next 2 days the last remaining State of Tri-State Restricted Bank Rolls loaded with rarely seen U.S. Gov't issued Silver Walking Liberties are actually being handed over to Tri-State residents who call the State Toll-Free Hotlines listed in today's newspaper publication.

"I recently spoke with a numismatic expert in United States of America coins and currency who said 'In all my years as a numismatist I've only ever seen a handful of these rarely seen Silver Walking Liberties issued by the U.S. Gov't back in the early 1900's. But to actually find them sealed away in State Restricted Bank Rolls still in pristine condition is like finding buried treasure. So anyone lucky enough to get their hands on these Bank Rolls had better hold on to them,'" Lynne said.

"Now that the State of Tri-State Restricted Bank Rolls are being offered up we won't be surprised if thousands of Tri-State residents claim the maximum limit allowed of 4 Bank Rolls per resident before they're all gone," said Lynne.

"That's because after the Bank Rolls were loaded with 15 rarely seen Silver Walking Liberties, each verified to meet a minimum collector grade of very good or above, the dates and mint marks of the U.S. Gov't issued Silver Walking Liberty Half Dollars sealed away inside the State of Tri-State Restricted Bank Rolls have never been searched. But, we do know that some of these coins date clear back to the early 1900's and are worth up to 100 times their face value, so there is no telling what Tri-State residents will find until they sort through all the coins," Lynne went on to say.

And here's the best part. If you are a resident of the state of Tri-State you cover only the \$39 per coin state minimum set by the National Mint and Treasury, that's fifteen rarely seen U.S. Gov't issued Silver Walking Liberties worth up to 100 times their face value for just \$585 which is a real steal because non state residents must pay \$118 per coin which totals \$1,770 if any coins remain after the 2-day deadline.

The only thing Tri-State residents need to do is call the State Toll-Free Hotlines printed in today's newspaper publication before the 2-day order deadline ends.

"Rarely seen U.S. Gov't issued silver coins like these are highly sought after, but we've never seen anything like this before. According to The Official Red Book, a Guide Book of United States Coins many Silver Walking Liberty Half Dollars are now worth \$40 - \$825 each in collector value," Lynne said.

"We're guessing thousands of Tri-State residents will be taking the maximum limit of 4 Bank Rolls because they make such amazing gifts for any occasion for children, parents, grandparents, friends and loved ones," Lynne continued.

"We know the phones will be ringing off the hook. That's why hundreds of Hotline Operators are standing by to answer the phones beginning at 8:30 am this morning. We're going to do our best, but with just 2 days to answer all the calls it won't be easy. So make sure to tell everyone to keep calling if all lines are busy. We'll do our best to answer them all." Lynne said.

The only thing readers of today's newspaper publication need to do is make sure they are a resident of the state of Tri-State and call the National Toll-Free Hotlines before the 2-day deadline ends midnight tomorrow. ■

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FACTS:

HOW TO CLAIM THE LAST STATE RESTRICTED BANK ROLLS

If you are a Tri-State State Resident read the important information below about claiming the State Silver Bank Rolls, then call the State Toll-Free Hotline at 8:30 am: **1-800-979-3771 EXT: RWB2077**

Are these Silver Walking Liberties worth more than other half dollars:

Yes. These U.S. Gov't issued Silver Walking Liberties were minted in the early 1900's and will never be minted again. That makes them extremely collectible. The vast majority of half dollars minted after 1970 have no silver content at all and these Walking Liberties were one of the last silver coins minted for circulation. That's why many of them now command hundreds in collector value so there's no telling how much they could be worth in collector value someday.

How much are State Restricted Walking Liberty Silver Bank Rolls worth:

It's impossible to say, but some of these U.S. Gov't issued Walking Liberties dating back to the early 1900's are worth up to 100 times the face value and there are 15 in each Bank Roll so you better hurry if you want to get your hands on them. Collector values always fluctuate and there are never any guarantees. But we do know they are the only Tri-State State Silver Bank Rolls known to exist and Walking Liberties are highly collectible so anyone lucky enough to get their hands on these Silver Bank Rolls should hold onto them because there's no telling how much they could be worth in collector value someday.

Why are so many Tri-State residents claiming them:

Because they are the only State Restricted Walking Liberty Silver Bank Rolls known to exist and everyone wants their share. Each Bank Roll contains a whopping 15 Silver Walking Liberties dating back to the early 1900's some worth up to 100 times their face value. Best of all Tri-State residents are guaranteed to get them for the state minimum set by the National Mint and Treasury of just \$39 per Silver Walking Liberty for the next two days.

How do I get the State Restricted Walking Liberty Silver Bank Rolls:

Tri-State residents are authorized to claim up to the limit of 4 State Restricted Walking Liberty Silver Bank Rolls by calling the State Toll Free Hotline at **1-800-979-3771 Ext. RWB2077** starting at precisely 8:30 am this morning. Everyone who does is getting the only State Restricted Walking Liberty Silver Bank Rolls known to exist. That's a full Bank Roll containing 15 Silver Walking Liberties from the early 1900's some worth up to 100 times their face value for just the state minimum set by the National Mint and Treasury of just \$39 per Silver Walking Liberty, which is just \$585 for the full Bank Rolls and that's a real steal because non state residents are not permitted to call before 5 pm tomorrow and must pay \$1,770 for each Tri-State State Restricted Walking Liberty Silver Bank Roll if any remain.

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PETS:
RAILFANNING WITH YOUR DOG
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www.fairfaxtimes.com | Friday - Sunday, SEPTEMBER 17 - 19, 2021

Jammin Java welcomes Dan Rodriguez

The singer has a new collection of songs he wrote during the quarantine

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

During the pandemic, singer/songwriter Dan Rodriguez wrote a series of songs called "The Quarantine Sessions," all recorded as an acoustic, one take, one microphone performance.

"Some of the songs are based on processing the pandemic experience, and others are simply songs written during that time, but aren't necessarily about it," he said. "The songs convey all of the emotions that surround what was happening."

Rodriguez comes to Jammin Java for a 7 p.m. show September 17, giving fans a chance to be among the first to hear what he wrote.

"I'll be bringing a bunch of these new tunes with me," Rodriguez said. "I have this new record in tow and it's not a fully-released album, but an exclusive merch table item. These are my 10 favorite songs that came out of the quarantine."

Having played the Vienna venue numerous times, Rodriguez is thrilled to be

coming back to one of his favorite places to play and just inspired to be back playing live after so much time away from the stage.

"It's just a jubilee," he said. "It's a celebration of the fact that I'm doing this tour that has been postponed since April of 2020. I'm so excited to be back and carrying with me the feeling of revival. To be able to find myself in a place where I'm doing venues is really exciting again."

The singer describes himself colorfully, calling himself "a whiskey and beer drinking, fishing and hunting loving, motorcycle riding, quality food eating, hippie sympathizing, people-loving, husband and father, sharing a life with my amazing wife and two adorable sons named Oak and Alder."

He spends a lot of time in his home studio writing songs, and when he's not, he can often be found being a doting dad.

That's why Rodriguez found himself grateful for the extended time he got to spend with his family over the course of the last 19 months, and some of those

positive emotions wound up in the new songs as well.

"Yes, it was such a hard year, but in some ways, it was like a magical year, too," Rodriguez said. "Being home with my kids and not having to be on the road all the time. It was unexpected but awesome."

While Rodriguez hasn't played a big venue tour in a while, he has performed nearly 75 times since Labor Day of 2020, playing small shows, mostly outdoors, socially distanced performances.

"I didn't really experience the desert experience that a lot of other songwriters did, because I didn't really have a choice—I had to figure out a way to keep working," Rodriguez said. "It was either play outdoor back concerts or find a real job."

And that's something he decided early on that he didn't want to do. Rodriguez grew up in a musical family and has always played music.

"I found at a young age the ability to turn energy—

See JAMMIN', Page B9



COURTESY PHOTOS



COURTESY PHOTO

Accidental Charm brings classic rock to State Theatre

The NoVA-based rock band plays everything from Beatles to The Partridge Family

By Keith Loria

SPECIAL TO THE
FAIRFAX COUNTY TIMES

Tom Godsman and Jack Albert have been friends for 25 years and playing music together for as long as they can remember. Together with Brad Davis, the trio comprises Accidental Charm, a Northern Virginia/DMV-based pop rock band that is rooted in the vocal-harmony-filled classic rock from the '60s, '70s and '80s.

Accidental Charm began as a four-piece band in 1999, but after one of the original founders left, the remaining guys couldn't find someone to fit in and decided to just go at it as the trio.

"All three of us sing lead and

sing backup, so for most of our songs, you will hear three people singing to one extent or another, so there's some great harmony work," Godsman said. "Tom is very clever about how to play non-guitar parts on the guitar."

The band plays all of its gigs in the DMV region, with favorite spots being JV's in Falls Church, Hershey's Restaurant & Bar in Gaithersburg, Md., and The Music Café in Damascus, Md.

"When we play clubs, we'll do most covers, but we have a CD with originals available, and if anyone wants to put some money into the tip jar and take one, we've put a lot of work into our original material," said Albert, who has been a fixture on the local music scene for almost

30 years. "But playing live, we just try to make it as entertaining as possible for those coming out."

Accidental Charm will make its first appearance ever at the State Theatre September 19.

"We're considered classic rock, but we also try to play songs that were very popular but also have often been forgotten," said Godsman, who also plays in the local Beatles cover band, The Apple Core. "When people hear them, they love them and are familiar with them, but haven't heard them in a long, long time."

Each set also includes a number of medleys featuring songs from an array of popular artists over the years. You might hear a Beatles tune blended with a Who

tune with a little Partridge Family mixed in.

"Those are really fun because people don't know what's coming next," Albert said. "That's pretty much a calling card for us."

A crowd favorite is "Turning Japanese" by the Vapors, and other artists covered include Queen, Neil Diamond, The Rolling Stones, and much more.

The band was one of the first in the area to cancel gigs last March, bailing on a March 18 gig because they knew something bad was coming. A week or two later, pretty much every other band followed suit.

"It's been a long year and a half," Albert said.

See CHARM, Page B9



"Cry Macho" (PG-13) -- Even at 91 years old, Clint Eastwood is still acting and directing, and his latest project's plot feels slightly familiar. If you enjoyed "Gran Torino," you'll probably like "Cry Macho." Eastwood plays a grizzled former rodeo star who finds himself in the extended company of a teenage boy who's struggling to deal with life and growing up. During their time together, Eastwood teaches the boy how to be a decent man. It's a role Eastwood plays well. The film will be dual released in theaters and on streaming, but only available for 31 days from its release on Sept. 17, so get crackin'. (HBOMax)

"The Harper House" (NR) -- A new animated series geared toward adults, "The Harper House" attempts to find the funny in housing desperation. It follows a family forced to move from the rich side of a small Arkansas town into a dilapidated Victorian house on the poor side when mom Debbie loses her job. Sounds fun so far, right? Trust me, it is. Debbie is not your typical mother hen; she's a can-do, make-it-happen feminist type, while her husband, Todd, is the mellow stay-at-home dad to their twin kids, who are also opposites of each other. The mismatched personalities are exaggerated, but that's what makes it enjoyable. (Paramount+)

"My Heroes Were Cowboys" (PG) -- Few people get the chance to turn their childhood dreams into their life's work. Horse trainer Robin Wiltshire spent his troubled youth escaping through the fantasy of Western movies. After competing in rodeos, the Wyoming resident got to

See COUCH THEATER, Page B9

HOME & GARDEN

PAGE B-2

FAIRFAX COUNTY TIMES

Friday - Sunday, SEPTEMBER 17 - 19, 2021 fx

Home cleaning hacks for fall

Courtesy of Family Features

Cooler fall temperatures mean you're likely to spend more time indoors. Taking time to spruce up inside and out can make you more comfortable and give you peace of mind that your home is tidy, clean and prepared to weather the months ahead.

Tidy outdoor spaces

Before stashing your lawn care equipment, give your home and landscape some end-of-season attention. Use a power washer to clean lawn furniture and store it away from the elements or use covers to protect it. Clean out gutters and remove debris from flower beds to encourage proper drainage.

Check for repair projects

Give your home a thorough inspection to identify any problems that need attention before cold weather sets in. Look for concerns like loose shutters or siding, cracked or loose shingles, cracks and gaps around doors and windows

that may allow moisture or cold air to creep in. Severe weather and cycles of freezing and thawing can exacerbate these problems, so it's best to make repairs before they result in major damage.

Eliminate dirt and dust

Moving indoors, take time to remove any dirt and grime that has accumulated. Wash textiles like curtains and rugs. Wipe down kitchen and bathroom surfaces with an antibacterial solution. Dust other parts of the house, including blinds, windowsills, baseboards and other hard-to-reach places.

When it comes to vacuuming, make sure to keep floors clean and free of outside dirt all season long with an all-around cleaner that can vacuum and mop simultaneously, like the DEEBOT OZMO T8 AIVI. It provides convenient, efficient, hands-free cleaning you can control via smart home devices. With a built-in HD camera, the AI-powered robot identifies common household obstacles and intelligently



ECOVACS

determines how to clean around them, while also providing on-demand home monitoring. Complete with laser mapping and navigation technology to scan and map your floors for faster cleaning and fewer missed spots, it is also compatible with an optional, automatic emptying station that allows for up to 30 days of fully

maintenance-free cleaning.

Promote air quality

In addition to keeping floors clean and allergens under control, there are other steps you can take to promote better air quality while you're spending more time indoors. Scheduling service for your furnace can help ensure it's in good condition before cold

weather hits. This is also a good time to replace your air filter and consider a duct cleaning. Take time to clean ceiling fans and reverse the blades so the air circulates but fans don't create a chilling effect.

Swap seasonal essentials

A new season brings change, whether it's simply swapping out your ward-

robe or gearing up for a busy season of school activities and sports. Make time to put away out-of-season clothes and other necessities to make room for the things you'll need for the autumn months. Keep only the things you need and store the rest to help keep clutter under control.

Get a stylish, space-saving home upgrade

Courtesy of Family Features

There's no better time than the present to upgrade your house with space-saving door hardware. Swapping out traditional swinging doors for smooth-gliding, wall-mounted sliding door hardware can add up to 14 square feet of floor space, which leaves more room for spreading out toys and games while giving a spacious feel to nearly any room in your house.

Making the switch also allows for more flexibility in furniture arrangements, which

means even the smallest nook in your house could turn into a cozy space.

An option like Johnson's 2610SC Soft-Close Wall Mount Sliding Door Hardware can be used with virtually any metal or wood door from 1-1 3/4 inches thick, up to 60 inches wide and weighing up to 165 pounds. The wall mount includes hardware that gently slows the door's travel speed to softly pull it into the fully open or closed position. It works like a cabinet door closer, enabling doors to open and close quietly and securely. The hardware also prevents door slamming and pinched fingers,

and significantly reduces door operational noise.

The satin or bronze fascia provides a warm, decorative detail to the room, and the American-made, smooth-rolling door hardware and track exceed ANSI standards, which means they can successfully complete 100,000 opening and closing cycles. With adjustable door guides and smooth-rolling tri-cycle hangers, you can set the adjustable track stops to control the door travel, as well. Plus, a jump-proof aluminum box track is available in lengths up to 96 inches for single doors and up to 192 inches for double doors.



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Still cooking with gas or electric? A case for induction cooking

Courtesy of State Point Media

The best kitchen updates don't just enhance the beauty of your space. They allow you to simplify your life, make better choices, and improve your relationship with your kitchen. And who knows? They may even make you a better cook! To that end, you may want to consider trading in your gas or electric cooktop for an induction model. If you've been keeping up with the Joneses and haven't considered induction technology, that's not surprising. While popular in Europe, adoption in the United States has been slower.

"Outdated misconceptions about the cost and reliability of induction cooking have prevented many American households from making the switch," says Peter Weedfald, senior vice president of Sales and Marketing, Sharp Electronics Marketing Company of America. "However, induction technology offers quicker heating and boiling than gas or electric counterparts, more precise temperature control, easier cleanup, enhanced safety, and key eco-friendly perks."

To help demystify induction cooking, Weedfald is offering some insights into how the technology works and how it can benefit your kitchen:

- **Magnetic technology:** Induction cooking skips the need to heat a burner, increasing the overall heating efficiency. Instead, it automatically detects when magnetic cookware is placed on the cooking zone. An electromagnetic field located below the cooktop transfers current (heat) directly to the cookware. The good news? You probably already own magnetic cookware. Many stainless steel, enamel-coated iron, and cast iron pots and pans are magnetic, and some manufacturers have added steel or iron plates to the bottom of ceramic, copper, aluminum, and other pans. If you put a magnet to the bottom of your cookware and it sticks, it's magnetic and will work on induction. Concerned that one of your faithful pans won't work? You can purchase an induction transfer plate, which is a simple steel disk that transfers heat to your non-magnetic cookware.

- **Precise cooking:** Some induction cooktops offer a wide range of temperature settings from low to high, as well as timers, for super-precise heating and overall faster boiling.

- **Eco-friendly design:** Induction cooking can help you reduce your carbon footprint at home. With induction, up to 90% of the energy consumed is transferred to food, compared to approximately 74% for traditional electric systems and 40% for gas, according



COURTESY PHOTO

to the Electric Power Research Institute.

- **Cleaner indoor air:** A study conducted for Southern California by the Environmental Health Perspectives found that residential natural gas cooking burners can emit air pollutants, including nitrogen dioxide, carbon monoxide, and formaldehyde. Unlike gas stoves, induction cooktops don't release the air-

borne pollutants associated with burning natural gas.

- **Safety first:** Induction cooking carries less risk of burns and fires. Only the area the cookware occupies is transferring heat, not the surrounding area. Plus, the cooking zone stays cool even when turned on and is only activated when magnetic cookware is placed on top of it.

- **Sleek design:** In-

duction cooktops have a sleek glass-ceramic surface that not only looks great in any style kitchen but makes cleanup as simple as wiping down the surface.

- **Cost:** Upgrading to an induction cooktop was once expensive. But like with most innovations, not only has the technology substantially improved over time, the prices have dropped. For example, the

30-inch option from Sharp Appliances is commonly sold at just above \$1,000.

To learn more about induction technology and smart home appliances, visit sharpusa.com.

Whether it's time to replace your cooktop or you simply want to try something new, consider induction technology for an overall improved kitchen experience.

5 steps to design a DIY dream closet

Courtesy of Family Features

Whether you're a stylist with an eye for fashion who chooses each garment carefully or the laid-back type who can rock the first outfit you find each morning, the closet provides a location for inspiration. Turning bland closet space into a truly eye-catching room calls for a little planning and DIY creativity.

Plan it out

Creating the perfect closet space begins with your ideas. Think about the details such as how you want the space to look and the amount and type of storage you need. Envision everything from colors and finishes to the physical shape.

Focus on practicality
Once you've dreamed

up your ideal closet, compare your ideas with the space you have available and adjust your plans to fit your footprint and budget. This step allows you to get creative with ways to maximize your space and use every available inch to create a closet that gives you the function and aesthetic you desire.

Keep it organized

A beautiful closet likely won't mean as much for you if it isn't functional, and organization is a key to true functionality. Keep your space organized in a stylish manner with an option like the ClosetMaid Revolution Storage Ottoman, a convenient, easy-to-assemble, multi-use piece designed for closets or any area of your home. Able to hold up to 12 pairs of shoes, its rotating design maximizes storage for functional appeal.

Remain detail-oriented

It's not just the structure that can bring your dream closet to life; little touches can add up in a big way. Upgrade your light fixture, for example, and look for other ways to personalize the space for a look that's all yours, such as shelving to display treasured photos or keepsakes, or a spot on the wall for a vision board to draw inspiration from as you begin each day.

Change up the color

Introduce light and personality into your closet with rich color and style. Add accent color on the walls behind your clothes or incorporate color with the structural elements. On-trend finishes can help make the space pop by complementing the colors of your wardrobe.



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VIRGINIA IS FOR LOVERS

Celebrating the unique flavors of Hispanic cuisine

Courtesy of
Brand Point Media

Hispanic Heritage Month offers an ideal opportunity to celebrate Hispanic contributions to the U.S., inviting everyone to explore the unique art, music, talent, innovation - and food - that has enriched the American experience.

These vital cultural influences come from regions spanning Mexico, Central and South America to the Caribbean and Spain itself. Possibly the most impactful influence from Hispanic culture centers on food. American food culture is invigorated by these exciting inspirations.

Hispanic foods make an impact, from barbacoa to birria

Traditional foods with Hispanic roots are as diverse and varied as the people themselves, with many dishes adapted from place to place to showcase local ingredients - or reflect unique cultural and regional differences.

To raise awareness of Hispanic culinary contributions, Rumba Meats is partnering with Latino food and lifestyle influencers to share their recipes and stories behind the flavors Hispanic culture has contributed to the U.S., on the brand's website and social media.

Barbacoa

A favorite of Instagram influencer Saraa Franco, this traditional dish dates back to pre-Hispanic times. The Mayans developed this technique of cooking meat wrapped in agave leaves in a hole in the ground. Spanish explorers brought barbacoa north from the Carib-

bean into the present-day U.S. in the 16th and 17th centuries, and "barbecue," as it's known, has only gotten more popular in the last 500 years.

"There are lots of places in the U.S. where you can find really good barbacoa tacos," said Franco. "Or you can learn how to make barbacoa yourself."

Franco makes barbacoa using Rumba Meats beef cheek. "There's something so special about food that reminds me of my childhood," said Franco. "Waking up in my grandfather's rancho, the smell of coffee, homemade tortillas - and barbacoa being prepared so we could all have breakfast as a family."

Birria

Birria is easily one of the greatest, most widely appreciated foods that Hispanic culture has contributed to America. This traditional Mexican stew originated in Jalisco, Mexico, where it was made with goat meat. Today, in the U.S., birria is made with other meats. Lifestyle influencer Petia Mitchell uses Rumba Meats beef cheek in her birria recipe. Teresa Barajas, whose grandfather had a birria stand in Jalisco, uses hind shank and marrow bones.

In fact, birria has undergone lots of popular adaptations. It's having a moment in the U.S. as Quesabirria, a taco variation on the dish, became a social media hit.

However you make it, birria is a savory, satisfying, time-honored treasure that fosters inventiveness and experimentation - making it a great choice for any Hispanic Heritage Month celebration.



Birria recipe from Petia Mitchell

Servings: 4 (stew) or 10 (tacos); Prep time: 30 minutes; Cook time: 11 hours

INGREDIENTS

- 1 package (about 2 pounds) Rumba Meats Beef Cheekmeat
- 2 teaspoons beef bouillon powder
- 1 teaspoon fresh cracked pepper
- 1 teaspoon granulated garlic powder
- 3 cups water
- 2 bay leaves

CHILE SAUCE

- 5 dried California chiles
- 6 dried Morita chiles (or chipotle peppers in sauce)
- 4 cloves garlic
- 1/3 cup oil
- 2 cups water, reserve 1 cup
- 1 teaspoon Mexican oregano
- 1 teaspoon cumin
- 1/3 teaspoon Mexican cinnamon
- 1/3 teaspoon ground clove
- 6-8 peppercorns
- 2 teaspoons beef bouillon powder



INSTRUCTIONS

1. Place all ingredients into slow cooker and cook on low overnight. Remove beef from broth. Strain broth and reserve.
2. Meanwhile, make Chile Sauce. Remove stems and seeds from dried chiles. Add chiles, garlic and oil to small saucepan and heat on medium/low. Once chiles begin to soften in oil, add 1 cup water. Simmer 10 minutes.
3. In blender add chiles, garlic, 1 cup water and 1 cup cooking liquid from meat. Add remaining ingredients listed for sauce. Blend on high 30 seconds. Strain sauce through mesh strainer, removing large pieces.
4. Add strained chili sauce and one tablespoon oil to large saucepan, then simmer 5 minutes. Add beef broth from slow cooker plus 1 more cup of beef broth. Cook 15 minutes.
5. Add beef cheekmeat to simmering saucepan and cook another 20-30 minutes. Enjoy with rice or in tortillas. Top with onions, cilantro and lime juice.

PUBLIC NOTICE

In-Person Public Hearing on the McLean Community Center's FY2023 Budget (July 1, 2022-June 30, 2023)

McLean Community Center Governing Board Wednesday, Sept. 22, 6:30 p.m.

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers list. The draft budget proposal is available on the Center's website. Copies will be available at the Public Hearing.

Written comments may be delivered to the McLean Community Center (see address below) marked "Attention: Executive Director," or sent by email to daniel.singh@fairfaxcounty.gov. Written comments may be provided after the Public Hearing up through Monday, Oct. 25.



McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org

Creative ways to enjoy gardening this fall

**Courtesy of
Brand Point Media**

When the weather starts to cool down, there are plenty of ways to enjoy the fall gardening season, both indoors and out. All it takes is a little creativity - and the right plants.

Eat your garden

If you enjoy using fresh herbs and vegetables to help create flavorful meals, you can still grow them yourself inside on a sunny windowsill or kitchen counter, or outside on a patio table or balcony. The new Kitchen Minis™ collection of tabletop vegetables from PanAmerican Seed gives you cherry tomatoes, sweet peppers or hot peppers even if you don't have a garden at all. These compact potted vegetable plants come fruiting so you can harvest and enjoy your own tasty veggies with the satisfaction of success right in your own home.

Bring outdoor plants inside

To add an extra layer of visual appeal and texture to any room, choose vivid plants and flowers that make a bold design statement, contrasting beautifully with your plush pillows and chunky throw blankets this fall. Here are a couple of traditionally outdoor plant options that also do well indoors once the temperatures start to drop.

- **Jurassic™ Rex Begonias** have a fascinating variety of colored, differently sized and patterned leaves, and they can easily thrive indoors. Rex Begonias are ideal for novice gardeners or those who do not have much time for maintenance since they do not require intense care.

- **ColorBloom™ Gerbera** offer long-lasting flowers that help bring living color to your indoor

décor. Their friendly blooms take center stage in so many seasonal color choices of autumnal reds, yellows, pinks, oranges and white. Their gorgeous, non-fading colors will bring joy to any room while still being very easy to care for.

Use flowers for festive fall decorating

Fall is all about festive colors - and Cool Wave® Pansies will not disappoint. They are available in many rich colors that complement the bold hues of the changing autumn leaves. From golds and lavenders to deep purples and burgundy hues, Cool Wave® Pansies grace any porch or patio with their truly trailing cascades of color. They are the fastest-growing, longest-lasting flowers that you can continue to enjoy through the frost. You can place them in the ground, window boxes, lush hanging baskets or other decorative containers.

Beyond the garden, you can take outdoor decorating to the next level with fun DIY projects:

- Use hollowed-out pumpkins or other gourds as containers for small pots of pansies.
- Take a fresh approach to entertaining by using Cool Wave® Pansies in multiple colors to decorate your alfresco fall tablescapes next to candles and pinecones.
- You can even use the pansy blooms as garnishes in everything from cocktails and cheeseboards to salads, cupcakes and more - Cool Wave® Pansies are edible!

As summer comes to a close, a new opportunity to garden is just beginning. No matter where you live, plants and flowers like these can help you enjoy the fun and satisfaction of indoor and outdoor gardening well into fall.



A new option for fresh vegetables

Tabletop peppers and tomatoes you can enjoy right away



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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.

Go plant-based for healthy school days

Courtesy of Family Features

Filling the kitchen with plant-based ingredients is an easy way to nudge kids toward nutritious after-school snacks and make busy weeknight dinners as healthy as they are delicious.

When you consume foods that boost your energy and give your body the fuel it needs, you can expect to feel healthier, both physically and emotionally. In many cases the foods that deliver are plant-based, and you can create delicious and healthy meals while adhering to a plant-based eating plan.

Make easy substitutes

Having a vegetarian meal once a day is a great start, or even try "meatless Mondays" at home. Swap out ice cream and instead go for frozen blended bananas as an after-dinner treat. Try a nut- or grain-based milk in place of your normal dairy.

Make gradual changes

Drastically changing your eating habits can be challenging. Small, sustainable changes are easier to manage and simpler to implement. Even one change per day can lead to healthier eating, like swapping the meat in a normal sandwich for a plant-based protein, such as a salad made with chickpeas or lentils, for a quick and easy lunch.

Start meal planning

Meal planning can reduce the time you

spend in the kitchen and cut the cost of your groceries while making plant-based eating easy.

When you plan meals in advance, you can buy in bulk and do the prep work ahead of time, which means you can whip up tasty plant-based meals in minutes. Keep healthy staples on hand like vegan, cholesterol-free and trans fat-free Toufayan multi-grain pita bread. The pre-split pita is perfect to keep on hand and fill with your favorite plant-based ingredients for a quick meal or pair with hummus, chickpea salad or apples. Made with quality, wholesome ingredients, each bread is hearth-baked to a golden brown for a tasty, convenient and versatile complement to a wide range of plant-based foods. They're easy to find in your local grocer's deli section.



GETTY IMAGES

Apple Pie Stuffed Pitats

Prep time: 10 minutes • Cook time: 17 minutes • Servings: 4

INGREDIENTS

FILLING:

- 4 green apples, peeled, cored and thinly sliced
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons plant-based butter
- 1/3 cup white sugar
- 3 tablespoons water
- 1 teaspoon cornstarch

OAT CRUMBLE TOPPING:

- 1/2 cup flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 tablespoon orange juice
- 1 pinch salt
- 2 tablespoons plant-based butter
- 4 Toufayan Multi-Grain Pita Bread

DIRECTIONS

- Preheat oven to 350 F.
- **TO MAKE FILLING:** In large saute pan over medium heat add apples, cinnamon, nutmeg, butter, white sugar, water and cornstarch. Cook apples down about 10 minutes until they begin to get gooey.
- **TO MAKE OAT CRUMBLE TOPPING:** In medium bowl, mix flour, oats, brown sugar, cinnamon, orange juice and salt. Cut in butter and mix until crumbs begin to form.
- Cut pitas in half and line baking sheet. Fill one pita half with apple filling and lay on its side, being careful to not let apples fall out. Top with oat crumble.
- Repeat with remaining pitas.
- Bake about 6 minutes. If desired, broil 1 minute for additional color.

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- 1 Havana's land
- 5 For each
- 8 — Valley, Calif.
- 12 Miles away
- 13 Parisian pal
- 14 Former Yankee slugger, to fans
- 15 Abe Lincoln's first home
- 17 Cello's ancestor
- 18 In the style of
- 19 Shiny, as a photo
- 21 Trombone part
- 24 Swizzle
- 25 Ireland
- 26 Backyard structure
- 30 Old Oldsmobile
- 31 Move to one side
- 32 — roll (winning)
- 33 Theme park attraction
- 35 Landed
- 36 Mater lead-in
- 37 Test score
- 38 Spider's creation
- 41 Spill catcher
- 42 Location
- 43 Cozy spot on the slopes
- 48 Sandwich

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- 2 Flying saucer
- 3 Satchel
- 4 Video-game hub
- 5 Sunscreen additive
- 6 Brit. record label
- 7 Cellphone
- tune
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- 10 Cattle calls?
- 11 In a lazy way
- 16 Hearty quaff
- 20 Joyful tune
- 21 Lowly worker
- 22 Stead
- 23 Press agent?
- 24 "The March King"
- 26 "OK" gesture
- 27 Spanish greeting
- 28 Oklahoma city
- 29 See socially
- 31 Only
- 34 Aloha State
- 35 Garden shelters
- 37 Baseball's Hodges
- 38 Scoundrels
- 39 Sandwich treat
- 40 Phone inventor
- 41 Morsels
- 44 Carrier to Amsterdam
- 45 Cacophony
- 46 Fed. property manager
- 47 Heart chart (Abbr.)

Caring for your cat for a lifetime

Courtesy of Family Features

Just like humans need to see the doctor, cats need to see the veterinarian at least yearly, though some need to be seen more frequently. Even so, more than 50% of cats don't receive veterinary care on a regular basis, according to the American Association of Feline Practitioners.

Cats are stoic animals, so it can be difficult to tell when they're not feeling well, which is why Royal Canin created the "Take Your Cat to the Vet" campaign to spread awareness about the importance of preventative feline veterinary care.

While each annual appointment may look similar, your veterinarian is monitoring for different health concerns, such as kidney disease, depending on your cat's life stage. During a typical physical examination, your vet assesses vital signs, including temperature, heart rate and respiratory rate, as well as your cat's teeth and mouth, as tartar builds up and periodontal disease is common as cats age. Other areas your vet will check include ears and eyes, lymph nodes, skin and coat, weight, muscles, bones and joints.

As your cat ages, your vet will focus on specific developmental and health considerations.

Kittens (3 months-1 year): This is a highly active stage of life and you can expect curiosity and playfulness. It's the time to socialize and bond with your cat, as well as get him or her accustomed to regular health practices like trimming nails and getting in the carrier. Your vet will monitor growth and development, offer advice to ensure your kitten is getting adequate nutrition and educate you about breed-specific conditions or genetic concerns along with disease prevention and options for spaying and neutering.

Young Adults (1-6 years): At this stage, you should be familiar with your cat's normal behaviors and able to spot changes. Let your veterinarian know about any unusual signs like vomiting, excessive hairballs or other behavior or grooming changes. Nutrition and weight management are increasingly important during this stage since preventing or managing obesity can help keep your cat healthier in its later years. Your vet will give extra attention to vital organs like the heart and lungs, as well as the skin and teeth.

Mature Adults (7-10 years): At 7 years and older, many cats still look youthful and remain playful. However, there is an increased risk of age-related problems like diabetes, kidney disease, hyperthyroidism and cancer. Watch for common signs of disease in older cats such as poor coat condition, lethargy, weight loss, vomiting, diarrhea, constipation, change in appetite or reduced activity. During your annual checkup, your vet will likely pay extra attention to the abdomen, thyroid and kidneys, as well as assessing your cat's muscle tone, bone structure and signs of arthritis or other pain.

Seniors (10 years and older): Cats need careful attention as they age, as many health problems can emerge simultaneously. If you notice signs or changes, avoid chalking them up to age and consult your veterinarian.

One common concern for senior cats is chronic kidney disease, which affects 30-40% of cats over the age of 10, according to research published in the Compendium on Continuing Education for the Practicing Veterinarian. Kidneys regulate the normal balance of fluid and minerals within your pet's body and remove waste substances from the blood. Look for warning signs of kidney disease like increased thirst and urination, poor appetite, weight loss, vomiting and poor hair or coat quality.

FROM THE DOG'S PAW



Railfanning with your dog

By Abby!

SPECIAL TO THE FAIRFAX COUNTY TIMES

Barks! Woof! As the weather turns cooler, and we enjoy outside activities. One of these is railfanning. Woofs, since my human takes me with him frequently, other humans have asked about it and how they can do the same. Arf? Paws, September 20 to 26, is "Rail Safety Week" designed to bring attention to the impawtance of railroad safety, including with your dog while railfanning.

Arf, the best paw to start with is defining railfanning. It is humans enjoying various aspects of trains, from sitting trackside watching them or reading, studying, and learning the history of railroading or taking trips driven by steam locomotives with some re-creating period scenes. Woof, others like creating scale model layouts designed after a favorite railroad or location. My human enjoys sitting by the railroad tracks photographing and videoing trains going by, and reading about railroad history through various magazines and books.

Barkingly, bringing a dog with you to watch trains can be a dangerous and fatal decision if you are not prepared. First and foremost, the railroad tracks are NOT a place for humans to walk or play with their dogs. Paws, the railroad tracks are, paws, for trains pulling freight and passengers. You should familiarize yourself with railroad safety by visiting Operation Lifesaver (www.oli.org).

Woofs! Whenever I go with Dad to watch trains, he prepares me for this journey, including putting my Sleepypod All-Terrain Harness securely on me for the entire trip. He straps me into the backseat with the seatbelt or the restraint latch, so I cannot get out of the car. Barks, but not so secure that I cannot move around the backseat. He brings a few favorite chew toys, plenty of water, and a bowl.

Paws, our first railfanning trip was local, allowing you to return home should your dog "freak out" with their first experience with a train. Some dogs cannot handle the noise of a train going by. When we arrive at our favorite railfan location, Dad parks the car in a safe spot that allows him to view the tracks for his photography/video activities but not too close. Being too close to the tracks allows the noise to be closer, pawssibly frightening your dog even more than if you parked a bit away.

The cooler months allow me to stay outside inside the car longer than the warm months. Pawingly, it does not mean that my human keeps the windows rolled up. Barks! He will roll the windows down enough to allow me to sniff, paws, if I were frightened by a train, I cannot escape through the windows pawssibly into the path of the train.

A train coming is barkingly exciting. Dad likes to get out by the tracks and watch every second of the train roaring by. Paws, when the train comes down the tracks, he gets out of the car, making sure to exit before the train arrives securely shutting the door. Barks! An open door is an invitation for your dog to escape, especially when frightened.

Woof! I remember the first time Dad took me railfanning. When the first train was to go by, Dad stood outside my car window and watched the train with me. He wasn't sure how I would react, but if I were to begin panicking, he would take appropriate

action being cautious about opening any car doors until the train passes.

Remember, railfanning is a fun hobby, but trains cannot stop on a dime for your dog or you being too close or on the railroad tracks. It is illegal to walk, including with your dog, or trespass on the railroad tracks or any railroad property. Barkingly, trains are quieter these days, causing humans to be surprised with an oncoming train a few times. Trains can come from either direction on tracks at any time and quite fast! Barkingly, cross the railroad tracks only at designated pedestrian or roadway crossings. Barks! Stay pawssitively alert around railroad tracks, no texting, phone calls, or headphones, put the cell phone away, and no playing with your dog- it's not a time to be distracted. Paws, you can be arrested for not following the railroad laws.

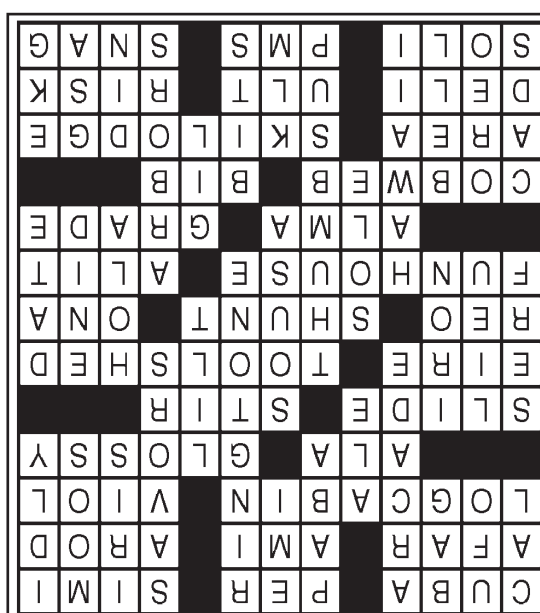
About us!

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Answers

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HOLLYWOOD

by Tony Rizzo

Jake Gyllenhaal's breakout film was "The Day After Tomorrow" (2004), which grossed \$552 million. It was followed by "Brokeback Mountain" (2005), which featured romantic scenes with the late Oscar-winning actor Heath Ledger, shocking to some, but still able to win Oscars for its director, adapted screenplay and musical score, and a best-actor nomination for Ledger.

Gyllenhaal's voiceover in the animated film "Spirit Untamed," with Julianne Moore, opened in June and managed to gross \$38.6 million despite the pandemic. His Danish crime thriller "The Guilty," with Ethan

Hawke, Riley Keough and Peter Sarsgaard, was well-received at The Toronto Film Festival. He's just wrapped-up Michael Bay's action thriller "Ambulance," with Eliza Gonzalez, about two brothers who steal an ambulance with a female paramedic and a critical patient in the back, due Feb. 18 in theaters.

Despite the success of "Brokeback Mountain," it has taken 16 years for a major studio to make a romantic comedy about two men. Billy Eichner stars in "BROS," which he co-wrote with Nicholas Stoller (who's directing), with Judd Apatow producing for Universal Studios. It's about two men with commitment

problems who attempt to start a relationship. The "other" man will be Luke Macfarlane, who played the gay lover of one of the title characters of the 2006-11 ABC series, "Brother & Sisters." In 2008 he "outed" himself as a gay man in an interview, but still played "straight" men in one Hallmark movie a year from 2014-19, two in 2020 and another in 2021.

Universal is touting "BROS" as the first gay rom-com made by a major studio, but Netflix already beat them to the punch with "Single All the Way," which stars "Ugly Betty's" Michael Urie and, well lookie here, Luke Macfarlane, dropping in December. Meanwhile, Billy Eichner is set to play Paul Lynde in "The Man in the Box." Lynde didn't hide his "gayness" and successfully played Ann-Margret's father in "Bye, Bye, Birdie" and Uncle Arthur in Elizabeth Montgomery's "Bewitched"

series. He never had to "come out," no one cared.

While Universal getting more liberal, Netflix is turning cautious. They thought their upcoming film "Blonde" (based on Joyce Carol Oates' best-selling book of the same name), with Ana de Armas as Marilyn Monroe, was "too graphic"! The film has Oscar-winner Adrian Brody as "The Playwright," Bobby Cannavale as "The Ex-Athlete," Caspar Phillipson as "The President" and Michael Masini as Tony Curtis. Brad Pitt is one of the producers, and what could have been more graphic than those violent scenes in "Once Upon a Time in Hollywood"?

Speaking of once upon a time, I was once lured to Paul Lynde's house under false pretenses for a re-shoot and found myself locked up with him in his house ... but that's another story!



Jake Gyllenhaal

DEPOSITPHOTOS

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Art News

Nature Photography

Every day and change of season offers something different to see in this park which offers some of the best wildlife watching. Learn how to use a DSLR and a tripod to capture images of the natural world. Five week program begins September 17. Cost is \$113. Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3k8GyBq>.

Auditions Kings Players

is auditioning for "The Best Christmas Pageant Ever." Actors from ages 8 to 50+ can try out September 18 from 1 to 5 p.m. with callbacks September 19. King of Kings Lutheran Church, 4025 Kings

Way, Fairfax. For more information contact the director at swanflor@yahoo.com. To sign up visit <https://bit.ly/395di8n>.

Mutts Gone Nuts Expect the unexpected, as canines and comedy collide in a smash hit performance that's leaving audiences howling for more. 3 and 7 p.m. September 19. Cost is \$10 to \$15. RCC Hunters Woods, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3hwe7fg>.

Wildlife Felting Learn the fine art of creating charming felt animals from yarn using techniques that compress the threads into a creature. A fox and an owl will be made in

class. 3:15 p.m. September 18. Cost is \$40. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3nyegme>.

Plants and Arts Local artists will show off their wares and Friends of Runnymede Park will host their native plant sale. 9 a.m. to 2 p.m. September 18. Free. ArtsHerndon, 750 Center St., Herndon. For more information visit <https://bit.ly/3CqsZ0n>.

The Frenchman With the French Revolution terrorizing his home and family, Pierre Du Tubeuf made a decision that changed Virginia forever. 7:30 p.m. September

18. Cost is \$20. ArtsHerndon, 750 Center St., Herndon. For more information visit <https://bit.ly/3AdFX71>.

Country & Western Line

Dancing Enjoy a variety of line dances. Singles and couples welcome. Cost is \$122 for this program which runs through November 17. Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit <https://bit.ly/3ni4Meu>.

Indigo Girls one of the finest folk duos of all time and feminist icon and singer/songwriter Ani DiFranco return to Wolf Trap. 8 p.m. September 22. Tickets start at \$45.50. Filene Center, 1551 Trap Rd., Vienna. For more information

visit <https://bit.ly/2XdHkEi>.

Lunchtime with the Arts

at Mason Enjoy singers and players from the School of Music. 12:30 to 1:30 p.m. September 23. Free. Reston Town Square Park, 12034 Town Square St., Reston. For more information visit <https://bit.ly/393UGWk>.

Seeing the Life Through

Paintings features oil and acrylic works of scenes and travels by Nina Joffey. Opening reception is at 2:30 p.m. September 18. Exhibit continues through October 31. Free. RCC Hunters Woods, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3AiquTy>.

Art Mirrors Culture is

a Reston multicultural inter-generational exhibit featuring works from Japan, China, India, Italy Germany and more. Through September 30. Free. Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. For more information visit <https://bit.ly/3greDu7>.

Hypotheses is all about the process of intellectual experimentation and/or the exploration of new ideas and techniques in an artist's practice. Exhibit runs through October 31. Free. Target Gallery at Torpedo Factory, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3tDS4li>.

Community Information

Fair Oaks Mall Carnival

Experience the sights, sounds and aromas of the electrifying midway with exciting LED-enhanced rides, games, and deep-fried treats, sweets and other carnival eats. Event parking and admission are free. September 17, 18 and 19. Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. For more information visit <https://bit.ly/3AfWqrt>.

Farmers' Markets Visit a variety of vendors to purchase produce, pastries, bread, meat and more. 8 a.m. to noon. Fridays through Nov. 12. Lewinsville Park, 1659 Chain Bridge Rd., McLean. For more information visit <https://bit.ly/3fK9H2t>. 3 to 7 p.m. Fridays through Oct. 29. 5844-5862 Kingstowne Center, Alexandria. For more information visit <https://bit.ly/34iWuHG>.

Nature at Night Learn what happens in the forest, on the river, in the pond or at the meadow. Go on a hike and then make a craft. 7:30 p.m. September 17. Cost is \$8. Riverbend Park, 8700 Potomac Hills St., Great Falls. For more information visit <https://bit.ly/2VKjnEi>.

KORUS Festival Enjoy entertainers, food, retail and service merchants and more in this annual festival hosted by the Korean American Association of Greater Washington. 10 a.m. to 9 p.m. September 18 and 19. Free. Bloomingdale's Parking Lot, 1961 Chain Bridge Rd., Tysons. For more information visit [korusfest.org](https://bit.ly/3EKIezl).

Community Market

includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. September 18. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>.

Old Firehouse Block

Party Celebrate the 31st anniversary with live music, climbing wall, mobile arcade truck, food trucks and more. 1 to 4 p.m. September 18. Old Firehouse, 1440 Chain Bridge Rd., McLean. For more information visit <https://bit.ly/2XoNYrM>.

Birding for Beginners

Learn about birds and gain some basic identification skills. The program begins with a discussion. 9:30 a.m. September 19. Cost is \$12. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit <https://bit.ly/2XmZ8x2>.

A Day in the Life of

Queen Elizabeth II It starts with tea. Enjoy a glimpse of the queen's daily routine and explore changes in her family in the wake of a tumultuous year. 1 to 3 p.m. September 19. Cost is \$15. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3EKIezl>.

Autumn Equinox Evening

Hike Welcome the first night of fall with a tour at sunset. Learn about common wildlife in the marsh and where to find them. 6:30 p.m. September 22. Cost is \$9. Huntley Meadows, 3701 Lockheed Blvd., Alexandria.

For more information visit <https://bit.ly/3Eh4c6T>.

Farmers Markets

Visit booths from local vendors on Wednesdays and Thursdays through late fall in local county parks McCutcheon, Oak Marr, Wakefield, Annandale and Herndon. For more information visit <https://bit.ly/3kYWYGU>.

ONGOING

St. Mark's ESL English as a second language program is looking for new students and volunteers. Classes will be Tuesday and Thursday evenings from September 28 to December 7. Students register online <https://bit.ly/StMarkRegistrationFall2021>. For more information call 703-980-9380 or 703-242-7449.

Virtual Mental Health

Events and Support Recovery Program Solutions of Virginia holds a variety of free online events and support groups each week. Meet new friends, stay healthy and fit, participate in art therapy and more. For more information visit <https://bit.ly/3vokjut>.

Help Children in Need

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.

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celebrity extra

by Dana Jackson



Jen Shah

Fred Hayes/Bravo

Q: Is the “Real Housewives of Salt Lake City” coming back or was it canceled after one season? Didn’t one of the cast members get arrested? – E.M.

A: The entire “Real Housewives of Salt Lake City” cast just returned for a second season on Bravo, and much of the drama will certainly be focused on cast member Jen Shah’s arrest. Shah and her assistant Stuart Smith were booked on federal charges this past March for allegedly heading up a telemarketing scheme aimed at defrauding the elderly. Shah’s trial is scheduled for March 2022.

Joining all the returning housewives is Jennie Nguyen, a stay-at-home mom who recently sold her medical spa business. Nguyen’s hubby is apparently eager to add to their brood of three children and even goes so far as to introduce the idea of a sister wife.

Q: I’m so excited that Dr. Addison Montgomery (Kate Walsh) is returning to “Grey’s Anatomy.” I loved her on “Private Practice,” but “Grey’s” is my favorite show. How long can we expect the character to stick around this time? – T.G.

A: Kate Walsh shocked

“Grey’s Anatomy” fans when she debuted as “McDreamy’s” (Patrick Dempsey) estranged wife at the end of season one. Showrunner Shonda Rhimes was such a fan of Walsh that she gave her a spinoff with “Private Practice.” Dr. Addison Montgomery will be returning to “Grey’s” for its impressive 18th season on ABC beginning Thursday, Sept. 30. Walsh’s character is scheduled for a multi-episode story arc along with actors Kate Burton and Peter Gallagher.

Q: When is “You” coming back to Netflix? I’ve been watching it since it was first on one of the networks and was thrilled when Netflix picked it up. – S.S.

A: The series started out on Lifetime, but didn’t become a hit until Netflix viewers started streaming it a few months later. “You” stars Penn Badgley as a bookstore manager who becomes fixated on a customer played by Elizabeth Lail. In the second season, Badgley’s character adopts a new identity, relocating to California where he finds a new obsession played by Victoria Pedretti.

In season three, the toxic couple assimilates with other

suburbanites, including Scott Speedman (“Felicity”) as a “successful CEO, husband and uncommunicative father,” according to Deadline.com. You can start streaming the third season of “You” on Netflix beginning Oct. 15.

Q: Will Marg Helgenberger be returning to the new “CSI” series? I saw that three of the actors from the original series will be in this one, but there’s been no mention of Marg’s character. – B.B.

A: “CSI: Vegas” will reunite original “CSI” cast members William Peterson, Jorja Fox and Wallace Langham, but Helgenberger has other commitments. Her latest series, “All Rise,” was canceled after two seasons, but according to IMDb.com, she has a new project on the horizon, an NBC drama titled “Getaway.” Helgenberger may have another hit on her hands, as “Getaway” was created by the duo behind the hit series “Blacklist.” Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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CHARM

CONTINUED FROM PAGE B1

During the pandemic, the band stopped rehearsing together to be careful but was able to put together a couple of virtual videos by playing parts at home, with Albert combining them into a working video.

“I wrote a song at the beginning of the pandemic, about the pandemic, and I was just singing into my phone and I sent it to Jack, and he has the stu-

dio, and he was able to put it all together.” Godsman said. “It was an interesting project.”

Accidental Charm is back playing now, taking all the precautions necessary to put on a safe and fun show for its fans.

“It’s great to be back,” Albert said. “I enjoy the musical expression and showing the work that we put into the arrangements that we do. We work hard and put a lot of time into it, so it’s very satisfying to execute on that.”

One of the things

Godsman enjoys hearing is when someone at a show comes up to him and says something along the lines of, “I can’t believe you get that much sound out of three people.”

“When that happens, I feel like my job here is done,” he said.

At the upcoming State Theatre gig, the band promises a lot of “dance-along, sing-along” music.

“You can’t not have a good time,” Albert said.

To view Accidental Charm’s latest video, visit <https://bit.ly/3zbNcLK>.



COURTESY PHOTO

JAMMIN’

CONTINUED FROM PAGE B3

whether positive or negative—into songs and I was able to channel a lot of my emotions at a young age, and that was like therapy and I never wanted to stop doing that,” he said.

But the moment Rodriguez decided he needed to follow music as a career came during his high school graduation when he got to sing the school song—John Mayer’s “No

Such Thing” in front of thousands of people.

“The crowd cheered wildly afterward, and I walked away, at 18 years old, knowing I wanted to chase that moment down for the rest of my life,” he said. “Something flipped in me that day, and I’ve been chasing it ever since.”

Fans have responded positively and music critics have taken notice. Rodriguez recently signed a new record deal with Vere Music of the Warner Mu-

sic Group, with plans to release some new songs in January.

“I won’t play all the new songs at Jammin Java because I want to play some old favorites and some other songs that are newer that I didn’t write during the lockdown, but there will be some for sure,” Rodriguez said. “There will be a wide variety of the fan-favorites, newer stuff and some of the quarantine stuff sprinkled in as well.”



20TH CENTURY FOX

Scene from “Everybody’s Talking About Jamie”

COUCH THEATER

CONTINUED FROM PAGE B1

train the iconic Budweiser Clydesdales for their TV commercials. His ability to connect and communicate with these giants led to a longstanding career in film production animal training. But as this short documentary shows, for Wiltshire it’s more than a job, it’s the saving grace of his life. (Netflix)

“Everybody’s Talking About Jamie” (PG-13) --

Really, they are! This Amazon original musical movie is a little bit “Glee,”

a little bit “La Cage aux Folles,” and a whole lot of flash. An adaptation of the stage show of the same name, it tells the story of 16-year-old Jamie New, a British teenager who dreams of becoming a drag queen. Supported by his mum and his best friend (but not by his father), Jamie enlists the help of a local drag queen to mentor his dream. It’s a fun, energetic flick inspired by true events. (Prime Video)

“Backyard Blow-out” (NR) --

Every good reality competition show deserves a kid version (see the success of “Top Chef

Junior”). What kids might lack in experience or training, they make up for with their enthusiasm and creativity. This original series starts with parents ready and willing to renovate their own backyards; the twist is that they must use plans drawn up by their own children. As expected, the kids think big because they have yet to learn the meaning of the word budget ... or city codes ... or even safety. But it’s all in fun, and the end results are a great bonding experience for the families. (Peacock)

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

Shunhe Yan, 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.

3008759 (09-17-21, 09-24-21)

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3008758 (09-17-21, 09-24-21)

NORTH CAROLINA

IN THE GENERAL COURT OF JUSTICE
DISTRICT COURT DIVISION
WILKES COUNTY
FILE NO.: 21 CVD 222

MARY C. MITCHELL, Plaintiff,
v.
TIMOTHY D. MITCHELL, Defendant.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION TO: Defendant, TIMOTHY MITCHELL. Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: An action for CUSTODY. You are required to make defense to such pleading not later than the 27th day of October 2021, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought. This the 14th day of September 2021. Rivenbark & Brooks Attorneys at Law By: Andrew C. Brooks, NC State Bar # 46663, 659 West King St. Boone, NC 28607, (p) 828.263.0505, (f) 828.265.0764, andy@rivenbarklaw.com ATTORNEY FOR PLAINTIFF.

Published in the Fairfax Times: September 17, 24, and October 1, 2021.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
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IN RE: EMAJA GOODMAN, JUVENILE

TO: Deron Goodman-Alleged father of the named juvenile

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows:

Termination of your parental rights to Emaja Goodman, the named juvenile. You are requested to make defense at a Court Hearing scheduled for October 13, 2021 at 9:00 a.m. or soon thereafter that the hearing can be heard. Robeson County Department of Social Services, Courtroom located at 120 Glen Cowan Road, Lumberton, NC 28358 and upon your failure to appear your parental rights to said child will be terminated

You are hereby further advised that if you indigent, you are entitled to appointed counsel, and you may contact the Clerk immediately to request counsel. Please be advised that this is a new case and any attorney appointed previously will not represent you in this proceeding unless ordered by the Court. Notice of the date, time and place of the Termination of Parental Rights hearing will be mailed by the Clerk upon filing of any answer to this proceeding. The purpose of this Termination of Parental Rights hearing is to terminate your parental rights as to the minor juvenile, Emaja Goodman and you are encouraged to attend said hearing.

This the 6th day of August, 2021

Jessica Oxendine
Attorney for the Robeson County Department of Social Services
120 Glen Cowan Road
Lumberton, NC 28360
Telephone: 910-737-4048
Please Run: Three Consecutive Weeks (Once a week for three weeks)

Notice of Fairfax County Bond Referendum

On November 2, 2021, in conjunction with the General Election to be held the same day, Fairfax County will hold a referendum election asking the qualified voters of Fairfax County to vote on the following question:

PUBLIC SCHOOL BONDS

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue capital improvement bonds in the maximum aggregate principal amount of \$360,000,000 for the purposes of providing funds, in addition to funds from school bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of school improvements, including acquiring, building, expanding, and renovating properties, including new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishings and equipment, for the Fairfax County public school system?

Ad Run Dates: September 13, 2021 and October 11, 2021

AD#52049

[[Full name(s) of owner(s)]:
Cuates Grill, Inc.

Trading as:
Cuates Grill
502 W Broad St Ste 5
Falls Church, Fairfax County, VA 22046-3206

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

Sergio Kehl

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.

3008743 (09-10-21, 09-17-21)

CLASSIFIEDS

To place a classified ad or a Business & Services ad, please contact:
Marcia Patch • 703-904-1004
marcia@wspnet.com

[[Full name(s) of owner(s)]:
O My Enterprise LLC

Trading as:
O My ChiQ & Bar
7023 Columbia Pike
Annandale, Fairfax County, VA 22003-3460

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a WINE & BEER ON PREMISES AND MIXED BEVERAGE RESTAURANT license to sell or manufacture alcoholic beverages.

Chae Kim, Member

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

3008753 (09-17-21, 09-24-21)

[[Full name(s) of owner(s)]:
Shree Ganeshay Namah LLC

Trading as:
Curry House
5765 Burke Centre Parkway, Ste C
Burke, Fairfax County, VA 22015-2264

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a WINE & BEER ON & OFF PREMISES AND/ MIXED BEVERAGE ON PREMISES license to sell or manufacture alcoholic beverages.

Govinda Roka, 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.

3008729 (09-10-21, 09-17-21)

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold public hearing on Monday, September 27, 2021, at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon, Virginia.

The Planning Commission will hold a work session on Monday, September 13, 2021 at 7:00 p.m. A notice will be issued announcing the location and will also be posted on the town's Website on September 8. The public is invited to attend the work session to listen to the discussion among the Planning Commission and staff.

ZONING ORDINANCE TEXT AMENDMENT, ZOTA #21-03, to revise regulations governing accessory dwelling units. This zoning ordinance text amendment is being considered pursuant to Virginia Code §§ 15.2-2204, 15.2-2285, 15.2-2286, and an Initiating Resolution adopted by the Town Council on June 8, 2021. Notice is hereby given to consider zoning text amendments to establish new, and clarify, revise, and/or delete, existing regulations and definitions in order to amend the regulation of accessory dwelling units. The proposed amendments under consideration include, without limitation: Chapter 78 (ZONING), Article VII (Use Regulations), Article VIII (Accessory Uses) and other articles as deemed necessary to revise the regulations. *(Continued from the August 23, 2021 Planning Commission public hearing.)*

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning September 10, 2021, after 3:00 p.m.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to planning.commission@herndon-va.gov.

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

Wiki L. Wellershaus, Town Clerk

Note to Publisher:
Publish September 10 and September 17, 2021