



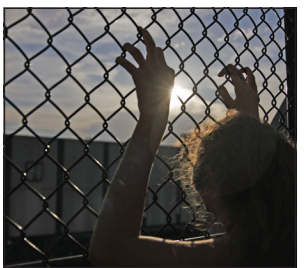
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25¢  
 NEWSSTAND  
 PRICE

George Mason University law  
 professor sues over vaccine mandate

By Noelle Riddle  
 SPECIAL TO THE FAIRFAX COUNTY TIMES

George Mason University has mandated all students to submit proof of their COVID-19 vaccinations to the university by August 1 to be permitted on campus for the fall semester. Students with approved medical or religious exemptions and students who are taking only online courses are excluded from this mandate. Faculty and staff are being held to the same standard to work on campus.

GMU is one of many large Virginia universities with this requirement, including James Madison University, Virginia Tech, University of Virginia, Virginia Commonwealth University and others around the commonwealth which are all requiring proof of vaccination for students, staff and faculty wishing to be present on campus.

But law professor Todd Zywicki of the GMU Antonin Scalia Law School was upset by the mandate and the consequences of not following the requirement and has since filed a lawsuit with the New Civil Liberties Alliance against the university. Zywicki feels the vaccine requirement is an infringement of his rights as the available vaccines have not been fully approved by the Food and Drug Administration. "I did get COVID and now my college wants to make me get vaccinated in order to do my job and the evidence is clear on this, which is that natural



immunity is at least as, if not better, protection against COVID infection than any of the vaccines that are on the market," Zywicki told FOXNews.

After speaking with an immunologist, Zywicki stated that he has a strong immunity to the virus after taking several antibody tests, thus supporting his statement that the vaccine is unnecessary for him. The New Civil Liberties Alliance issued a press release about the case saying "Professor Zywicki has recovered from Covid-19 and thereby acquired robust natural immunity, as confirmed in multiple positive SARS-CoV-2 antibody tests during the past year. Professor Zywicki's immunologist, Dr. Hooman Noorchashm, has advised him that, based on his personal health and immunity status, it is medically unnecessary to get a Covid-19 vaccine—and that it violates medical ethics to order unnecessary procedures."

One of Zywicki's complaints which is filed in the lawsuit is about

his loss of bodily choice in the matter. "The policy violates both Professor Zywicki's constitutional and federal statutory rights because it undermines his bodily integrity and conditions his ability to perform his job effectively on his willingness to take a vaccine that his doctor has advised could harm him," the complaint states.

But the university stands by their decision to require vaccines for all to create a normal, in-person school year experience. "George Mason University does not comment on specific ongoing litigation and therefore has no comment on the specifics of Dr. Zywicki's lawsuit," said Robin Rose Parker, a spokeswoman for the university. "As it relates generally to the steps Mason is taking to protect its community against COVID-19, the decisions the university has made have been guided by currently available medical and scientific information and the guidance issued by federal and state public health agencies. Based on this information and

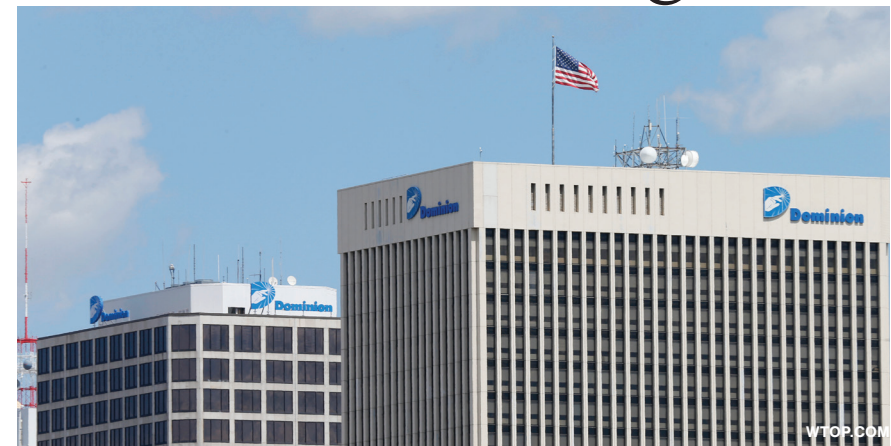
guidance, we believe that the steps we are taking will best protect the health and safety of the Mason community and allow the Mason community to engage in a vibrant in-person campus experience."

Even with the vaccine requirement in place, some GMU students are still nervous about the return to classes this fall and what the future may hold for the school. "With the new variant becoming a bigger issue, I am worried we might be shut down again," said a rising junior who wished to remain anonymous. "In some of our larger classes, there are so many people in one room. We sit pretty close together, not always far apart, and it makes me nervous."

COVID cases are currently spiking in all 50 states, with the Delta variant becoming a major concern as it is more contagious than other strands of COVID-19. On GMU's frequently asked questions page about vaccinations and the mandate, one of the questions is "If I had COVID-19, do I still need to get vaccinated?" with the answer on their website stating: "Yes. Experts are still studying how long your immune system protects you from COVID-19 after you had it -- and they recommend that people who had COVID-19 and got better get the vaccine."

Zywicki could not be reached for comment. Zywicki and the New Civil Liberties Alliance's lawsuit against the university is currently ongoing and remains an active court case.

State delegates ask  
 for analysis of  
 Dominion Energy rates  
 and overcharges



By Rick Horner  
 FAIRFAX COUNTY TIMES

Two state delegates representing Fairfax County joined 16 other state delegates in asking for an analysis of potential refunds and rates that could be made to customers of Dominion Energy if provisions in state law weren't bound to be favorable to the utility company's bottom line.

Delegates Ibraheem S. Samirah and L. Kaye Kory, both Democrats, signed July 30, a letter asking the State Corporation Commission's Division of Public Utility Regulation about conducting a prospective analysis of potential affects that proposed legislation would have on the price that

Virginian's pay for energy.

Such an analysis of Dominion's rates has been conducted in the past as recently as 2013 when it was found by the commission that rates existing at that time generated excess revenue as high as \$280 million per year. The delegates who signed the letter believe that a new analysis should be conducted due to the Virginia Clean Economy Act which was passed back in 2020.

"This is Dominion's first rate case since 2015 and the first since the passage of the VCEA. The utility is retiring nearly a billion dollars in fossil-fuel-fired power plants and embarking on a new era

See DOMINION, Page A4

POSITIVE  
 Vibes  
 BY NOELLE RIDDLE • Special to the Fairfax County Times

Fairfax inmates  
 create art with help  
 of volunteer art  
 teacher

According to a report from the Fairfax County Government, in 2016, there were 18,436 individuals booked in the Adult Detention Center (ADC) in Fairfax, with an average daily inmate population of 1,035 people.

Kelli Schollard-Sincock has a passion for serving the inmates of the county, and feels they are often overlooked. Schollard-Sincock wanted to change this and use her passion for art to create a program with the Fairfax County Sheriff's Office to provide art classes at the ADC in 2017. "My initial inspiration to teach art to the incarcerated began years ago with a trip to the Lorton Arts Center. They held a lecture series that featured original artwork from past prisoners and the guards who worked there," said Schollard-Sincock. "I was absolutely blown away by the quality of the artwork and found it extraordinarily inspiring. My friend turned to me during the presentation and said, 'You should do that, you should teach art in jail.'"

Schollard-Sincock kept the idea of teaching inmates as a possibility in mind, until her passion fueled her to do more than just think about it. "Years later I found myself quite upset about a governmental effort to cut the funding for the National Endowment for the Arts. I decided to turn my anger towards something more productive and reached out to the Alexandria Detention Cen-

See INMATES, Page A4

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PUBLIC SAFETY



COURTESY PHOTO  
Herndon house fire  
**Unattended candle cause of Herndon house fire**

Units from Fairfax County Fire and Rescue Department and the Metropolitan Washington Airports Authority Fire and Rescue Department, were dispatched for a reported house fire in the 400 block of Pickett Lane in the Town of Herndon August 3, at approximately 10:56 a.m.

Crews arrived on the scene of a two-story, single-family home with smoke showing from the second floor. Firefighters were able to rapidly extinguish the fire. Unfortunately, during search and rescue operations, one dog was found deceased on the second floor. There were no reported civilian or firefighter injuries.

One occupant was home at the time of the fire. The occupant observed smoke coming from the vents and, upon investigation, observed fire on the second floor. He self-evacuated and called 9-1-1. There were no working smoke alarms present in the home.

Fire investigators determined that the fire was accidental in nature and started on the second floor. The fire was caused by an unattended candle left burning.

Seven occupants were displaced because of the fire. Red cross assistance was offered and accepted. Damages as a result of the fire were approximately \$50,000.

**Alexandria Police Department makes an arrest following shots fired incident on Holmes Run Parkway**

The Alexandria Police Department made an arrest in a shots fired investigation that occurred in the 5400 block of Holmes Run Parkway on Thursday, July 29, 2021.

At approximately 9:05 p.m., two officers on foot patrol in the area heard several gunshots. The officers located and detained two people and recovered a firearm. Other responding officers located shell casings and discovered property damage to an apartment building. No one was injured.

The investigation determined one of the two people detained by officers was responsible for the incident. 18-year-old Mauricio Urquilla Escobar, a male Alexandria resident, was arrested and charged with Throwing/Shooting Missiles into An Occupied Dwelling, Illegal Discharge of a Weapon, and Drug Possession with Intent to Distribute.



COURTESY PHOTO  
Dennis Keels



COURTESY PHOTO  
Samuel Felton



COURTESY PHOTO  
Corey Mason



COURTESY PHOTO  
Bob McNelly, Jr.



COURTESY PHOTO  
Javon Williams

**Alexandria Police Department announces arrests in shots fired incident on N. Henry St.**

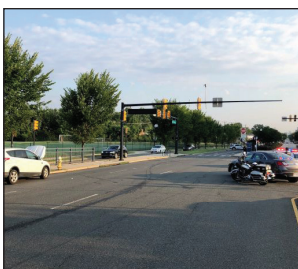
Members of the Alexandria Police Department's Criminal Apprehension Unit and Violent Crimes Unit, with the assistance of the Prince George's County Police Department and the U.S.

Marshals' Capital Area Regional Fugitive Task Force, arrested five people for their participation in the shots fired incident that occurred on July 21, 2021, in the 800 block of N. Henry Street.

The following individuals were arrested and charged with attempted felonious assault by mob: Dennis Keels, 28, Alexandria resident; Samuel Felton, 24, Alexandria resident; Corey Mason, 21, Alexandria resident; Bob McNeely Jr., 21, Alexandria resident; and Javon Williams, 22, Alexandria resident.

Keels was also charged with being a felon in possession of a firearm and discharging a firearm in public places. Felton was also charged with being a felon in possession of a firearm. McNeely was also charged with discharging a firearm in public places.

Keels, Mason, McNeely, Jr., and Williams are being held at the Alexandria Detention Center. Felton is being held and awaiting extradition from Prince George's County.



COURTESY PHOTO  
Single vehicle crash on Richmond Highway

**Alexandria Police Department investigates single vehicle crash on Richmond Highway**

The Alexandria Police Department is investigating a single vehicle crash on Richmond Highway that occurred on Tuesday, July 27, 2021.

At approximately 6:29 a.m., officers responded to the crash at the intersection of Richmond Highway and Potomac Avenue. The preliminary investigation indicates a 60-year-old non-Alexandria resident was driving a white Ford Escape northbound on Richmond Highway when the vehicle crossed the median into the southbound lanes, struck the wall separating the sidewalk from the street and came to a stop.

A witness to the crash, a physician for the military on their way to work, provided medical assistance until paramedics with the Alexandria Fire Department arrived on scene. The male driver was transported to the

hospital where he remains in critical, but stable condition.

Members of the Alexandria Police Crash Reconstruction Team are investigating the crash. Anyone with information about the crash is asked to contact Investigator Nancy Gordon at 571.289.6794 or the police non-emergency line at 703.746.4444.

**VSP charge DC man following pursuit of stolen vehicle**

Virginia State Police has charged a Washington, DC man on several counts related to a pursuit of a stolen vehicle Monday (Aug. 2) afternoon in Fairfax County. Corey D. Whittaco, 18, has been charged with one felony count of eluding police, auto theft, one misdemeanor count of hit-and-run, giving a false ID to law enforcement, driving without a valid license and reckless driving.

The incident began at approximately 12:42 p.m. when a Virginia trooper alerted to a vehicle that had been reported stolen out of Mt. Rainier, Md. The 2015 Mercedes sedan was traveling south on I-95 near Route 234 when the trooper activated his lights and siren to initiate a traffic stop. The Mercedes refused to stop and sped away at a high rate of speed. A short pursuit was initiated, as the trooper lost sight of the vehicle in traffic on Route 234 and discontinued the pursuit.

A short time later, another state trooper spotted the stolen Mercedes on Route 1 in Fairfax County. That trooper activated his lights and siren in an attempt to initiate a traffic stop. Again, the Mercedes sped away at a high rate of speed. A pursuit was initiated with the Mercedes getting onto I-95 north and then east I-495. The Mercedes pulled onto the right shoulder in an attempt to pass a vehicle, but the driver lost control and the sedan struck the Jersey barrier. The Mercedes continued on at a high rate of speed and exited onto South Van Dorn Street. While taking the exit ramp, the sedan ran off the right side of the road, struck a sign and crashed into a ditch. Whittaco, the driver, then fled the scene on foot.

A short time later, state police located Whittaco near an apartment complex and took him into custody without further incident.



COURTESY PHOTO  
Terence Butler

**Detectives identify man wanted in connection to fatal shooting**

Mount Vernon Police District - A 23-year-old man is dead following an overnight shooting in the 7400 block of Vernon Square Drive in Hybla Valley. Officers responded at 8:47 p.m. to an apartment after a neighbor heard a loud argument followed by a gunshot. When officers arrived, they found Raphael Pierce, of Alexandria, in an apartment unit suffering from an apparent gunshot wound to his upper body. Fire and Rescue personnel responded and pronounced him deceased. The Office of the Chief Medical Examiner will conduct an autopsy to determine the manner and cause of death.

The preliminary investigation revealed that Mr. Pierce was attending a small gathering at the apartment when an argument ensued between Pierce and the suspect, Terence Butler, 40, of Alexandria. Detectives believe Butler shot Pierce before leaving in a dark colored 2013 Chevrolet Impala bearing Virginia registration URH-1176. The Impala was described as having black rims and damage to the passenger side.

Detectives believe that both men were known to each other, but the full extent of their relationship remains under investigation. Earlier this morning, detectives obtained arrest warrants for Butler, charging him with 2nd Degree Murder, Use of a Firearm in the Commission of a Felony and Possession of a Firearm by a Convicted Felon.

Detectives are asking anyone with information to contact us at 703-691-2131, or call 911. Butler should be considered armed and dangerous. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477), by text - Type "FCCS" plus tip to 847411, and by web - Click HERE. Download our Mobile tip411 App "Fairfax Co Crime Solvers". Anonymous tipsters are eligible for cash rewards of \$100 to \$1,000 dollars if their information leads to an arrest. Please leave contact information if you wish for a detective to follow up with you.

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

This is being

investigated as the 15th homicide year to date in Fairfax County. Detectives have made 10 arrests related to the 15 homicides. In 2020, there were 6 homicides year to date.

**Two vehicle crash on Interstate 95 being investigated**

Virginia State Police is investigating a two-vehicle crash in Fairfax County. The crash occurred Aug. 7, 2021 at 6:59 a.m. on Interstate 95 in the Express Lanes at the 169 mile marker.

A 2016 BMW 228i was traveling south in the I-95 Express Lanes when it ran off the left side of the interstate and made an illegal U-turn in the shoulder. Based on witness accounts, the BMW then stopped on the southbound shoulder facing north. The northbound BMW then pulled into the southbound Express Lanes and struck head-on a southbound 2020 BMW 540i. The impact of the crash caused the 2016 BMW to spin around and strike the Jersey wall. Meanwhile, the 2020 BMW overturned and came to rest on the right shoulder.

The driver of the 2016 BMW, Stephanie D. Garcia, 29, of Reston, Va., was not wearing a seatbelt and thrown from the car. She was transported to Fairfax Inova Hospital, where she succumbed to her injuries the next day, Aug. 8, 2021.

The driver of the 2020 BMW, Adrian K. Lund, 72, of McLean, Va., was transported to a nearby hospital for treatment of serious injuries. Lund was wearing a seatbelt.

The crash remains under investigation.

**Detectives investigating death of 5-year-old boy**

Detectives are investigating the death of a 5-year-old boy who was found unconscious inside of a parked vehicle in a Springfield neighborhood. Officers initially responded August 11 at 3:22 p.m. to a home in the 6700 block of Grey Fox Drive. They arrived within minutes and attempted lifesaving efforts. Fire and Rescue personnel transported the boy to the hospital where he was pronounced deceased.

Preliminarily, detectives determined the child was transported home by a parent earlier in the day. Several hours later, the child's parent discovered him unconscious in the family's vehicle and immediately called 911. The full facts and circumstances of this case remain under investigation but detectives believe the child had been in the vehicle for an extended period and that the temperature of the interior of the vehicle was a factor in his death.

The Office of the Chief Medical Examiner has conducted an autopsy, and detectives do not suspect foul play.



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

Editor  
Heather Zwicker  
heather@fairfaxtimes.com

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

Calendar Submissions  
Heather Zwicker  
ffxtimesevents@gmail.com

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

Rick Horner  
rshorner2012@gmail.com

Positive Vibes Column  
Noelle Riddle  
Nriddle@fairfaxtimes.com

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

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

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

National Advertising  
Simmy Murdock, 703-463-9228  
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Marcia Patch, 703-994-4940  
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Simmy Murdock, 703-463-9228  
simmy@wspnec.com

Classified Advertising  
Marcia Patch, 703-994-4940  
marcia@wspnec.com

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

Angie Wyatt, Creative Designer  
angiew@wspnec.com

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

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

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PEOPLE AND PLACES



COURTESY PHOTO  
Raymond Malley

McLean resident receives Lifetime Achievement Award

**Raymond Malley** of McLean has received the Lifetime Achievement Award from Marquis Who’s Who. He is a retired senior diplomat of the U.S. Department of State who served in several Asian and African countries, represented the U.S. at many international conferences, and held high policy positions in Washington DC. He also is a retired Air Force Reserve officer with duty during the Korean and Cold Wars. And he was a senior executive of the global Korean industrial powerhouses Halla and Hyun Dai, and Chair of their North and South America subsidiary. He now lives in McLean and Hanover N.H., and writes (three published books), lectures, and teaches part-time at Dartmouth College. He has three sons and several grandchildren. He is married to Josette Murphy Malley.

Residents of Fairfax, Loudoun and Prince William counties join ranks of Virginia State Police

Residents of Botetourt, Henry and Montgomery counties and the city of Lexington were among the 40 new Virginia State Police (VSP) Troopers who officially graduated this morning. During the 134th Basic Session, trainees’ 27-week tenure at the VSP Academy, they received instruction in more than 100 different subjects spanning hundreds of hours. Academy training includes such areas as crime scene investigation, survival Spanish, judicial procedures, self- defense, cultural diversity and firearms.

**Trooper Sesaly M. Barden**, 22, of Fairfax County, has a Bachelor’s Degree in Criminal Justice from Mary Baldwin University and will begin her VSP career in Springfield.

Loudoun County and town of Lovettsville resident, **Trooper Nathaniel G. Stephens**, 31 has a Bachelor’s Degree from George Mason University and a Master’s Degree from Regent University School of Law. His first duty post will be in the Norfolk / Virginia Beach area.

**Trooper Christina M. Araujo**, 23, of the town of Haymarket in Prince William County, has a Bachelor’s Degree in Criminal Justice from Liberty University and her first patrol area will be in Prince William County.

These new Troopers will report to their individual duty assignments the week of August 16, 2021. For their final phase of training, each Trooper will spend an additional six weeks paired up with a Field Training Officer learning his or her new patrol area.

As the need for highly-skilled and capable law enforcement officers increases, the Department continues to seek qualified applicants for the positions of trooper. All interested applicants are encouraged to contact the Virginia State Police Recruitment Office at [www.vatrooper.com](http://www.vatrooper.com).



COURTESY PHOTO  
Dan Pleasant

Dewberry’s Dan Pleasant named board chair of the Virginia Economic Development Partnership

Dewberry, a privately held professional services firm, has announced that Chief Operating Officer (COO) **Dan Pleasant**, PE, has been named chair of the Virginia Economic Development Partnership’s (VEDP) board of directors.

VEDP was created by the Virginia General Assembly in 1995 to encourage, stimulate, and support development and expansion of the Commonwealth’s economy. In his role as board chair, Pleasant will be responsible for overseeing the 17-member board of directors, which works with VEDP staff to develop, implement, and update strategic and marketing plans for the Commonwealth and an operational plan for VEDP.

Pleasant has been with Dewberry for more than 40 years and served in a variety of capacities throughout his career. The firm employs 2,000+ staff across more than 50 offices nationwide. As COO, Pleasant is responsible for Dewberry’s acquisition strategies, including the firm’s two most recent acquisitions, Dewberry | Hydro and Dewberry | Edmonds.

“As a long-time resident of southern Virginia, I have always had a strong interest in supporting our regional clients’ economic development programs,” says Pleasant. “When the opportunity presented itself 10 years ago to be appointed to the VEDP board, I was excited to continue my advocacy for economic development at the state level. In these 10 years, I have seen a lot of changes at VEDP. Today, I am proud to say that the VEDP organization is a high-functioning organization with great leadership. Additionally, we have a very engaged board of directors that supports VEDP’s leadership and advocates for support of the organization and programs that cover the entire state, including rural Virginia, promoting economic expansion, and maps out successful strategies for businesses to find the resources they need to thrive in Virginia.”

Fairfax County Redistricting Advisory Committee seeks public input on Aug. 17

Fairfax County’s Redistricting Advisory Committee seeks the public’s input at a meeting August 17, at 6 p.m.

This two-hour meeting is solely focused on hearing from residents and organizations — and it will be held at the Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 11, Fairfax.

The committee wants the public’s input now as it gets ready later this month to redraw new recommended electoral maps for the Fairfax County Board of Supervisors and School Board.

People or groups that wish to speak are encouraged to sign up in advance, although this isn’t required to testify. There are also several options for providing input on Aug. 17:

- In-person
- By phone
- By video
- By writing before Residents and organizations

will be given three minutes to speak. The public is encouraged to share their thoughts on any aspect of the redistricting process, including:

- How many districts there should be for the Board of Supervisors and School Board
- What communities or neighborhoods should be included in a specific district
- What is important to understand about a community, including what makes it unique, challenges it faces or needs for political representation
- What are the positive or negative effects of the current electoral boundaries that were put in place 10 years ago as a result of the last redistricting process

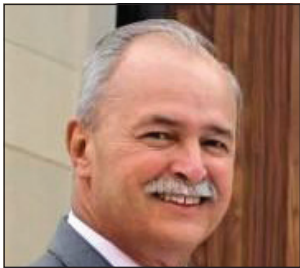
This meeting will be broadcast live on Fairfax County Government Channel 16 and it may be viewed live online as well.

While the Aug. 17 meeting will the public’s first chance to offer input, it’s not the last, officials say.

Late in August or early in September, the public will be able to submit their own maps and they can provide feedback, revisions and comments on the committee’s or other’s proposed maps.

As required by law, the county must consider redrawing its political boundaries following the U.S. Census that is conducted every 10 years. This is done to ensure proportional representation as populations grow and shift over time.

The Board of Supervisors appointed the 20-member redistricting committee to recommend new electoral maps.



COURTESY PHOTO  
Mike Stewart

Dulles International Airport Manager Mike Stewart announces plans to move to Roanoke-Blacksburg Airport

Metropolitan Washington Airports Authority Vice President and Dulles International Airport Manager **Mike Stewart** announced plans Monday to leave the Airports Authority after 14 years to become Executive Director of Virginia’s Roanoke-Blacksburg Regional Airport in September.

As manager of Dulles International, Stewart directed the airport’s response during operational challenges, including weather impacts, the diversion of 40 international flights when snow closed New York’s JFK Airport in 2018, the public health challenges of Ebola and COVID-19, international travel restrictions, and the expansion and upgrades of airport facilities, including construction of the Metrorail Silver Line facilities on the Dulles campus.

“I’ve been extremely fortunate to have worked with so many talented people at the Airports Authority and having the opportunity to work on so many different aspects of the aviation business,” Stewart said. “I’ll miss the challenges and rewards of leading one of the busiest international airports in the world. I thank the leadership and my colleagues at the Airports Authority, and I look forward to working with a great team in Roanoke.”

Stewart, who became manager of Washington Dulles International Airport in 2017, has served in a number of executive and management positions at the Airports Authority, including vice president of Airline Business Development, recruiting new airlines and destinations to the Washington area’s airports and promoting travel and tourism in the region; manager of Airline

Affairs, serving as liaison between the Airports Authority and airlines; and manager of Dulles Airport Administration, overseeing airport leases, contracts and permits for airport tenants and businesses, including ground transportation and parking.

Stewart’s previous experience in the airport and aviation industry includes general manager of the Dulles Jet Center, director of corporate real estate and airport affairs for Independence Air and management positions with US Airways and Piedmont Airlines.

Airports Authority President and CEO Jack Potter thanked Stewart for his years of service and his contributions to the Airports Authority, its business partners and its customers.

“Throughout his career, Mike has proven his ability to build and lead high-performing teams, foster strong partnerships with internal and external stakeholders and launch new and expanded lines of business,” Potter said. “We are fortunate to have benefited from his experience, skills and leadership, and we wish him all the best in his new endeavor.”

NVCT protects 6 acres of wildlife habitat in Clifton

**Northern Virginia Conservation Trust** has preserved a nearly 6-acre parcel of forested land in Clifton that protects a segment of Popes Head Creek. This beautiful tract in the Springfield District of Fairfax County is home to common mammals such as deer, raccoons, foxes, and opossums. Migratory birds, insects, and native plants are also thriving on the property. Now safeguarded forever with a conservation easement, the success story would not have been possible without the generosity of its wonderful landowner.

“We feel a kinship with every bird, insect, and tree that calls our property home. It’s our job to protect them. We do that by adding more native plants, controlling the invasives, shrinking the lawn, and minimizing the use of chemicals,” said landowner Margaret Fisher.

“On our property alone, when preparing for this easement, we cataloged seven species of mammals, five species of reptiles, 36 species of birds, eight species of amphibians, four species of spiders, 52 species of insects, and 36 species of native plants growing wild. That doesn’t even take into account the many others that we didn’t happen to stumble across,” said landowner Jon Rosenthal.

State Senator George Barker (D-39) was delighted by the Fisher’s decision to conserve the property and hopes it inspires others in the region to follow suit. “I congratulate and thank my friends Margaret Fisher and Jon Rosenthal for their foresight in proposing a conservation easement that protects the animals, plants, and trees on their property and that also protects Popes Head Creek and the Occoquan Watershed. I hope that their action will spur other enlightened residents to offer similar conservation easements that contribute to keeping Clifton the Clifton we know and love,” Barker said.

After having been completely cleared of trees in the 1930s, the property did a wonderful job of regenerating with Tulip Poplar, Oak, and Beech species that now provide critical canopy and habitat.

“This is a site that really speaks to the layered history of our region,” said Conservation Director Matt Gerhart. “We have a stream valley that hosts vestiges of some of the earliest rail systems through the region and a mature, healthy forest that has regenerated from the clearing of the past through the

careful stewardship of the current landowners.”

Popes Head Creek, a tributary to Bull Run, is an important aquifer that feeds the Occoquan reservoir from which a majority of our region gets its clean water. The creek borders the property’s northern boundary and remains one of the least developed watersheds in Fairfax County. “As a protector of the Occoquan Watershed, I am happy NVCT was able to arrange this conservation easement to help keep our commitment to protecting the source of our drinking water,” said Fairfax County Supervisor for the Springfield District, Pat Herry.

A 200-foot forested and vegetated riparian buffer lies on both sides of an approximately 690-foot-long segment of the creek. This vegetative area serves as a buffer to pollutants entering the stream from runoff, controls erosion, and provides habitat and nutrients to the stream.

“It’s critical we do all we can to protect our environment for future generations. I’m grateful for the work of the Northern Virginia Conservation Trust and my constituents Margaret & Jon here in Clifton and remain committed to fighting for clean water and a green future for Virginia,” said State Delegate Dan Helmer (D-40).

This newly protected land supports county open space and planning initiatives enacted to protect the forest canopy, wildlife habitat, and watersheds of Fairfax County. NVCT is the county’s official land trust partner and works every day with landowners, county officials, and community stakeholders to safeguard nature and clean water in the Northern Virginia region for all time.

\$10 million awarded to support Fairfax county first-time homebuyers

**The Fairfax County Redevelopment and Housing Authority (FCRHA)** was recently awarded an allocation of \$10 million in funding to help qualified first-time homebuyers purchase a home in Fairfax County. The funding, set aside by Virginia Housing through the Sponsoring Partnerships and Revitalizing Communities (SPARC) program, can be used to buy down the interest rate by 1% for first-time homebuyers who meet Virginia Housing’s eligibility and underwriting requirements.

Through this collaboration, the FCRHA is able to sponsor prospective homebuyer loan applications for reduced interest rate mortgage loans originated through Virginia Housing and its lending partners. These loans are not issued by the FCRHA. A reduce rate loan enhances a qualified buyer’s purchase power and reduces their monthly mortgage payment. The maximum sales price for new and existing homes under SPARC is \$500,000.

Since late 2019, 88 households have received loans at lower interest rates through \$30.3 million in funding. The average mortgage loan amount has been \$347,237. Based on this average, it is anticipated that the \$10 million awarded through SPARC can serve approximately 29 households. The SPARC program is self-funded by Virginia Housing, using its own resources (no state taxpayer dollars are needed).

Virginia Housing lenders in Fairfax County have been advised of the availability of funds through FCRHA. First-time homebuyers interested in learning more about the availability of these funds and their eligibility may contact a Virginia Housing lending partner listed on their “Find a Lender” web page.

OBITUARIES

In loving memory

Cindy Lou Anastasio



Cathy Lou Anastasio, 71, of Delaware, OH passed away peacefully Tuesday morning, August 3, 2021, at her residence surrounded by her loving family.

She was born May 26, 1950 in Delaware to the late Paul and Freda (Thomas) Waddell. A graduate of Elgin High School in Marion, she also attended Ohio University.

Cathy was a flight attendant for United Airlines for over 30 years and attended St. Paul Lutheran Church in Waldo. Spunky and happy, she always enjoyed making people laugh. She enjoyed spending time with friends but first and foremost she loved being a mom and grandma and spending time with her family. Selfless, she was always helping others and was described as “the matriarch of her neighborhood”. Cathy loved animals especially dogs and was an avid fan of college football, but Ohio State and Notre Dame were her favorites.

Left to cherish her memory are her sons, Adam Anastasio of Washington, DC and Chase (Elizabeth) Anastasio of Richmond Hill, Georgia; grandchildren, Hunter Thomas Johnson, Noah Anastasio and Julia Anastasio; sister, Criss Cline of Waldo; nieces, nephews and cousins.

In addition to her parents, Cathy was preceded in death by her brother, Roger Waddell and her brother-in-law, Larry Cline.

In accordance with her wishes, there will be no calling hours or services at this time.

In lieu of flowers, contributions in Cathy’s memory may be made to St. Jude Children’s Research Hospital, 501 St. Jude Place, P.O. Box 1000, Dept. 142, Memphis, TN 38148-0552.

The Snyder-Rodman Funeral Center of Delaware, Ohio is honored to serve the Anastasio family.

To share a fond memory of Cathy or to offer a condolence to her family, please visit [www.snyderfuneralhomes.com](http://www.snyderfuneralhomes.com)

In loving memory

Eric Maxwell Cole



Eric Maxwell Cole of Charlottesville, Virginia, died peacefully in his sleep August 8, 2021, from complications of a stroke. He was born Dec. 22, 1929, in the Croyden area of London, England, to Florence Dorothea Engeroff Cole and Herbert Maxwell Cole, who predeceased him.

He graduated as a civil engineer from the Brighton Technical College and served in Europe as an officer in the British Royal Engineers. He helped to rebuild dikes in the Netherlands after a catastrophic flood in 1953.

Eric emigrated to the United States in 1956, with his first wife, Jean Clarke, and worked as a civil engineer in the Chicago area. He thoroughly enjoyed life in the States and became an American citizen in 1962. After a divorce, he enrolled in the University of Chicago, got his bachelor’s degree and worked toward a PhD in the history of science. He taught at the Illinois Institute of Technology.

In 1964 he married Evelyn Edson and their daughter Meredith was born in 1970. The family moved to Scottsville, Virginia, in 1971 to help found Springtree Community.

Eric moved to Reston, Virginia, following a divorce and established businesses, first in electronics repair and later in computer database programming. In 1981 he married Elise Schmetzer Burroughs, becoming the stepfather of Jennifer Burroughs. Eric’s and Elise’s daughter, Alison, was born in 1985. Eric served as a parent volunteer at Sunrise Valley Elementary School in the 1990s.

Eric retired in 2009 but he retained a keen interest in computers and all forms of technology. Although he enjoyed watching American football, Eric also continued to root for Arsenal when soccer became available on TV.

Survivors include his wife, Elise, of Charlottesville; daughter Meredith Cole and husband Peter Krebs of Charlottesville; stepdaughter Jennifer Burroughs Runyon of Phoenix, Arizona; daughter Alison Cole Godachy and husband Gregory Godachy of Los Angeles, California; and grandchildren Abigail Runyon, Leah Runyon, Sebastian Krebs, Violet Godachy and Margot Godachy. The family would like to thank Hospice of the Piedmont and the University of Virginia JABA staff for their excellent care and many kindnesses. Internment will be private and a memorial service will be held at a later date.



# General Assembly passes spending bill, Republican alternative bill seen as political ploy

By Rick Horner  
FAIRFAX COUNTY TIMES

The Virginia General Assembly has voted to approve Governor Ralph Northam’s spending bill for federal coronavirus relief funds.

The General Assembly in Richmond have agreed to a plan to spend \$4.3 billion in federal coronavirus relief funding. The governor’s plan, which came before a special legislative session last week, will include \$935.6 million towards the unemployment trust fund, \$250 million for school ventilation systems, \$700 million for rural broadband, \$485 million for mental health programs and facilities among other items.

This comes after an attempt by house Republicans to present an alternative plan to the one put together by Northam and house Democrats. Many among the Democrats saw the alternative plan which was presented a day before the vote as a ploy by the state GOP for electoral gains.

House Democrats moved the bill though quickly without considering additional amendments as would happen in a normal budgeting process. The Democrats expressed a desire to pass the law quickly and stopped any attempts to add amendments, the Democrats currently have a 55 to 44 majority in the house that allowed them

the ability to inhibit such attempts.

House Republicans led by House Minority Leader Todd Gilbert (R-Shenandoah) did attempt to present an alternative plan which was shot down on site. The alternative bill would have super-sized many proposals already in the spending plan, many of which line up with campaign promises made by Republican gubernatorial candidate Glenn Youngkin.

Among the proposals made by the state GOP members was a proposal of a \$5,000 bonus to all sworn law enforcement officers in the Commonwealth. This would include state and city police forces, sheriff’s deputies, and other members of law enforcement. The Democrats’ plan does include a bonus in the same amount but meant only for members of the state police.

Other Republican proposals included adding more to the unemployment trust fund bringing the total to a \$1.3 billion investment, expanding the \$250 million in school funding to be used for any renovations projects and not just ventilation, awarding the school funds in a way that benefits the poorest school districts, and giving \$500 to every K-12 student in public and private schools to help cover the costs of remote learning during the pandemic.

Other GOP proposals included removing the moratorium on evictions, using \$20 million that is set aside for community

outreach for vaccinations to instead fund a media campaign. Republicans cited a theory that people wouldn’t appreciate government workers coming to their front doors to pitch vaccines. House GOP members also proposed using all the funding instead of putting some of it aside, the House Democrats’ plan puts \$800 million of that funding in reserve for future needs in case the virus gets worse.

Gilbert however ran out of time to propose the alternative plan which was killed by a house vote along party lines 53-43.

Afterwards, Democrats commented on the proposal and dismissed it as a political stunt:

“This was all about the campaign, it wasn’t a serious policy proposal,” said Del. Marcus B. Simon (D-Fairfax) to the Washington Post.

The bill is currently being looked at in the Senate where Republicans in that chamber have already submitted 142 amendments to the bill. Some of those amendments include proposals such as Voter ID laws for elections, prohibiting Critical Race Theory, and exempting local school boards from a state requirement to accept students gender identities.

The bill has passed both the House of Delegates and the Senate by a large majority and will be sent to Gov. Northam where it is expected to be signed.



COURTESY PHOTO

## INMATES CONTINUED FROM PAGE A1

ter, that was the beginning,” said Schollard-Sincock. “For 6 months I taught art at the ADC and developed my program from scratch. Once I felt I had an organized and effective program I reached out to the Fairfax County Adult Detention Center to see if they would be interested in art classes as well. They said yes.”

The inmates could earn time in Schollard-Sincock’s classes if they behaved well both inside and outside of the art class. The demand grew so large that Schollard-Sincock began putting on three different classes a week for different inmates, with an average of 25 inmates per class. There even was a waiting list to get into her classes due to popularity.

Many of the inmates had no prior experience with art, but that did not stop the program from becoming a success. The artist worked hard to gather enough donated supplies to put on the art class for the inmates. “Over the years I experimented with different art techniques, but as you can imagine the types of tools and supplies you can bring into a jail setting is limited for the safety of everyone, myself included,” said Schollard-Sincock. “We primarily stuck to drawing, painting and collage work. Over time I realized that there was a huge interest in drawing the human face by the majority of my students. They often drew portraits of their loved ones and sent them home.”

Some of the inmate’s art even got to be viewed by the public and was displayed in the Torpedo Factory Art Center in Alexandria in 2018. “Most people think that the art that inmates want to do is more focused on emotional explorations of their current situation, but what I found was that my students were eager to actually learn hands-on, foundational, drawing and painting skills,” Schollard-Sincock said. “I witnessed people

who had extraordinary talents that had absolutely no idea because no one had ever taken the time to work with them.”

While COVID has put programs like Schollard-Sincock’s on pause, there is hope that one day the inmates can resume their beloved art classes again. The opportunities to serve those in the jail extends beyond art programs, as well. “There are many ways that people can get involved. Most jails, detention centers or transition home have rehabilitative programs and they often rely on volunteers for a variety of classes,” Schollard-Sincock said. “I also recommend that people think about what it is they themselves are passionate about, what they do for their own emotional well-being, and offer to teach those skills within the facility’s programs. At the Fairfax County Adult Detention Center there were several wonderful volunteers giving their time once a week to teach classes, such as interviewing skills, money management, poetry, yoga, music, reading and writing, stress management and more.”

Schollard-Sincock was able to help inmates progress their art skills while in jail, but once they were released, they still wanted to learn more about art and she was happy to oblige. “As my program progressed, I was often asked by my students how they could continue working with me once they were released,” said Schollard-Sincock. “So, in 2019 I established an outside studio located across the street from the jail. Those students who did exceptionally well in my classroom and showed artist promise were invited to continue their art training outside of the jail once a week, free of charge.”

While Schollard-Sincock was helping the inmates grow their artistic skills, she experienced personal growth from running the program. “There are so many things that are rewarding doing this work. The first day I walked into

the jail classroom I was terrified. It was just me in a classroom with 25 male students, the door closed and locked, with deputies on the outside,” Schollard-Sincock said. “But it only took a couple of minutes in a room full of eager faces to understand the importance of this work and I immediately felt at ease. Every single one of my students was so excited to learn and was kind and friendly. Every single one was willing to try.”

The artist is passionate not only about giving back to the underserved population of inmates, but spreading awareness and education about art. “When I began this effort, I had a hunch that an enormous amount of our population within the United States has been failed by an educational system that downgrades, or even eliminates, arts programs within our schools,” Schollard-Sincock said. “Our nation’s over-emphasis on science, math and technology, has literally left half of our nation hungry to learn. I believe we have a nation full of eager minds and capable hands that are being underserved.”

All Schollard-Sincock’s hard work with the inmates is being honored with an award from ArtsFairfax for her contribution to arts and culture in the community and her dedication to volunteering with an often-underserved population. She is grateful for the support and recognition her program has received from the community. “I would really like to express my deepest gratitude to Sheriff Stacey Kincaid for supporting programs like mine and for her continued effort to help heal our community. I would also like to thank the ArtsFairfax organization for selecting me as the 2020 recipient of the Arts Education Award for Fairfax County for an individual teacher,” Schollard-Sincock said. “The support of our community has been the single biggest driving force of my ability to keep this program running for the last 4 years. I am deeply indebted to all who have supported me.”

## DOMINION CONTINUED FROM PAGE A1

in energy investments. The massive scale and time horizon for these investments warrants a full analysis that ensures reliable service at a fair price for Virginia ratepayers,” stated Del. Sally Hudson (D-District 57) who spearheaded the letter to the commission.

The letter concedes that while the act seeks to transform the Commonwealth’s energy sector it will require some costly investments. Dominion is one area that the delegates are hoping to be able to cut costs and align the company’s rates with the cost of its service. The letter also states what it calls a well-known fact that Dominion has a track record of overcharging customers and inflating planning costs.

The letter cites

Dominion’s own financial disclosures which showed that the company overcharged customers by \$100 to 300 million above its authorized rate of return every year between 2015 and 2018. The letter also cites the Commission’s rejection of Dominion’s latest Integrated Resource Plan in Feb. 2020 concluding that the plan was neither “reasonable or in the public interest.”

The delegates asking the Commission to find out what the potential refunds would be if it wasn’t required to approve customer credit reinvestment offsets or were required to permit Dominion to keep 30% of its over earnings. They also ask that the analysis find out what rates the Commission would set if it were required to ensure that rates were just and reasonable while allowing the utility the

opportunity to recover its costs plus its authorized rate of return.

The House of Delegates did attempt to address many of these matters directly earlier this year and passed bills designed to eliminated tools that utilities use to avoid refunding overcharges to customers as well as restore the Commission’s discretion to set rates under a traditional cost-of-service model.

Those bills were rejected by the Senate Commerce and Labor Committee on grounds regarding the uncertainty of the legislation’s impact on Dominion’s 2021 rate case.

Dominion commented to the Virginia Mercury about this potential analysis and received a reply from its spokesperson Rayhan Daudani who said “if the legislators want the SCC to do the analysis, then it’s up to the SCC.”

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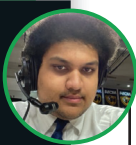
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FAIRFAX COUNTY  
BREAKING FREE

BY SRAVAN GANNAVARAPU  
SPECIAL TO THE FAIRFAX COUNTY TIMES



# Childcare with a smile and mask



COURTESY PHOTOS

As a child grows up, they find themselves fascinated with toys, love, and being around their friends. A daycare center provides that and more, and KinderCare is no exception.

Located off Herndon Parkway, KinderCare offers several programs for kids ranging from 6 weeks to 12 years. In essence, from early childhood to the end of elementary school.

Christine Ashman is the center's director. Having worked in child care since 1990, Ashman says Kindercare is about more than providing care; it's about giving the kids a foundation for success.

"The kids are engaged, and they're always having new experiences," Ashman said.

KinderCare has several locations within the Fairfax area, including in Chantilly, Sterling, and Reston.

Each location has a staff dedicated to bringing the best out of the kids while helping shape them for what lies ahead when they leave the center and their early years of education. Also, they have the pleasure of making the experience fun for the kids and helping them learn new things.

COVID-19 caused a shift in those plans. Ashman says the center closed on March 23, 2020, and reopened on June 1, 2020, albeit with restrictions. Staff was required to wear masks at all times. However, the ones most affected were the families that utilize the daycare's services for their kids.

"It was a hard time for all of the families, all the children, and all of the staff," Ashman said. "The community really counted

on us for care, for education, and socialization."

Just the thought of not being near friends or even enjoying the company of others is challenging for a child. While being at home and being safe is a priority, it's reasonable to believe that getting back to normal is something everyone covets.

It was a very tough time for all. Upon returning to the center, however, Ashman says the excitement between staff and students was palpable.

"When the kids returned to our center, it was just so joyful because they were so happy to see each other and so excited to see the teachers and be welcomed back," Ashman said.

However, returning came with new rules and the chance to improvise and make the transition smooth and enjoyable for all. Ashman says that her center has an excellent program for families to utilize curriculum pieces at home while having access to several online resources that could be shared with families, like virtual storytimes for the younger ones.

Also, with the help of her staff, Ashman created a video and set up a health station to make sure the kids were safe and healthy.

Additionally, the center had a sign-in station set up outside the school so that only staff and students could enter the building. Now, parents can drop their kids off in the lobby instead, at least until it's safe to have parents in the building.

"We had a board asking the questions that were really important such as have you or anyone in your family had any signs of illness, fever, cough, etc.," Ashman said.

Such policies may be hard for some kids who are used to having their parents personally escort them to their classes or for some parents who can't bear the thought of not bringing the kids to the classroom door themselves. However, these are all for safety purposes. As for wearing the masks, Ashman said several kids, particularly the 4-year-olds, found it very enjoyable because of all the different designs.

Eventually, the masks will fade away, and daycare centers will be back to what they once were before the sudden shift in times. Ashman credits her staff for their resilience and the parents themselves for being so proactive.

"I really give credit to the staff, the teachers, because they're just phenomenal. The ones that we have here and you know, they know what's going on outside, they know the risks," Ashman said. "I attribute the children's excitement for being here to the staff that's here."

As for the families, Ashman says that while kids are certainly excited about getting back to seeing their friends and taking advantage of the many great resources that KinderCare offers, the parents are also happy for the fact that their kids are in good hands.

"Parents are very excited to be able to get back into the building eventually," Ashman said. "They're very cooperative when we are still asking them to wear masks. The kids just love being here, and it's just such a happy place."

*This is the final story of the "Breaking Free" series. Sravan Gannavarapu, an intern with the Fairfax Times, will be returning to school at Boston University.*

## Five prep steps to protect and power your business

Courtesy of  
Family Features



An unexpected event such as a seasonal storm can wreak havoc on your business. While you may not be able to manage Mother Nature, you can take steps to protect your business against the impact of a natural disaster.

In honor of National Preparedness Month, consider these tips to help prepare your business in the event a disaster or emergency comes your way.

### Make a Plan

If you haven't mapped out how your business operations would change in the aftermath of a natural disaster, this should be your first priority. Consider scenarios in which the physical location of your business is inaccessible, a significant portion of your staff is unable to come to work or any other situation that could result in the inability to continue business as usual. Your plan should address minor impacts up to a worst-case scenario and outline how you'll adjust accordingly, including which staff members will be responsible for leading each change. Define contingency resources and operating standards so you can quickly shift gears as soon as you can safely do so.

### Ensure a Reliable Power Source

Power is often one of the first resources affected by weather-related disasters, and depending on the severity of the storm, outages can be lengthy.

Adequate power is essential for keeping your business moving and ensuring operations don't come to a halt during a time of need. Establishing a partnership with a power expert can help with your everyday power needs while also guaranteeing you're prepared for unexpected events. A professional partner's expert counsel can guide you toward the right power source for your system in addition to helping prevent the logistical impact of battery failures, unplanned downtime or subpar performance.

### Keep Insurance Up to Date

As a business owner, you shoulder a great deal of responsibility, not only for your business and its assets but also for the people you employ. Maintaining a current and adequate insurance policy is an essential business practice. If you don't make it a habit to review the terms of your policy each renewal period, take time to do so right away. If you find any areas of potential exposure, contact your insurance agent to discuss how you can better protect your employees, your business and, ultimately, yourself.

### Consider How Assets are Stored

Whether your business produces tangible goods or you deal in data, your assets may become inaccessible in the event of a natural disaster. Regular backups, digital file management and remote access can protect vital business information. Be conscious of storage needs you may take for granted with your current business setup. Your backup storage plan should include vendors located well outside your region who you've vetted and know you can trust.

### Anticipate Communication Needs

In the hours, days and weeks following a natural disaster, you can expect an elevated need for information by everyone who is involved with your business, from your senior leadership team and other employees to customers and vendors. Think about how you typically communicate with each of these audiences and what changes may be necessary if your normal operations are disrupted. Decide ahead of time who will be responsible for leading communication updates and discuss your expectations about transparency and timeliness to ensure your business circle stays apprised of developments.



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# ShotSpotter and Anti-Trafficking International team up to battle human trafficking

By Noelle Riddle  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Human trafficking has seen a national increase in reports of suspected child sex trafficking between the years of 2010 and 2015, according to the National Center for Missing and Exploited Children. And many people may not realize just how close to home the problem is. With many kids having technology constantly at their fingertips, traffickers have a wider access to potential victims.

ShotSpotter is a cloud-based service, which can detect gunshots and alert authorities of possible issues to prevent, respond to, and investigate crime in a timely manner. “Police rely on the community to call 911 if gunshots are fired, but only 20% of incidents are ever reported on average,” said ShotSpotter senior vice president, Sam Klepper. “This creates a situation where police departments have a large data gap that makes it difficult to be able to effectively ‘serve and protect’ when it comes to gun violence. ShotSpotter fills the gap with a network of acoustic sensors that can detect, locate and alert police to nearly all gunshot incidents. The system is in operation in more than 120 cities.”

ShotSpotter works by using an array of acoustic sensors that are connected wirelessly to ShotSpotter’s cloud-based application to detect and locate gunshots using triangulation. Each



TIM TEBOW FOUNDATION / UNSPLASH

acoustic sensor captures the time and audio associated with impulsive sounds that may represent gunfire. Acoustic experts, who work in ShotSpotter’s twenty-four seven Incident Review Center, confirm that the events are gunfire. They can append the alert with other information like whether a fully automatic weapon was fired or there are multiple shooters. This process takes less than 60 seconds from the time of the shooting to the digital alert popping onto a screen of a computer in the 911 call center or on a patrol officer’s smartphone or mobile laptop.

The company has partnered with the Anti-Trafficking International

(ATI) organization for a one-year pilot program to get traffickers off the streets and potential victims out of harm’s way. The partnership is fueled by a passion of stopping crime in a timely manner.

ATI was founded by former Fairfax County police officer, Bill Woolf. “My background is I am a former Fairfax County Police Department officer, and I ran the Northern Virginia human trafficking task force. I also was the former director of Human Trafficking Programs at the United States Department of Justice,” said Woolf. “Northern Virginia is a target for traffickers. It is a heavily populated area, making it easier to find a target.

There is a stable economy so they can make good money. Younger victims have a lack of awareness of trafficking, and the accessibility to young people is easy, kids are near their phone a lot and it gives easy access.”

Traffickers often have a trained eye when looking for their next victim, but not just one group of people are at risk of becoming a victim. “Human trafficking affects all races, ages, genders and socioeconomic classes,” said Woolf. “Everyone is vulnerable, as traffickers look for 3 things in potential victims: accessibility, suggestibility and vulnerability. Traffickers are really good at finding vulnerabilities, as they may target young people with low

self-esteem or a poor home life, or single mothers, there are many different vulnerabilities they go after.”

There are also some key signs which Woolf suggested friends and family members can be on the look out for if they are concerned someone they know may be a victim of trafficking. “If you are familiar with the individual, you will notice changes over time, like seeing the individual become more depressed or secretive, isolating themselves, changes in their peer group, looking physically worn out and malnourished, seeming exhausted and having no energy. You can see the impact of the trauma causing their body to shut down,” said Woolf. “A lot

of trafficking victims are living at home, sleeping in their own beds at night and attend school every day. They do not go missing, but there are changes in behavior, mood, and physical appearance.”

While victims may not go missing, ShotSpotter can help ATI detect crime scenes and intervene to help the victim get freedom and put the trafficker behind bars. Traffickers often travel amongst state lines, making it difficult for police and other authorities to track down and handle the trafficking case. ShotSpotter can help with this location identification process.

ATI also has an educational program in Fairfax County Public Schools where students learn more about possible signs of trafficking and learning what may be a red flag to look out for. Programs like this can help young people learn more about the issue and keep the number of victims from growing. “We encourage everyone to learn more about what human trafficking is, and how traffickers go after victims,” said Woolf. “We have lots of information on our website, which is preventht.org, there is an education corner with articles and videos to help educate people about human trafficking. Education is key to prevention.”

ATI and ShotSpotter are working together to improve investigations and prevention of human trafficking across the country and protect vulnerable citizens.

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OPINION

First strike dangers

Dear Editor,

I’m not sure if hypersonic missiles or Iran’s drones have a chance of first strike capability. If so, or if some countries will think so, and/or don’t fear a second strike, then we need to take preventative steps. The same applies to nuclear weapons (with or without these,) and perhaps likewise even poison gas.

If there is a chance of conquest by China, Iran, or North Korea—or a chance of destruction by any of those countries or by Russia, we need a freeze on new missiles and/or weapons of those sorts; there should be immediate inspection of any suspicious sites in order to verify this. (If they don’t fear a second strike, or would furnish to terrorists, we need to have them dismantle what they already have—again with immediate inspection.)

Perhaps the way to do this is by offering and/or establishing increased trade while threatening increased sanctions, with the spread wide enough so that they won’t want to chance our missing any of the sites.

(For Russia, we might also try diplomacy like a NATO invitation. Alternatively, increased economic ties might forestall destruction. For North Korea, perhaps we might also give them a choice between de-nuclearizing the Korean peninsula or putting enough arms in South Korea and nearby to destroy them.)

Perhaps we can bring about human rights, such as freedom of religion; and perhaps we can get China to stop supporting North Korea if nothing else works with the latter.

Alvin Blake  
Reston, VA



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# Industrial seed oils - what you need to know

KEYS TO BETTER HEALTH  
CINDY SANTA ANA



A hallmark of processed food is the type of oil used in cooking. But we also need to be aware of what oils we are using to cook with and what the restaurants we frequent are using.

The eight industrial, inflammatory seed oils are Canola, Corn, Cottonseed, Soybean, Sunflower, Safflower, Grapeseed, and Rice bran.

Industrial seed oils are highly processed oils extracted from soybeans, corn, rapeseed (canola), cottonseed and sunflower and safflower seeds. After the seeds are harvested, they are heated to extremely high temperatures that oxidize the fatty acids. This creates byproducts that are harmful to your health. Omega-6 fatty acids are found in oils such as corn, safflower, sunflower, and soybean oils and products made with those oils. Excess consumption of omega-6s can trigger the body to produce pro-inflammatory chemicals.

There are several problems with industrial seed oils, all of which play a significant role in

chronic inflammatory diseases.

- Eating industrial seed oils raises our omega-6-to-omega-3 fatty acid ratios, with significant consequences for our health.
- Industrial seed oils are unstable and oxidize easily by heat, light and air. Polyunsaturated fats easily damaged and are bottled already oxidized - creating free radical damage. They're not nutrient-dense and contain no Vitamin A or E, like olive oil.
- They contain harmful additives. For example, hexane is used to extract some seed oils and is often present in the final product.
- They're derived from genetically modified crops.
- When industrial seed oils are repeatedly heated (as restaurants do in fryers), even more toxic byproducts are created. This is why eating at home and cooking your own food is much healthier.
- Industrial seed oils are far from the "healthy" label they carry. A number of chronic inflammatory diseases have been linked to a number of chronic health problems such as:
  - Asthma and Allergies
  - Autoimmune disease
  - Cognitive and mental health issues such as

- depression, anxiety, cognitive decline, dementia, and even Alzheimer's disease.
  - Diabetes and obesity
  - Heart disease
  - Gut health issues such as irritable bowel syndrome (IBD) and inflammatory bowel disease (IBS)
  - Inflammation
  - Infertility
  - Macular degeneration
  - Osteoarthritis
- The best thing you can do for your own health and the health of your family is to get rid of all vegetable oils, butter substitutes and margarine from your home. Replace them with ghee or clarified butter, pasture-raised beef tallow or coconut oil. Pasture-raised lard is 45% monounsaturated fat (and only 39% saturated fat) and is great for making pie crusts. One tablespoon of lard has 1000 iu's of Vitamin D.
- Source pure extra virgin olive oil from Italy, Spain or Greece that is cold-pressed and first-pressed and avocado oil, which is better suited for high heat cooking. Of note, a higher smoke point is only valid IF the fat is stable to begin with. Learn more in my upcoming cooking classes this fall. Get the details at [www.UnlockBetterHealth.com](http://www.UnlockBetterHealth.com).



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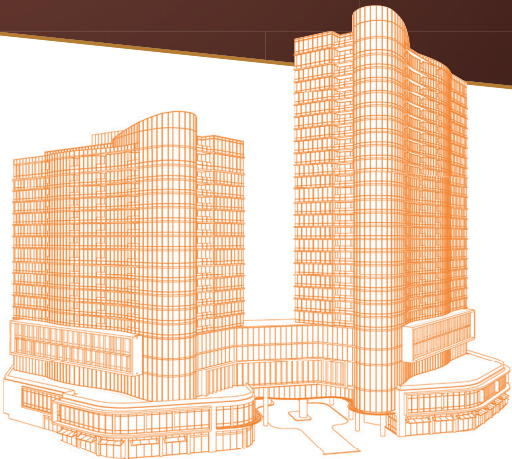
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# Tips from teachers for choosing quality child care

**Courtesy of Family Features**

Human trafficking has seen a national increase in reports of suspected child sex trafficking between the years of 2010 and 2015, according to the National Center for Missing and Exploited Children. And many people may not realize just how close to home the problem is. With many kids having technology constantly at their fingertips, traffickers have a wider access to potential victims.

As families across the country get ready for

back-to-school season, many are also preparing to return to in-person work, which means finding the right program to support their children's ongoing learning and development. According to "The Current State of Scientific Knowledge on Pre-Kindergarten Effects" report, choosing a quality preschool helps children start elementary school prepared for success.

Knowing what to look for when choosing the right child care provider for your family can be stressful. However, these insights from KinderCare teachers with

40-plus years of classroom experience and Teacher of the Year honorees can help remove some of the mystery.

**Make a list of what matters most**

Before beginning your search, take some time to think about specific wants and needs for your family and children, whether that's kindergarten-readiness, social and emotional development or convenient location. Write down the things that matter most to your family and refer to that list when you're speaking with potential providers and asking questions.



## Back to School

If your child is entering 7th grade they must have the **Meningitis, HPV, and Tdap** vaccines in order to enroll. Talk to your doctor and vaccinate them now!

[vdh.virginia.gov/backtoschool/](https://vdh.virginia.gov/backtoschool/)

**Put yourself in your child's shoes**

When you look around the classroom, be sure to look for child-sized furniture and age-appropriate books and toys within children's reach. This can help inspire their natural curiosity, encourage independence and build confidence. It's also important to know how play is incorporated, how it's facilitated and to see purposeful opportunities for play in each classroom.

"There should be areas set up with enhancements that incorporate toys, blocks, art materials and dramatic play," said KinderCare Teacher of the Year Sara Fouriner. "Teachers should share how they're fostering social and emotional skills, executive function, problem

solving, language and regulation skills in children by offering clear examples and putting evidence of learning on full display."

**Ensure safety and quality are priorities**

Health and safety took center stage in 2020 and remain top priorities for many families. Ask questions about each potential provider's safety rules and practices in addition to their curriculum. It may also be beneficial to ask if their programs are accredited by a third-party agency, such as the National Association for the Education of Young Children. Accreditation means the center's program is held to high standards and exceeds basic requirements set by state licensing.

"As a mother, grandmother and teacher, I believe families should look for a center that is clean and accredited," said Dorothy Ellison, an early childhood teacher of 40 years. "Families should also inquire about child-to-teacher ratios, staff training and hiring practices, supervision, emergency prep, illness policies, communication and the quality of caregivers in each program."

**Look for teachers who love what they do**

Great teachers have a natural ability to connect with every child in their care. If children love their teachers and school is a safe, happy place for them, there are typically few limitations on what they can learn.

"High-quality education starts with open, caring teachers who understand the expectations of the age group they represent," said Dana Davin, a KinderCare Teacher of the Year and center director. "A genuine welcome when children arrive, a clean and engaging classroom and a culture of inclusion all stem from great teachers who believe in what they do."

## MedStar Washington Hospital Center recognized as one of the nation's top heart hospitals.

**Princesita Cezar, a MedStar nurse, became a patient when she needed MedStar's team-based care for a rare heart disorder. Her cardiac surgeon: Ezequiel Molina, MD (left), one of the scores of specialists who contribute to the cardiovascular program's success.**

MedStar Washington Hospital Center has again been recognized as a **"Top 50 Cardiology and Heart Surgery Hospital"** by *U.S. News & World Report*, thanks to the extraordinary collaboration of our physicians, nurses and dedicated associates who provide the highest quality care each and every day.

The criteria required to be ranked nationally include experience in complex cases, patient outcomes, and quality. MedStar Washington Hospital Center also received the highest rating possible for the treatment of two conditions—heart attack and heart failure—and for the performance of three procedures—aortic valve surgery, heart bypass surgery, and transcatheter aortic valve replacement (TAVR).

To learn more about the experience and expertise that earns MedStar Washington Hospital Center national recognition year after year, visit [MedStarHeartInstitute.org](https://MedStarHeartInstitute.org).

**It's how we treat people.**

## How to navigate family feelings about returning to school

**Courtesy of Family Features**

Whether it's your child's first day of kindergarten or the start of middle school, back-to-school season can bring a range of feelings - from worry to excitement - for the entire family. This year may be more emotional as many families spent the better part of the past two school years at home due to the COVID-19 pandemic.

"It's important to remember that even in the best of times, it's normal for children to express feelings of sadness, isolation or stress," said Tyreca Elliott, from KinderCare Learning Centers' inclusion services team. "Learning how to address those feelings helps us build self-confidence, resilience and independence. What's important is the way adults respond to children's stress. Offering comfort, reassurance and assisting with problem solving will help children learn and grow from stress in a positive way."

As an added bonus, Elliott said many of the most effective ways to help children learn to navigate their feelings work just as well with adults. Consider these three tips to help your children (and yourself) manage emotions during the transition back to school.

**Plan ahead:** The fear of the unknown can be stressful. Children who aren't able to clearly articulate their feelings likely won't be able to make the connection between new, uncertain situations - like going to school and being around other people - and their feelings. Instead they may become overwhelmed by emotions, which might look like more meltdowns, clinginess or a variety of other behaviors. Talk with your children about how they feel about going back to school ahead of the first day of class. Ask questions to help them determine why they feel particular feelings when they think about school then work together to solve potential issues. That could mean finding a way to meet your children's teachers ahead of time, whether virtually or in-person, or practicing introducing themselves to classmates.

**Build a consistent routine:** Routines can give children (and adults) a sense of security and structure, which in turn make it easier to cope with big emotions like stress and anxiety. Try to stay consistent, and if you need to make adjustments, talk them through with your children. Be sure to mention key milestones instead of times, particularly if they can't tell time yet. Make sure your children have opportunities to ask questions about any changes to routines. They may need reassurance before they're ready to face something new.

**Create special family moments:** As important as routine is, it's just as important to prioritize quality time together. That could mean a vacation or something as simple as Saturday bike rides or Sunday morning pancakes. Plan a family outing or special time together to celebrate completing the first week of school. Family rituals and celebrations can give children and adults something to look forward to. Quality time together also helps families build resiliency.



# Three questions to ask before sending kids back to the classroom

Courtesy of  
Family Features

The COVID-19 pandemic created a new sense of urgency and focus on air quality and safety indoors. As many parents get ready to send their children back to school classrooms this fall, confidence surrounding indoor air quality is still a major concern across the country.

Evidence suggests that inadequate ventilation and poor indoor air quality management can increase the risk of contaminants circulating in the air. Reducing occupant exposure to contaminants can help mitigate absenteeism and boost productivity for students, staff and parents alike. Even before the pandemic, a 2009 study in The Journal of School Nursing reported that cold and flu viruses caused an average of 164 million K-12 student absences. And, parents missing work to care for sick children contributed to total productivity losses costing employers \$225.8 billion annually in the United States, according to the CDC.

A school’s heating, ventilation and air conditioning (HVAC) system can implement solutions that may help mitigate such threats. Yet 41% of school districts needed to renew or upgrade the HVAC systems in at least half of their schools in 2020. This means an estimated 36,000 schools nationwide are facing inadequate indoor air quality.

These risks do not need to go unmitigated. President Biden’s American Rescue Plan has earmarked \$130 billion for school upgrades. This funding provides an opportunity for necessary upgrades to the many schools in need.

Three questions to ask your school district

Recent innovations in HVAC make it easier to assess, mitigate and manage indoor air quality, while keeping school district budgets and nationwide sustainability goals in mind.

Parents can get involved to help ensure federal funding addresses the challenges facing their local schools. As local districts begin designating dollars, here are three

- questions to ask:
- Does my child’s school have an updated indoor air quality plan, including maintenance and service?
  - Will our district spend stimulus dollars to invest in HVAC improvements to enhance indoor air quality?
  - Does my school district have a plan to measure the effectiveness of these investments?
  - There are four key factors to healthier indoor air quality that help create a more optimal indoor environment:
    - Dilute (increased ventilations with outdoor air),
    - Exhaust (ensuring lower quality air in the space is removed),
    - Contain (control humidity), and
    - Clean (use air cleaning technology and filtration options, as appropriate).

“As a parent with a daughter in elementary school, our family is very anxious to get our daughter back to the high-quality, in-person learning environment she experienced as a kindergartner,” said Scott Huffmaster, Healthy Buildings Leader, Trane Technologies.

The best place to start is with a data-driven assessment of current indoor air quality. A large Texas school district recently worked with Trane to assess indoor air quality at a sample of its schools. The fact-based assessment provided insight to actionable strategies tailored to the district’s needs and aligned with the latest industry guidelines.

Every facility needs a custom evaluation and approach. For example, increased use of disinfecting sprays and wipes to clean surfaces can emit unhealthy compounds that affect air quality. Simple approaches, like opening windows or fans to increase air flow, don’t always work for areas with high humidity or pollution levels, and may increase energy use.

New and emerging technologies can help, too. After factoring in the conditions of building HVAC systems, ambient outside air and other considerations, leaders at Adams 14 School District outside of Denver installed Synexis® Spheres throughout



COURTESY PHOTO

its campuses - an innovative technology that takes naturally occurring oxygen and humidity in the air to create a vaporized dry hydrogen peroxide that continually

and significantly reduces the presence of contaminants in the air and on surfaces. This occupant-approved, effective and low-maintenance option has helped to improve

district-wide indoor air quality without negatively affecting energy efficiency and operating costs.

The science, funding and innovation are within reach to

address each school district’s needs. Consider asking if your school district is addressing these concerns to provide better indoor environments for students to learn.



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## Five stylish ways to make your dorm room feel like home

Courtesy of  
State Point Media

Making your dorm room feel like home takes work and planning, but starting with a blank canvas allows you to bring your personality to life! Here are some fun, unique ideas to incorporate style and comfort into your space that you can enjoy while you study, socialize and sleep:

**1. Add a Pop of Color.** Most dorm rooms are bland and neutral, but you can jazz up your space with color! Colorful bedding is a good staple, but why not kick things up by tossing some brightly colored throw pillows onto versatile white bedding? Or pick a lively accent color to incorporate into your décor through accessories and artwork. Colorful

tapestries or curtains add flair without damaging walls or paint. The best part? Any item can be swapped out if you change your mind.

**2. Use Friendly, Warm Lighting.** Fluorescent lights make dorms look stark, which is not something you want when you're away from home. Softer lighting can provide a cozy feel that's easy on the eyes. A floor lamp is another way to add a softer vibe to a bland, institutional room. For a more industrial look, opt for an Edison bulb lamp, or a smart bulb that adjusts from cool to warm tones. Don't forget string lights! They're an easy, affordable way to create a twinkle effect, and rope lighting can provide a fun colorful alternative.

**3. Toss in a Blanket or Rug.** Adding a cozy blanket or rug only boosts the

comfort factor. It's also another great way to seamlessly incorporate that accent color or a fun pattern into your space. Nothing's more comfy than a good blanket to help you feel at home, especially when you're away at school.

**4. Bring the Outdoors In.** Plants in any size, shape and color add a relaxed touch to any space. Pick plants in style-focused collections such as Bohemian Dreams, Desert Retreat, Woodland Whimsy and Tropical Oasis, as well as a special Signature Collection. Choose easy-care plant options ranging from low light to bright sun. Mix big and little, flowering and foliage, tall and cascading – get wild with your plant choices!

**5. Macrame I Help?** Think great heights! Hanging a trendy macrame planter from the wall or ceiling is a



COURTESY PHOTO

wonderfully creative way to fill the room with greens and vibrant living décor while saving on space. Suspending your plants leaves more room

for books, not to mention other fun décor items, to give your dorm room spark and personality. There are several types of plants that are

perfect for stylish macrame hangers. Opt for an easy care Pothos, Ivy or beautiful Zebrina for a vintage, indie look.

## Top tips for homeowners to prep financially for natural disasters

Courtesy of  
State Point Media

Climate change is making natural disasters more extreme, from extending the duration of disaster seasons to increasing the intensity of fires, storms and floods. Indeed, the U.S. Geological Survey notes that with increasing global surface temperatures, the intensity of storms will likely increase. The agency also predicts coastal flooding to double in the coming decades.

Health and safety are first

priorities after a disaster, but financial resilience is critical too. If you're a homeowner -- or a prospective homeowner -- here's how you can get prepared:

**• Compile documents:** Assemble important financial documents. Store paper copies of all files in a fire-proof and waterproof box or safe, or in a bank safe deposit box. Consider making digital copies for easy accessibility. Store these in a password-protected format on a removable flash or external hard drive, in your fireproof and waterproof box or safe, in a bank safe deposit box,

or with a secure cloud-based service.

**• Understand your insurance coverage:** Having adequate insurance will ensure protection in times of need. The extent of your coverage will depend on where you live and what types of disasters your location may be at risk for. Review your policy annually and make changes or additions as needed.

**• Update documents:** Regularly revisit and update documents, particularly if you have significant changes in your life, such as marriage, death or the birth of a

child.

**• Start saving:** If you're able, start saving today. Having an emergency budget allows you to react quickly if you're affected by a disaster. Plus, households that have an emergency savings account tend to fare better overall.

**• Go electronic:** If you depend on regular benefits such as Social Security, consider switching to electronic benefits to protect yourself should mail service be disrupted during a disaster.

**• Know the plans:** Stay up-to-date with the emergency plans in your community, children's schools and

place of work. Make a communications plan for your own household and share it with all the members of your family.

**• Seek disaster relief:** If your home has been impacted by a natural disaster, contact your loan servicer right away. Your loan servicer may be able to extend a full range of relief options, including: suspending foreclosures by providing forbearance on your mortgage payments for up to 12 months, waiving assessments of penalties or late fees, and not reporting delinquencies to the nation's credit bureaus.

About one month before the end of your forbearance period, contact your mortgage company to determine the most appropriate option for re-establishing your mortgage payments.

**• Become a savvy homeowner:** Familiarize yourself with how to prepare your home for natural disasters and extreme weather, as well as where to find resources to help recover if disaster strikes.

Natural disasters can strike at any time and with little warning. However, proper preparation can help you weather the storm.



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# You gotta have heart

## Ann Wilson goes solo for Birchmere show

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

Considered to possess one of the greatest voices in the history of rock ‘n’ roll, Ann Wilson, lead singer and songwriter of Heart, has thrilled audiences for more than four decades.

Along with sister Nancy and the rest of her bandmates, Heart achieved a catalogue of hits throughout the ’80s, including “These Dreams,” “Alone,” and All I Wanna Do is Make Love to You.” Overall, the band sold over 35 million records and was honored into the Rock and Roll Hall of Fame in 2013.

Trying to put the forced hiatus of the pandemic behind her, Wilson is looking to the summer and fall with great anticipation. She has a new release on the horizon, there’s been the reveal of some pre-Heart archival recordings and she’s headed out on a solo tour—something that’s she’s missed a great deal these past 18 months.

“I tried to keep busy; I wrote songs, played with the dog, stared out the window and hung out with my husband and watched a lot of Netflix,” she said about her time during the pandemic. “We found our way through.”

As far as music, Wilson came out with a cover of Steve Earle’s “The Revolution Starts Now” around election time, because she was pretty “flummoxed about how un-polarized people were,” and felt she needed to do something.

“The other songs that I wrote were more poetic and internal to me,” she said. “I’m looking forward to getting back on stage to sing and let out my feelings.”

Wilson will be making a stop at The Birchmere on Aug. 14, where people can expect to hear Heart classics and her newer material that are soon-to-be favorites.

“I have a new band called The Amazing Dogs, and they are just great players, all but one from Nashville,” Wilson said. “We’re planning a mix of new original songs, Heart songs and some amazing covers that I think will be surprising. It’s a great show.”

Her new band evolved over the last few months, and came out of recording sessions she did in Nashville, when she met these guys she never would have met when she was living on the West Coast.

“We did 10 days of rehearsal in Nashville, and already did the first leg of this tour, so we’ve really played together a lot now and everything has been great so far,” Wilson said. “Everyone has been vaccinated and we follow all the proper protocols and are careful, and we’re slowly and surely getting back to reality.”

The last time Wilson has been off the concert stage this long, she was still in school.

“I started back in high school, and I’ve never stopped,” she said. “When we first went into quarantine, we had just come off a big Heart tour and it was nice to not have anything to



COURTESY PHOTOS

See ANN WILSON, Page B5

# Wolf Trap welcomes Vertical Horizon

## The ’90s band arrives with Train for a great double-bill

By Keith Loria  
SPECIAL TO  
THE FAIRFAX COUNTY TIMES

Matt Scannell founded Vertical Horizon in the early ’90s as a student at Georgetown University, but the band didn’t garner success until almost a decades later, finally scoring it big with the 1999 album, “Everything You Want,” with the title track going on to be Billboard’s Most Played Single of 2000.

Other hits would follow, including “You’re a God” and “Best I Ever Had (Grey Sky Morning),” and Scannell and crew became favorites among the pop-alternative

set.

In 2004, the band members would go their own separate ways, but Scannell continued writing scorching songs, and revived Vertical Horizon in 2009, releasing the critically acclaimed “Burning the Days” on Outfall Records. That album produced “Save Me from Myself” and “The Lucky One,” plus “Even Now,” which was co-written by Scannell and late Rush drummer Neal Peart, who would play on three tracks.

Scannell continued to lead Vertical Horizon this past decade, though the band saw numerous changes. Things were kicking into gear

when COVID-19 hit last March, but the songwriter reflects on the pandemic as bringing out a different side of him.

“None of us could see this coming, so in the midst of the anxiety and darkness of this time, I think there has also been some beautiful moments, and looking inward and focusing on what is important in our lives has really helped me to grow as a person and a writer,” Scannell said. “I’m working on two records right now for my band, and trying to get them finished as quickly as possible.”

He calls the time away from the spotlight as being “fertile months”

creatively, and feels being in one place for the most time he’s been for decades made for a very interesting year.

“My writing was a bit darker,” Scannell said. “I think I’ve come to more positive themes as time wore on, but when it was first happening, it was definitely dark. I tend to write from a very personal perspective—they are mostly about one-on-one relationships, rather than looking at society as a whole and making big sweeping statements. So, in the beginning, I felt my voice almost didn’t feel applicable. I waited for feelings and themes to come up that were authentic to me as a songwriter.”

Eventually those songs came, and Scannell wrote enough material to fill at least two albums.

On Aug. 19, Vertical Horizon will team up with Train for a Wolf Trap show that’s sure to be remembered.

“We’re so grateful for the Train camp for having us on this tour,” he said. “It’s a best-case scenario for us to come out of the pandemic with a tour of this big a profile. We’re hoping to reacquire ourselves with people who may have known our music at certain points over the years, and remind them we are still out there

See VERTICAL, Page B5

The

ARTS

are in

FAIRFAX

BY DANA C. STEWART

Forty years ago, my world rocketed into another dimension when MTV hit the airways. Every pre-teen and teen across the country became mesmerized by the blend of music and video. Today, my kids laugh at stories of sneaking to watch the latest music hits on television. The kids may laugh, but MTV was the springboard that changed the way we demanded entertainment and opened the door for dreamers to create current, engaging platforms such as TikTok, Instagram, YouTube, Facebook, and so many more.

MTV was visionary. It intersected art and technology in a way we, as audiences, had never experienced. Technology continues to intersect every aspect of our life. It raises the question of whether technology is art. More importantly, should funders fund it?

In March, Christie’s auction house sold a digital artwork for a record \$69 million. The price reflects the demand, but how does the art community blend technology with traditional art offerings? It is a question our nation’s arts leaders are trying to answer.

In June, in partnership with the Ford Foundation and the Knight Foundation, the National Endowment for the Arts released a report on a two-year research initiative exploring creative practices of artists engaging in digital technology. Tech as Art examines the existing challenges and opportunities faced by artists and organizations working at the intersection of arts and technology. Art challenges our way of thinking and acting. Read more about visionary artists active in the field at arts.gov.

Access and interaction with artists are ever-changing, but if you are

See ARTS, Page B5



COURTESY PHOTOS





## Family meals that deliver flavor and nutrition

### Courtesy of Family Features

As kids and parents return to busy schedules full of sports, homework and weeknight activities, building a plan for nutritious and easy meals can be challenging. Piecing together a menu that fuels active minds without spending hours in the kitchen is a common goal for many families.

These recipes require minimal prep and call for on-hand ingredients like dairy food favorites that provide nutrients

people of all ages need to grow and maintain strong bodies and minds.

Whether you enjoy it together in the morning before getting the day started or mix it up with breakfast for dinner, this Sustainable Frittata is called “sustainable” because you can use leftover cheeses, veggies, ham, sausage and more to recycle ingredients you already have on hand. For a customizable kid-pleaser, turn to Chopped Chicken Taco Salad and garnish with your family’s favorite toppings.

### SUSTAINABLE FRITTATA

Prep time: 5 minutes • Cook time: 20 minutes  
Servings: 8

12 eggs, beaten  
1/4 cup whole milk, half and half or heavy cream  
1/2 teaspoon salt  
2 cups shredded cheese, any variety  
3 cups assorted cooked vegetables and pre-cooked meats  
fresh herbs, for garnish (optional)

- Preheat oven to 450 F and preheat cast-iron pan or oven-safe skillet over medium heat.
- In large bowl, mix eggs, milk and salt then add shredded cheese.
- Add cooked vegetables and meats to pan to reheat.
- Once vegetables have softened, add egg mixture to pan and scramble. Let sit over medium heat 1 minute.
- Carefully transfer to oven and bake 10-15 minutes.

Frittata is done when eggs have set. Remove from oven and top with fresh herbs.



### CHOPPED CHICKEN TACO SALAD

Prep time: 15 minutes • Cook time: 15 minutes • Servings: 4

#### Salad:

2 pounds boneless, skinless chicken breasts  
2 tablespoons taco seasoning  
2 tablespoons olive oil  
1 head leaf lettuce, chopped  
1 avocado, chopped into bite-sized pieces  
1 cup black beans, drained and rinsed  
1 cup corn  
1 pint grape or cherry tomatoes, chopped  
1 cup shredded cheese (Monterey Jack or Mexican)  
tortilla strips or crushed tortilla chips, for topping

#### Dressing:

1 cup plain Greek yogurt  
1/3 cup buttermilk, plus additional (optional)  
1 tablespoon fresh-squeezed lime juice, plus additional (optional)  
3 tablespoons chopped cilantro  
2 tablespoons taco seasoning

**To make dressing:** In small bowl, stir yogurt, buttermilk, lime juice, cilantro and taco seasoning until combined. Taste and adjust lime juice and cilantro as needed. If dressing is too thick, add buttermilk 1 teaspoon at a time until desired consistency is reached. Refrigerate until ready to serve.

**To make salad:** Season chicken on both sides with taco seasoning. Heat large skillet over medium-high heat and add olive oil. Add chicken to pan and cook on both sides until outside is golden brown and chicken is cooked through. Remove to cutting board and slice into strips.

On large platter, heap chopped lettuce. Sprinkle chicken over top. Add avocado, beans, corn, tomatoes and shredded cheese. Drizzle dressing on top and sprinkle with tortilla strips or crushed tortilla chips.



# WOLF TRAP

# 50

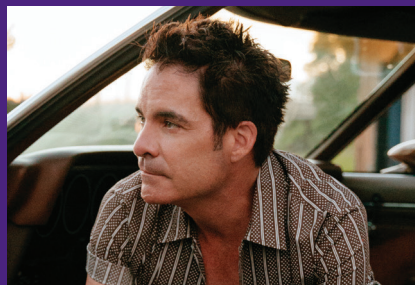
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**TRAIN**  
VERTICAL HORIZON  
**AUG 19**



**HARRY CONNICK, JR. AND HIS BAND**  
TIME TO PLAY!  
**AUG 20**

**ZAKIR HUSSAIN | RED BARAAT**  
FALU'S BOLLYWOOD ORCHESTRA  
**AUG 21**

**YACHT ROCK REVUE**  
THE HOT DADS IN TIGHT JEANS TOUR  
**AUG 22**

**TROMBONE SHORTY & ORLEANS AVENUE**  
**MICHAEL FRANTI & SPEARHEAD**  
REBIRTH BRASS BAND  
**AUG 24**

**THE PRINCESS BRIDE IN CONCERT**  
NATIONAL SYMPHONY ORCHESTRA  
**AUG 26**

**SUMMER 2021** TICKETS ON SALE NOW  
**VIEW FULL SCHEDULE**  
**AT WOLFTRAP.ORG**

## Showstopping cookies with a crunch

### Courtesy of Culinary.net

Sweet treats are a favorite food, especially when they have a unique or unusual twist that makes them stand out from the crowd. When a dessert isn't the classic chocolate or vanilla flavor, it can pique eaters' interest. Cupcakes, macaroons and even pies have some intense flavors, however, it's hard to top the delightful taste of these Fresh Ginger Cookies.

They are sweet and sugary with the perfect amount of ginger. Baked until golden

brown, this dessert is a showstopper for family events and celebrations alike. Even the little ones will love to munch on this sweet treat with fresh, appealing flavor.

In a mixing bowl, mix flour, baking soda, ground ginger, ground cinnamon and salt until combined.

In a separate bowl, add butter, sugar and brown sugar then beat until fluffy. Add an egg and fresh ginger then beat the mixture again. Gradually add dry ingredients to this mixture until combined.

In a small bowl, add sugar. With a spoon, scoop out a small portion of dough and

roll it into a small ball before rolling in sugar.

Repeat with the remaining dough then arrange balls on a cookie sheet and bake for 14 minutes until golden brown. Make sure your little ones wait to enjoy until the cookies have cooled completely.

From parties to picnics, these cookies can be a hit. They are simple to make, don't take much time to bake and are unique enough to bring along to nearly any occasion. With ground and fresh ginger, these cookies are equally as appetizing as they are satisfying and sure to turn heads in the kitchen.

### FRESH GINGER COOKIES

Servings: 24

2 cups flour • 1 1/2 teaspoons baking soda • 1 1/2 teaspoons ground ginger  
1 teaspoon ground cinnamon • 1/8 teaspoon salt  
3/4 cup salted butter, softened • 1 cup, plus 3 tablespoons, sugar, divided  
1/4 cup brown sugar • 1 egg • 1/4 cup grated fresh ginger

- Heat oven to 350 F.
- In medium bowl, whisk flour, baking soda, ground ginger, cinnamon and salt. Set aside.
- In stand mixer, beat butter, 1 cup sugar and brown sugar until fluffy. Add egg and fresh ginger; beat until combined. Gradually add dry ingredients to mixer until combined.
- In small bowl, add remaining sugar. Using spoon, portion out dough, roll into balls then roll in sugar. Arrange balls on baking sheet at least 1 inch apart.
- Bake 14 minutes, or until edges are golden brown. Transfer cookies to cooling rack and cool completely.





## ADORABLE ADOPTABLES

# THE FELINE FOUNDATION

See these pets and more at:  
[www.ffgw.org](http://www.ffgw.org)

### Feather

**Breed:** Domestic long hair  
**Age:** 2 years

**Gender:** Female spayed

Feather is as light and soft as a feather can be. Little Feather was rescued after being left at a rural shelter when no one wanted her. This girl had been on her own for a while and ready for some TLC. Her true calico colors are waiting to blossom! Feather needs a home of her own to grow. Feather is laid-back and very cuddly when she gets comfortable with you



### India

**Breed:** Domestic long hair  
**Age:** 5 years

**Gender:** Female spayed

India is a gorgeous, gentle young lady with a tiny meow and a fluffy tail. She will meow when she wants you to pet her and LOVES being brushed. She also enjoys playing with a wand toy and especially likes having a tall cat tree with a cubby in front of a window. She would enjoy a quieter home and has gotten along well with other laid-back dogs and cats.



### Davey

**Breed:** Domestic short hair  
**Age:** 3 months

**Gender:** Male neutered

Davey is affectionate, energetic, and goofy. He wants to be cuddled up right next to you on the couch, and he has tons of kitten energy. He's incredibly easygoing and tolerant, but won't hesitate to let you know when he wants you to play. Davey is looking for a loving home with his buddy Pippa. He will come and plop on your lap and ask for belly rubs. Reach out and let us know if you want to meet this handsome boy and his friend!



### Porsche

**Breed:** Domestic short hair  
**Age:** 2 years

**Gender:** Female spayed

Have you been in the market for a luxury Porsche? If so, this low mileage, low maintenance girl might be for you! Rub her hood and she'll reward you with the quiet purr of her well-tuned engine. She goes from 0 to 60 in no time chasing a toy - or at the sound of a can opening or treat bag crackling. She'd love a garage that has plenty of windows so she can park and watch everything going on outside. Is Porsche's key the one to your heart?



### Callie

**Breed:** Domestic short hair  
**Age:** 7 months

**Gender:** Female spayed

Callie enjoys being picked up and carried and will reciprocate affection with her rumbling purrs. Her favorite past time includes sunning herself in a window perch and tossing around her toy mice. She is looking for a home with her brother Ying to spend her days lounging and playing.



### Ying

**Breed:** Domestic short hair  
**Age:** 7 months

**Gender:** Male neutered

Ying is a handsome tuxedo boy who is super outgoing and will flop on his side for a welcome belly rub. Snuggling in your lap is one of his favorite places to be. When he's not lounging, he has fun chasing lasers and feather toys. Ying and his sister Callie would love a home of their own to settle in together.



## SAVING A LIFE WILL CHANGE YOURS

### FOSTER / ADOPT

We have dozens of adoptable cats and kittens that need a safe home to stay! Visit our website or Facebook page today.

[www.ffgw.org](http://www.ffgw.org)  
Facebook®

The Feline Foundation of Greater Washington

## FROM THE DOG'S PAW

# National black cat appreciation day

**By Sampson!**

SPECIAL TO THE FAIRFAX COUNTY TIMES

**M**EOWS! I'm writing this week's article, me, Samson, the cat who runs "from The Dog's Paw." This week, I took the computer keyboard away from Noah and Abby to write about National Black Cat Appreciation Day, August 17. The day was created to celebrate the pawsoneness of black cats everywhere and dispel myths.

While I am not a black cat, I have pawlenty of friends who are. They often "HISS!" that it took them longer to be adopted than other cats because many humans are superstitious or are afraid of black cats because of myths, fairy tales, movies, and stories that make them look mean. HISS! HISS! Some of their friends even got put to sleep because they weren't adopted. Black cats aren't mean just because they are black. Each has its pawsonality, like any other cat.

After my humans adopted me, they told me the story of a neighbor who was afraid of having a black cat walk in front of her because she knew it would bring her bad luck, so she avoided them. HISS! HISS! Paws, black cats don't mean bad luck, nor are they witches or harbingers of evil. Black cats are pawnderful darlings just like me. Know what I mean? MEOWS!!

**Paws, what can we do to help black cats shake those inaccurate fallacies?**

Meows, humans should start teaching their mini-humans about black cats, beauty, and sweetness, just like other cats. If you are looking to adopt a cat, take the time to consider a black cat.

Paws, do you pawsitively love cats but are unable to adopt? Meows, contact a local rescue or shelter and donate financially to the ongoing care of a black cat! Pawlingly, volunteer to foster a black cat, groom, or visit one at the shelter, helping it feel loved. The rescues featured in this article would welcome your assistance.

Meowingly paws, I will be sharing today and pawssibly next week my black cat friends from local rescues who need "Forever Homes" with humans to love who will love them too. Take a look at their profiles and consider adopting. Meows!

MEOWS! We need to paws and celebrate the beauty, specialness, pawsoneness, and all the other great things you could pawssibly ever say or think about black cats. If you have a black cat, buy it some special treats, a new toy, and spend time cuddling or

playing or doing whatever is your cat's favorite. Purrs. Pawlingly, share pictures of your black cat and you and why you love them on social media, sharing #BlackCatAppreciationDay.

**Pawlease meet a few of my black cat friends who need adopting:**

Purrs, sweet **Cajun** is dog-, cat- and mini-human-friendly, out-going, fun, extremely sweet, and snuggly - the bestest of everything you could want in a new companion. She has a great pawsonality and loves running and pawlaying. She has pawlenty of kitten energy but is ready for cuddling right after pawlaytime. She enjoys pawlaying with her foster's kittens, paws, she will need a pawlaymate close to her age in her new home.

**Homeless Animals Rescue Team** [www.hart90.org](http://www.hart90.org), 703-691-HART, [hart90office@hart90.org](mailto:hart90office@hart90.org)

My buddy **Lexus** is an inquisitive fella with soft black fur and big beautiful eyes. He loves head rubs when he cuddles. He enjoys playing with his siblings as well as adult cats or entertaining himself! Springs are his favorite toy, but he isn't pick. He is litter-trained.

**Operation Paws for Homes**, [www.ophrescue.org](http://www.ophrescue.org), or email: [adopt@ophrescue.org](mailto:adopt@ophrescue.org).

Sweetly shy, **Ayla** lived in a neglect/hoarding situation, not receiving adequate care or socialization, paws, she is somewhat fearful of humans. Meows, the rescue has been working with her and she's making progress. Pawlingly, since she's shy with strangers, she will need a patient adopter.

**PetConnect Rescue**, [www.petconnectrescue.org](http://www.petconnectrescue.org), email: [info@petconnectrescue.org](mailto:info@petconnectrescue.org) or 1-877-838-9171.

**Cordelia** is a sweet, mild-mannered girl who loves being with humans. She likes greeting humans as they come into the room. Paws, when you sit down, she is there to love on you. She doesn't mind sharing attention with other kitties but would be happy to be your one-and-only cat that is.

**Advocates for Abused and Abandoned Pets (A3P)**, [www.a3padvocates.org](http://www.a3padvocates.org), (571) 408-0381, [a3p.petlovers@gmail.com](mailto:a3p.petlovers@gmail.com).

**About us!** WOOF! MEOW! Do you enjoy our articles?

Barks and purrs, pawlease follow us at [www.fromthedogspaw.com](http://www.fromthedogspaw.com) by email to enjoy our adventures. Noah, Samson, and Abby are Pawthors pawing about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans. Our human, Allen Pearson, is a dog, nature, and railroad photographer and writer. Find us all at [www.facebook.com/fromthedogspaw](http://www.facebook.com/fromthedogspaw).



Ayla (PETCONNECT RESCUE)



Lexus (OPERATION PAWS FOR HOMES)



Cajun (HART)



Cordelia (A3P)

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Solution time: 24 mins.

Answers

King Crossword

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# Fairfax Comic-Con cancelled, plans to return in Spring 2022

By Rick Horner  
FAIRFAX COUNTY TIMES

The Fairfax Comic-Con has decided not to move forward with their event in late August.

The pop culture festival was to hold its first post-pandemic event since 2019 at the Dulles Expo Center in Chantilly August 24 and 25. However, news about the spread of new coronavirus variants has caused the event runners Incredible Conventions to rethink their plans.

Fairfax Comic-Con made the following announcement on their website as well as their various social media pages letting their customers know about their decision and apologizing for the inconvenience:

“It’s with a heavy heart we have decided to move Fairfax

Comic Con to Spring 2022. We currently do not have a confirmed date but will update this site (and post on social media and in our newsletter) as soon as we can.”

According to another post on the festival’s Facebook page, Incredible Conventions had multiple conversations with their staff, the venue itself, and medical professional to hold off on holding the event until sometime in the spring of next year.

The Comic-Con’s website also posted information for attendees who had already purchased tickets and exhibitors who had purchased tables. The Con has said that it will honor all tickets and tables purchased for the now defunct show at their 2022 show, attendees and exhibitors are allowed to ask for refunds and the con has provided a form for that very purpose. Ticket sales for

the 2022 event have been put on hold until the event planners can confirm new dates for the new show.

The event was scheduled to have guests from across the pop culture world that would include comic books and television. Among those guests were to be Gary Cohn, the creator of DC Comics character Blue Devil which recently made its live television debut as a supporting cast member on the CW Network show Swamp Thing played by Beverly Hills 90210-star Ian Ziering.

Also scheduled to attend were several voice actors from popular past and present cartoons, among them were Monica Rial who voices the characters of Tsuyu Asui in the English-language version of My Hero Academia as well as Bulma from



the show DragonBall Z Kai.

Another notable guest of the festival would have been singer and voice actress Samantha Newark, best known for her work voicing the characters of Jem and Jerrica Benton on the 1980s cartoon Jem and the Holograms. Newark also had a cameo role

in the live action Jem and the Holograms movies released in 2015.

In addition to the Fairfax Comic-Con, Incredible Conventions also runs the Fredericksburg Comic and Toy Show which ran without incident this past July. The group still lists

other festivals on the website which includes Superstar Anime which will be held in Virginia Beach at the Virginia Beach Convention Center September 18 and 19 as well as the Hampton Comic-Con which will be held October 30 and 31 at the Hampton Roads Convention Center.

## Art News

**Fab Fridays** Enjoy Rhythm and Blues with Texas Chainsaw Horns. 7 to 8:30 p.m. August 13. Free. Parking is free in the ParkX parking garage with validation. Reston Station, 1901 Reston Metro Plaza, Reston. For more information visit <https://bit.ly/3xhQT1h>.

**Free Community Concerts** Enjoy free concerts nightly at your county parks. August 13, 14, 15, 18 and 19. For more information visit <https://bit.ly/2UHzu57>.

**Songs on Common Ground** features Sonia De Los Santos and The Okee Dokee Brothers in a bilingual program with old and new songs. 10:30

a.m. August 14. Tickets are \$12. Theatre-in-the-Woods, 1551 Trap Road, Vienna. For more information visit <https://bit.ly/3lnwm9m>.

**Tribute to Marvin Gaye** features Raheem DeVaughn and Friends commemorating the 50th Anniversary of Gaye’s landmark album. 8 p.m. August 14. Tickets start at \$32. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3iklaac>.

**Floral Design Workshop** Create a beautiful summer flower arrangement with the help of a certified floral designer. 1 p.m. August 14. Cost is \$39 plus a \$30 supply fee.

Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3A31KOK>.

**The Art of Sketch Noting** Join local artist and naturalist Margaret Wohler to learn how to use words and sketches to capture the biggest moments during your hike. 2 p.m. August 15. Cost is \$15. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3CaZWVE>.

**R2DUO Professor of Saxophone** Timothy Roberts leads a program of duets from the past three centuries to reveal what is most beautiful about the

instrument’s sound. 7 p.m. August 15. Free. Reston Town Square Park, Corner of Market and Explorer streets, Reston. For more information visit <https://bit.ly/3rMgUEZ>.

**Take a Break Concert Series** features Part Harmony performing Doo-Wop & Soul. 7 p.m. August 19. Free. Lake Anne Plaza, 1609-A Washington Plaza, Reston. For more information visit <https://bit.ly/3ypbbaw>.

**Abstracts with Attitude** Octavia Frazier and Marthe McGrath share a love of bold, big, colorful abstract art in this exhibit through August 22. Free. Jo Ann Rose Gallery,

2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3iTWTgt>.

**Equality for All** is a mural commissioned by the Women’s Suffrage Centennial Commission to celebrate the 100th Anniversary of the 19th Amendment. It is on permanent display at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3xGZwTw>.

**Highest Honor Returns** to the atrium this season and will be on display through Nov. 14. Inspired by the building’s industrial founding, artist Andy Yoder designed the 25-foot triangular banner as an oversized

version of the Army-Navy “E Award,” which was presented to workers during WWII for excellence in production of war equipment. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/34gh8sP>.

**Duck Harbor** is a 12-episode romantic comedy about rediscovering joy and figuring out where you’re supposed to be in the world. Every Tuesday through August 17 at 8 p.m. Free. Or get Duck Harbor All Access for \$15. 1st Stage Tysons. For more information visit <https://bit.ly/3vkHjKQ>.

## Community Information

**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/34fWuHG>.

**Junior Club Championship** Junior golfers compete in the season-ending 18-hole individual stroke tournament. 8 a.m. August 13. Cost is \$25. Burke Lake Golf Center, 6915 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3A73Ahr>.

**Community Market** includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. August 14. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>.

**Morning on Burke Lake** Set out in a kayak to see and hear the signs and sounds of morning. Single kayaks and all equipment provided. 7 to 9 a.m. August 14. Cost is \$42. Burke Lake Park, 7315 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3iifzD>.

**Night Kayaking** Many nocturnal animals come out after dark and the view from a kayak is a great way to see them. Bring flashlights and dress for the activity. 7 p.m. August 14. Cost is \$42. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/37cCLzr>.

**When Life Gives You**

**Lemons** Discuss the history of lemonade and how people would chill their drinks in summers throughout history. 1 p.m. August 15. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit <https://bit.ly/3xiNzmv>.

**Geocaching Workshop** After learning how to enter coordinates into a GPS, students follow the coordinates to find a hidden object, or unique geological feature. Bring your own GPS. 11:30 a.m. August 15. Cost is \$22. Lake Accotink Park, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/3C61EY8>.

**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>.

**Summer Garden Tour and Tea to Go** Tour the demonstration gardens with a docent who will inspire you with dazzling plant combinations and tales of Green Spring past and present. 1 p.m. August 19. Cost is \$12 for tour. Optional tea box for \$24. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3fmvOwE>.

**ONGOING**

**See X-wing Starfighter** as it undergoes conservation at the Mary Baker Engen Restoration Hangar. Daily from 10 a.m. to 5:30 p.m. through January 1. Free admission but parking is \$15. Steve F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. For more information visit <https://si.edu/37aVY0M>.

**Active Aging Wellness Classes** focus on balance, coordination, stretching and improved mobility. Class meets on Zoom one hour once weekly for eight weeks. Wednesdays 10:45 a.m. through August 25. Cost is \$50. For more information and to register contact Casey Tarr at 703-821-6838.

**Forgotten Road Tours** these outside walking tours of the original outbuildings and representative slave quarters focus on the lives and stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. Friday, Saturday, Sunday, and Thursday through Oct. 31. Cost is \$20 to \$40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/34WkvFN>.

**Virtual Mental Help 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>.

**Senior Womens Softball** Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit [golden-girls.org](https://golden-girls.org).

**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.

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

# ADVERTISING STRATEGY GUIDE

## WHAT IS YOUR GOAL FOR YOUR ADVERTISING CAMPAIGN?

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ARE YOU TRYING TO GET YOUR AUDIENCE TO PARTICIPATE IN A PARTICULAR ACTION?

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ARE YOU TRYING TO DRIVE BRAND AWARENESS?

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DO YOU WANT TO SEE HOW OFTEN SOMEONE WHO SEES YOUR AD CLICKS ON IT?

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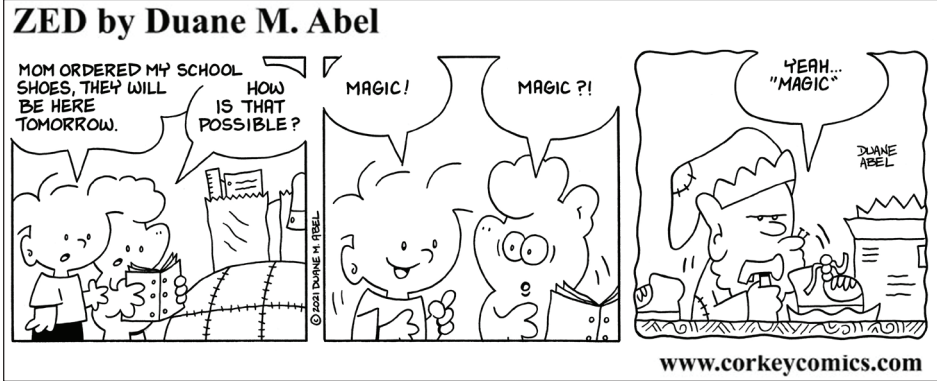
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[marcia@wspnet.com](mailto:marcia@wspnet.com)





celebrity  
extra

by Dana Jackson

**Q: How is Heather Locklear doing after her arrest a few years ago? I keep hoping she'll land another prime-time soap role. – R.D.**

**A:** Judging by her Instagram page @heatherlocklear, she seems to be thriving. She has a very loving relationship with her daughter, Ava, who graduated Loyola Marymount University, and she's been sober for over two years. She's also engaged to Chris Heisser, her high-school sweetheart (class of 1979).

When Locklear was arrested on battery charges in 2018, she continued on a downward spiral that had fans questioning whether she would ever act again. Since then, she's completed rehab and appears to have gotten her life together. She's even booked a starring role in an upcoming Lifetime movie, produced by Meghan McCain ("The View"), and based on the true story of bestselling author Kristine Carlson's personal journey from heartbreak to wholeness.

"Don't Sweat the Small Stuff: The Kristine Carlson Story," now in pre-production, also stars Jason MacDonald ("Sweet Magnolias") and Emily Rose ("Matchmaker Christmas"). The hugely popular "Don't Sweat..." books were written by psychotherapist and motivational speaker Richard Carlson beginning in the late '90s with his wife, Kristine. Sadly, Richard died of a pulmonary embolism in 2006, and the movie depicts how Kristine found the strength to navigate and rebuild her family and career in the face of such a profound loss.

Filming will soon begin in Nashville with the premiere later this year on Lifetime.

**Q: I heard that Disney+ is going to**

**have a new series centered around Hawkeye. Will Jeremy Renner play him, or will it be someone new? – E.D.**

**A:** Yes, Jeremy Renner will reprise the role of Hawkeye in the upcoming Marvel series of the same name. Hailce Steinfeld ("Dickinson") will join him as a young female archer who will bring about a slew of problems for Clinton Barton (aka Hawkeye). You can begin streaming "Hawkeye" on Nov. 24 on Disney+.

**Q: I'm excited to see Cesar Millan's new show, but how is it different than his old ones? I'm sure I'll watch anyway just to see the cute dogs. – P.H.**

**A:** If there was one good thing about the pandemic, it was that pet adoptions were at an all-time high, since more people were working from home and had the time to take in a new furry family member. This has made expert dog trainer Cesar Millan's job more relevant than ever, hence his new show, "Better Human Better Dog," which premiered in late July on the NatGeo channel (and available soon on Disney+ streaming).

In the new series, owners stay at Cesar's 43-acre Dog Psychology Center ranch in California, where he can "submerge" them in his updated philosophies, new techniques and family support. So, if you think you've learned all you can from Cesar's past projects like the "Dog Whisperer," you'd be mistaken, as Cesar, like his subjects, is always learning something new.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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FAIRFAXCOUNTY.GOV/PARKS/PERFORMANCES



THEJ.ORG

ARTS

CONTINUED FROM PAGE B1

pinning for a traditional medium, then August 20th is your day. In the late 1800s, the radio was invented and created a new medium for news, information, and of course, art. Enjoy your radio this month, or immerse yourself in your favorite arts pastime in whatever medium you want it delivered.

FCPA's Summer Entertainment

The summer fun continues with the Fairfax County Park Authority's Summer Entertainment Series. Enjoy the arts in one of Fairfax's many amazing parks across the county. From Lee District Nights in Franconia to

Starlight Cinema in Centreville, audiences of all ages are encouraged to attend. Visit [fairfaxcounty.gov/parks/performances](http://fairfaxcounty.gov/parks/performances) for more information.

Judy & Sy Wengrovitz, Forever

Pozez JCC of Northern Virginia Bodzin Art Gallery presents Judy & Sy Wengrovitz, Forever, now through September 30, 2021. The exhibition highlights the work of accomplished watercolorist Judy, who painted complex subjects in a realistic style and Sy's award-winning wood carvings. Visit [thej.org](http://thej.org) for more information.

Get Your Tickets

Fairfax is the place to enjoy a show, listen to amazing music or laugh at a comedic genius. There

are so many arts offerings from our County's premier venues. Visit George Mason University Center for the Arts at [cfa.gmu.edu](http://cfa.gmu.edu) to review the fall schedule. Fairfax County's newest venue, Capital One Hall, show listing is out and will wow you with comedians and Broadway shows at [capitalonehall.com](http://capitalonehall.com). There is still time to enjoy art in the outdoors with friends and family while celebrating 50 years at Wolf Trap. Visit [wolftrap.org](http://wolftrap.org) to get your tickets. Visit Workhouse Arts Center Permanent Window Art Exhibition now through August 31 and enjoy the many other artistic talents showcased through the center. Whatever your choice, visit the arts in Fairfax.



DEPOSIT PHOTOS

Heather Locklear

ANN WILSON

CONTINUED FROM PAGE B1

worry about. But after a few months of it, I was climbing the walls and needed to find some balance."

Now that she's back playing, Wilson has noticed a different sort of energy from her crowds—something she attributes to most getting out to see a concert for the first time.

"The first shows we played down in Florida, I noticed the audiences were super responsive," she said.

"They were wide open and just there for it. It was such a nice feeling."

For Wilson herself, getting back on stage was every bit as intense as any other time, just in what she described as "a fresh way."

"There's never been a time in all these years where I have taken the ability of performing for granted, I just haven't," she said. "There's a tightrope you need to be completely focused for. And it doesn't matter if it's during a period of commercial success

or not, when you go on stage in front of people, you should be authentic and real."

She admits that her first show back, she was a little nervous—and that's not a feeling she's used to.

"That's something that really just doesn't happen to me, but I did, and after the first 3-4 songs, it all just dissipated," Wilson said. "I'm just looking forward to doing what I do and hope people come on out and feed their souls with some good music."

The set list on the night will include all the songs that people would expect—the hits and tunes that people associate Vertical Horizon with.

"We're going to probably play a song from our last record, which was 'The Last Mile,' and we'll try to put a couple of other songs from the records in our catalogue in that came out subsequent to the 'Everything You Want' record," Scannell said. "But generally, we'll play the songs that people may have had on their car stereo when they were driving to the beach. And I'm so

grateful that we have a lot of songs that people can sing along to."

He doesn't think it's time yet for the new material, but looks forward to getting those recorded with his bandmates and possibly bringing them out on tour next time around. For now, he's just happy to be back.

"There's a joy of sharing moments on stage with bandmates you love and respect," Scannell said. "We all need to start celebrating our lives again in joyous ways, and to me, there's nothing more joyous than the community of sharing a musical moment together."

VERTICAL

CONTINUED FROM PAGE B1

slugging away."

Scannell is looking forward to celebrating music with people in-person for the first time in almost two years.

"It's such a beautiful and impactful art form; it's a very different thing to go to a concert rather than just sit and listen to an album by yourself," he said. "The communal feeling has almost a spiritual component to it. I think we all are craving to experience those feelings again."

King Crossword

ANSWERS ON B3

ACROSS

- 1 Scepter  
4 Israeli airline  
8 Staffer  
12 Brit. record label  
13 The Big Easy acronym  
14 Not worth debating  
15 Picnic crasher  
16 Bird with yellow plumage  
18 Popular take-out entree  
20 Use a shovel  
21 Golden Fleece ship  
24 Atkinson of "Mr. Bean"  
28 Wood pigeon  
32 Long tale

- 33 Mil. morale booster  
34 Gladden  
36 Decay  
37 Lost traction  
39 Pink wading bird  
41 King of Judea  
43 Faux pas  
44 Belly  
46 Tribal emblem  
50 Coastal diving bird  
55 Chopper  
56 — mater  
57 Bassoon's kin  
58 Director

DOWN

- 1 Harvest  
2 Hotel chain  
3 Bubblehead  
4 Fencer's cry  
5 Brit's restroom  
6 100 percent  
7 "Shane" star  
8 Juan's pals  
9 Charged bit  
10 Medico  
11 Ordinal suffix  
17 Fragrant tree  
19 Abrupt turn  
22 Michelle Wie's game  
23 Cameo shapes  
25 Tip off  
26 Awestruck  
27 Peacekeeping org.  
28 Hurry  
29 Capri, for one  
30 Pinot —  
31 And others (Lat.)  
35 Sent forth

- 38 Doctrines  
40 Wall St. debut  
42 Pair  
45 Jog  
47 "Toodle-oo!"  
48 Way out  
49 Viral web phenomenon  
50 Low isle  
51 Flamenco cheer  
52 LBJ's successor  
53 Copper head?  
54 "Smoking or —?"

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# Five tips to save at the grocery store

**Courtesy of Culinary.net**

Among the many monthly expenses that are simply unavoidable, buying groceries is one of the few that's squarely in your own control. While it's a necessity you can't eliminate from your budget completely, there are some simple ways to save a few bucks during future grocery runs.

**Plan Ahead**

One of the easiest ways to spend more money (and time) than you intend to at the store is to go in without a list of items you need. Spend a few moments considering the meals you'd like to make in the near future then write down exactly which ingredients you need.

**Evaluate Shopping Frequency**

Overbuying perishables like fruits and veggies is one of the many ways food is wasted, but going to the store every day is an inefficiency all its own. Try making a grocery trip once per week on a day you have ample time to think through what you need, how much you need and how long it will last.

**Say "No" to Snacks**

It might be difficult to avoid the temptation, but skipping the snack aisles can improve your finances and your diet. While it's unnecessary to completely eliminate your favorite snacks, limiting your consumption of foods like potato chips, candy and more can save you money and lead to more nutritious eating habits down the line.

**Avoid Unnecessary Purchases**

Similar to walking past the snack section, pay careful attention to how often you load your cart with items from special stands and end-of-aisle displays. For one, these foods are unlikely to be part of your "must-have" list, and second, there's a decent chance these are specialty items with marked up prices.

**Store Food Properly**

While it may not directly pertain to shopping, learning how to store the foods you do purchase can help them stay fresh longer, which can help cut down on trips to buy more. Freezing meat in freezer-safe bags, keeping potatoes in a cool area and other appropriate food storage methods can lead to more efficient use.



COURTESY PHOTO

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## Classified

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### Help Wanted

Senior Transportation Specialist, C&M Associates, Inc. seeking Sen. Trans. Specialist for our Arlington, VA office to perform and manage traffic revenue studies; lead projects involving application of travel demand models; prepare traffic and toll revenue forecasts; ensure project delivery/meet deadlines; perform spatial analysis utilizing GIS. Resume to: 15770 N. Dallas Pkwy, Suite 870, Dallas, TX 75248

**Mechanical Engineer**  
  
(MPR Associates, Inc. Alexandria, VA 22314) MULTIPLE OPENINGS F/T; DUTIES: Dev. solutions for mechanical design issues across various projects. Troubleshoot failed equipment. 10-20% travel. Req ed.= MS in MECHANICAL ENG or related (foreign equiv OK) + 6 mo. prof. intern, research assistant exp. in MECHANICAL ENG. Full job descrip and to apply here: <https://careers-mpr.icims.com/jobs/1250/mechanical-engineer/job>

CARFAX, Inc. seeks Pricing Data Analyst for our Centreville, VA office to perform data analysis to guide pricing strategy and operations. REQ: Bach in Math, Bus Analytics, MIS, Economics or rel plus 2 yrs exp in manipulating & analyzing data; statistical analysis & predictive modeling using R, Python or SAS; writing SQL queries in relational DB systems. Resume to HR Manager: Attn: NINA, 5860 Trinity Parkway, Suite 600, Centreville, VA 20120, job reference #73166271 (Pricing Data Analyst)

**IT Professionals:**  
Ent. Lvl to Sen. Lvl Sftwr. Devs. are needed for our Vienna, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to SLS Solutions, Inc. at 8230 Old Courthouse Rd., Ste. 200, Vienna, VA, 22182-3853.

Technology Hub Inc has multiple openings for the following positions to work in Sterling, VA and/or various client sites throughout U.S. Must be willing to travel and/or relocate.  
**DevOps Engineer:** perform req study, development of test cases. Write automation scripts. Create dashboard report app with Angular. Develop algorithms in C++ multi-processing. Manage Git Lab repository for code mgt. Work on JIRA issues. Work in Angular, Java, Eclipse, C/C++, Visual Studio Code.  
**RPA Engineer:** develop software ROBOTS using RPA tools such as Automation Anywhere, UiPath based on feasibility of reqs. Use Task Bot, or Meta Bot or IQ Bot depending on reqs. Develop scripts & DLLs using .net, Python Scripts, PL/SQL, VBA, JavaScripts. Perform end to end dev of Business Process using Robotic Process Automation.  
**QA Automation Engineer:** perform smoke, functional, system, integration testing. Automate test cases using Selenium Web driver w/ Java framework & execute scripts. Create bugs using Jira. Apply to: Technology Hub Inc, 21495 Ridgetop Circle, Ste. 308, Sterling, VA 20166.

### Help Wanted

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Vista Applied Solutions Group, Inc., Herndon, VA based IT Svcs company has multiple positions: ETLDvlpers (#ETL2021); JavaDvlpers(#Java2021);SalesforceDvlpers (#SF2021); S/wDvlpers(#SD2021); JavaDvlpers(#Java2020-II); Database Admin (#DBA2021). Positions require MS in CS or rtd or BS in CS + 5 yrs. exp in rtd position. DatabaseAdmin requires BS in CS or rtd. or equiv. & 24 mos relevant exp.


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### Legal Notice

**[(Full name(s) of owner(s)):**  Ocean Paradise Restaurant & Bar LLC  
**Trading as:** Ocean Paradise Restaurant & Bar LLC  
3903 Fair Ridge Dr Ste 1  
Fairfax, Fairfax, VA 22033-2943  
**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine & beer on premises / mixed beverage restaurant license to sell or manufacture alcoholic beverages.**  
Milvia Salguero- 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](http://www.abc.virginia.gov) or 800-552-3200.**  
3008662 (08-13-21, 08-20-21)

### Legal Notice

**[(Full name(s) of owner(s)):**  Barberia USA LLC  
**Trading as:** Barberia USA  
13840 Lee Hwy  
Centreville, Fairfax, CA 20120-2413  
**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a win and beer on premises license to sell or manufacture alcoholic beverages.**  
Colette Silva, Managing 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](http://www.abc.virginia.gov) or 800-552-3200.**  
3008659 (08-13-21, 08-20-21)


**[(Full name(s) of owner(s)):**  Boost Workplace LLC  
**Trading as:** Boost Workplace  
6731 Whittier Ave Ste B200  
McLean, Fairfax, CA 22101-4551  
**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a marketplace license to sell or manufacture alcoholic beverages.**  
Thomas Passarelli, Manager  
**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](http://www.abc.virginia.gov) or 800-552-3200.**  
3008645 (08-13-21, 08-20-21)


**[(Full name(s) of owner(s)):**  Herndon Crust LLC  
**Trading as:** Crust Wood Burning Pizzeria  
360 Elden Street  
Herndon, Fairfax, CA 20170  
**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a marketplace license to sell or manufacture alcoholic beverages.**  
Keyvan Ejtemai  
**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](http://www.abc.virginia.gov) or 800-552-3200.**  
3008655 (08-13-21, 08-20-21)

### Legal Notice

STATE OF SOUTH CAROLINA  
FAMILY COURT THIRD JUDICIAL CIRCUIT • EDDIE J. HARDY II V. CHERINA L. HARDY  
2021-DR-43-0416  
  
TO: CHERINA L. HARDY; YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action, a copy of which is herewith served upon you, and to serve a copy of your Answer to the Complaint on the attorney for the Plaintiff, Paul L. Held, at his office, 136 North Main Street, Sumter, South Carolina 29150, within thirty (30) days after service hereof, exclusive of the day of such service; and if you fail to answer the Complaint within the time aforesaid, the Plaintiff in this action will apply to the Court for the relief demanded in the Complaint. Please take notice that the Summons and Complaint were filed in the Office of the Clerk of Court for Sumter County, South Carolina.

### Legal Notice

**[(Full name(s) of owner(s)):**  Top Coat Nail Bar LLC  
**Trading as:** Top Coat Nail Bar  
11944 Grand Commons Ave  
Fairfax, Fairfax, VA 22030  
**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a day spa license to sell or manufacture alcoholic beverages.**  
Ve-Nu Kieu Nguyen  
**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](http://www.abc.virginia.gov) or 800-552-3200.**  
3008657 (08-13-21, 08-20-21)

**TOWN OF Herndon VIRGINIA**  
**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold a work session on Monday, August 9, 2021 at 7:00 p.m. in the Herndon Municipal Center, Second Floor Conference Room, located at 777 Lynn Street, Herndon and a public hearing on Monday, August 23, 2021, at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

**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 July 26, 2021 Planning Commission Public Hearing.)**

The proposed item is available for review by the public on the town's website [www.herndon-va.gov](http://www.herndon-va.gov) beginning August 6, 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](mailto: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 August 6, 2021 and August 13, 2021