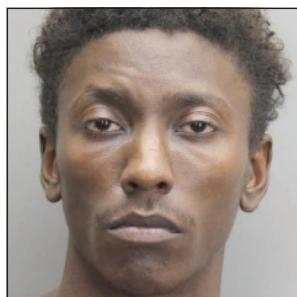




THIS WEEK INSIDE:



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Fairfax man arrested for solicitation of a minor

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UNSPASH

With new legislation ahead, Wegmans eliminates plastic grocery bags at four Fairfax County stores

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COURTESY PHOTO

Jammin Java welcomes Zach Person

SEE PAGE B1



COURTESY PHOTO

Actress Jaclyn Young stars in NextStop Theatre's "Fully Committed"

SEE PAGE B2

Fairfax County Public Schools kicks off national 5-11 vaccination rollout

Courtesy of Fairfax County Public Schools

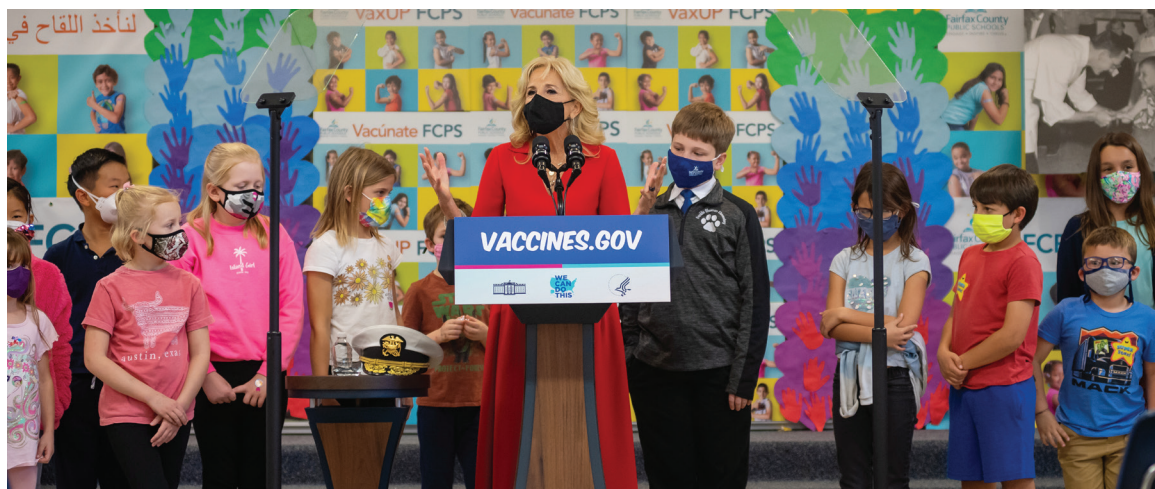
Fairfax County Public Schools (FCPS) kicked off the national rollout of COVID-19 vaccination for children ages 5-11 today, when the school division welcomed First Lady Dr. Jill Biden to a clinic at the school where the first polio vaccine was administered in 1954.

The First Lady toured the clinic at Franklin Sherman Elementary School in McLean with U.S. Surgeon General Dr. Vivek Murthy, where she handed out "Superstar" stickers to newly vaccinated 5-11 year olds.

Surrounded by a group of children who had just received their first dose, she urged all parents to follow in the footsteps of the polio pioneers and have their children vaccinated as soon as possible.

"This vaccine is the best way to protect your children against COVID-19. It's been thoroughly reviewed and rigorously tested, it's free and it's available for every child aged five and up," Dr. Biden told an audience of parents and their newly vaccinated children.

Franklin Sherman Elementary School made history on April 26, 1954, when a group of FCPS parents made the decision to have their children be



DONNIE BIGGS/FCPS

Photos of the National 5-11 Vaccination Rollout at Franklin Sherman Elementary School.

part of the Polio Pioneer campaign that kicked off nationwide polio vaccine field trials. The National Foundation for Infantile Paralysis officials initially tapped other surrounding counties to participate in the nationwide trial, but as the start date approached, Fairfax was the only one to stay the course.

Fairfax doctor Richard Mulvaney administered the first doses of the Salk vaccine field trials to a group of 114 FCPS students, most of whom were in second grade. Those students, who started the nation on the path to eradicate polio, came to be known as Polio Pioneers.

Superintendent Scott S. Brabrand, School Board Chair and Sully District Representative Stella Pekarsky, Vice Chair and At-Large Member Rachna Sizemore Heizer, and Franklin Sherman Principal Kathleen Quigley discussed the historic significance of the school, as well as its VaxUP partnership with the Fairfax County Health Department, Inova, and the Virginia Chapter of the American Academy of Pediatrics, aimed at expediting the vaccination process for its youngest students and ensuring access to the vaccination for all.

"Widespread vaccination is key to keeping students learning in-person and preventing school or division closures and keeping our school staff and students safe. We are proud to be leading the way in the vaccination rollout for children ages 5-11, just as we did with the Polio vaccine in 1954," said Superintendent Scott S. Brabrand.

More than 85% of Fairfax County students aged 12 and older have received at least one dose of the COVID-19 vaccine. FCPS has successfully implemented layered prevention strategies

See VACCINATION, Page A4

Fairfax County Circuit Court Judge denies School Board's request for injunction against parents



UNSPASH

County parents will be able to disseminate previously halted legal invoices

By Laura Scudder • FAIRFAX COUNTY TIMES

Fairfax County Circuit Court Judge Richard Gardiner granted in part and denied in part a Fairfax County School Board's (FCSB) request for a preliminary injunction against two county parents November 16.

According to court documents, Gardiner granted the following parts of the injunction: "Defendants shall not publish the

bank account numbers, Tax ID numbers, and Federal ID numbers contained within the records provided to them by Plaintiff that are the subject of this lawsuit."

All other parts of the motion were denied.

FCSB filed the motion for this

See INJUNCTION, Page A4



PURE Youth Fairfax members give back to community, world

The high schoolers from across the county band together to help those in need

People for Urban and Rural Education (PURE) is a nonprofit organization dedicated to bringing opportunities to economically disadvantaged children, with chapters all across the U.S. One of these chapters lies in Fairfax County, where a group of high schoolers have banded together to form PURE Youth Fairfax.

Currently, the group is gathering menstrual products for schools in the area, which member Ananya Gotumukkala said is going to help those who might not be able to afford these sanitary supplies.

She also noted that while this is taking place in the Fairfax County community, PURE Youth Fairfax does work to help people across the world — student ambassador Sneha Nandakumar said that the group is running a clothing drive in support of Afghan refugees.

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PUBLIC SAFETY



COURTESY PHOTO

Joshua Shearin

Fairfax man arrested for solicitation of a minor

A 22-year-old man was arrested November 9 and is facing three felony charges for solicitation of a minor.

At approximately 11 a.m. Joshua Shearin, of Fairfax, directly messaged another user via a social media dating application who was an undercover detective. The app uses geolocation technology to locate individuals in close proximity to the user. Shearin exchanged several messages with the detective, who identified himself as a 14-year-old boy. Shearin sent explicit pictures to the detective and discussed meeting the boy for a sexual encounter.

Shearin chose a location to meet. Detectives found the man in the agreed upon location and took him into custody. Detectives from the Fairfax County Police Department Major Crimes Bureau’s Missing Person and Exploitation Squad charged Shearin with two counts of use of communications systems to facilitate certain offenses involving children and one count of attempted indecent liberties. He is being held at the Adult Detention Center without bond.

Detectives are seeking anyone who has information or may have had inappropriate contact with Shearin to call the Major Crimes Bureau detectives at 703-246-7800, option 3. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Former medical student sentenced for fatal drug party overdose

An Ontario, Canada, man was sentenced November 9 to one year in prison for distributing MDA—a psychedelic drug similar to MDMA, or “molly”—that resulted in the fatal overdose of a 21-year-old Falls Church woman.

According to court documents, Saad Jalal, 28, was a Canadian medical student doing a clinical rotation in the District of Columbia when he met the victim and her roommates out at a bar. A few weeks later, Jalal and the women made plans to go out together again and Jalal offered to

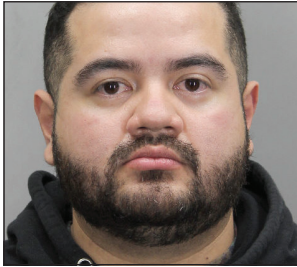
obtain some MDMA for the women from a supplier he knew in Maryland. Jalal obtained what he believed was MDMA, but was actually MDA (methylenedioxy-amphetamine), a Schedule I controlled substance of similar chemical structure.

On the night of September 19, 2019, after Jalal obtained the MDA from his connection, he went to the residence of the victim and her roommates in Falls Church. The roommates and Jalal then drove into the District of Columbia to pick up the victim from her workplace. Shortly thereafter, the victim consumed the MDA, became noticeably impaired, and eventually, her roommates and Jalal decided to take her back to her home in Falls Church. She suffered an overdose caused by the MDA that Jalal distributed and became unresponsive. The victim was later pronounced dead, and her death was ruled an accidental overdose caused by MDA intoxication.

Jessica D. Aber, U.S. Attorney for the Eastern District of Virginia; Wayne A. Jacobs, Special Agent in Charge of the FBI Washington Field Office Criminal Division; and Kevin Davis, Fairfax County Chief of Police, made the announcement after sentencing by U.S. District Judge Leonie M. Brinkema.

Assistant U.S. Attorney Katherine Rumbaugh prosecuted the case.

This matter was investigated by FBI WFO’s Health Care Fraud squad and the Northern Virginia Safe Streets HiDta Task Force. These squads are focused on reducing the illegal flow of opioids, to include fentanyl, which is adversely impacting our communities.



COURTESY PHOTO

Wilson Alexander Canas Nieto

Alexandria man arrested for DUI in Fairfax

A City of Fairfax police officer responded to the 9400 block of Fairfax Boulevard for a 2-vehicle crash November 13 at approximately 11:51 p.m.

Investigation revealed the striking driver was intoxicated. Wilson Alexander Canas Nieto, 31, of Alexandria was arrested and transported to the Fairfax County Adult Detention Center where he was charged

with driving under the influence.

Alexandria Police investigates fatal crash in Arlandia

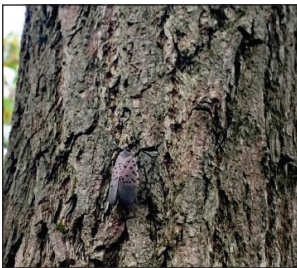
The Alexandria Police Department’s Crash Reconstruction Team is investigating a fatal car crash that occurred November 13.

At approximately 8:10 p.m. Saturday evening, APD officers responded to a crash in the 200 block of West Glebe Road. Upon arrival, officers determined that the incident involved a single vehicle striking a pedestrian.

The pedestrian was pronounced at the scene. The victim was Roy Saravia Alvarez, a city of Alexandria resident.

The driver of the vehicle remained at the scene and sustained no injuries.

APD is asking anyone who witnessed or may have information about this incident to contact Officer Wes Vitale at 703-746-6178 or call our non-emergency number at 703-746-4444.



COURTESY PHOTO

Be on the lookout for the Spotted Lanternfly and Tree of Heaven

Fairfax County is facing an invasion from a dangerous pest and the tree it likes to call home, so it’s time for everyone to be on the lookout for the spotted lanternfly (*Lycorma delicatula*) and the invasive *Ailanthus altissima*, also known as tree of heaven.

Spotted lanternflies have an intriguing look but can cause serious damage to trees, vines, crops and other plants. They excrete a sugary substance, called honeydew, which attracts wasps and ants and can coat decks and play equipment. If you spot one of these spotted pests, the Park Authority encourages you to dispose of the insect and use the Early Detection and Distribution Mapping System (EDDMapS) mobile app to report its location. Learn more about the spotted lanternfly on the Public Works and Environmental Services website and from a recent Fairfax County NewsCenter article which can be read by visiting <https://bit.ly/3ozBVbk>.

Between December 2021 and February 2022, a Fairfax County Park Authority contractor will be at Blake Lane Park in Oakton to remove *Ailanthus* trees, which are heavenly to the spotted lanternfly. These tree of heaven

removal efforts will continue at different times in the following years. Tree removal has also begun at Laurel Hill Park in Lorton. The Department of Public Works and Environmental Service’s Urban Forestry Management Division is working in partnership with the Park Authority on the *Ailanthus* removal.

Fairfax County urban foresters and natural resource managers are managing the tree of heaven to control the spread and invasion of spotted lanternflies. You can use the EDDMapS app to report the location of these pest-harboring trees, too.



COURTESY ART

Get in STEP this holiday season with FCFRD

The fun of the holiday season is upon us. Unfortunately, this is also the time of year when Fairfax County Fire and Rescue Department (FCFRD) starts to see an increase in residential structure/building fires.

A large percentage of fires and injuries are totally preventable. With this in mind, Fire Chief John Butler is encouraging all Fairfax County residents to “Get in S.T.E.P. (Safety Takes Every Person) With FCFRD This Holiday Season”!

This seven-week campaign will focus on a variety of safety themes with a strong emphasis on ensuring all residents take an active role practicing and promoting safe behavior.

This week, FCFRD is highlighting heating safety. If you use a wood-burning stove or fireplace, make sure your chimney is clean and in good working order by having a licensed chimney sweep clean and inspect your chimney. This should be done at least once a year or possibly more if you use your fireplace or wood-burning stove frequently.

A dirty flue in your chimney can eventually result in a chimney fire that can spread to your home and cause significant damage. Please also make sure you use your fireplace or wood-burning stove safely and follow the recommended safety tips below.

Never discard hot ashes inside or near the home. Place them in a covered metal container outside and well away from the house.

If you use a wood-burning stove or fireplace, have a licensed chimney sweep clean and inspect your chimney at

least once a year.

Place a glass or metal spark screen in front of the fireplace and install caps on chimneys.

Never use a flammable liquid (gasoline, kerosene, lighter fluid, etc.) to start a fire or rekindle a small one.

Keep paper, clothing, trash, and other combustibles at least three feet away from your furnace, hot water heater, or wood-burning device.

Follow manufacturer’s instructions carefully. Many “non-masonry” fireplace/chimney units have limitations on the amount of heat they can safely withstand.

You can follow the “Get in S.T.E.P.” campaign on our social media platforms. Please consider sharing all safety tips with family and friends and on your social media channels! The hashtag for the campaign is #SafeFairfax.

Man dies in McLean crash

A 65-year-old man died November 14 from injuries sustained in a crash that occurred at 11:37 p.m. November 13 in McLean.

Andre Newman, of Fairfax, was the driver and sole occupant of a 2012 Nissan Sentra traveling east on Georgetown Pike. The driver of a 2019 Range Rover was attempting to turn left onto Langley Lane from westbound Georgetown Pike. The driver of the Range Rover turned in front of Newman resulting in a sideswipe crash. Newman’s vehicle then left the roadway and came to a stop in a ditch.

The driver of the Range Rover, along with three juvenile passengers, were not injured and remained at the scene. Newman was taken to the hospital with injuries considered life threatening. He remained in the hospital and succumbed to his injuries the next morning.

Preliminarily, detectives from the Fairfax County Police Department Crash Reconstruction Unit do not believe that speed and alcohol are factors in the crash. The investigation remains active, and details of the investigation will be presented to the Office of the Commonwealth’s Attorney for review.

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

This is the 17th non-pedestrian related fatality in the County to date in 2021.

Year to date in 2020, there were 10 non-pedestrian related fatalities.

Public Health leaders in the Northern Virginia region are encouraging residents to maintain their vigilance in preventing the spread of COVID-19 this fall and winter and throughout the holiday season.

Although Northern Virginia localities have some of the highest vaccination rates in the state, there is still substantial transmission of COVID-19 in the community, and we must remain vigilant to protect those who are not eligible for vaccination and those at higher risk for serious illness. As we know, exposure to the virus can occur anywhere the virus is spreading. Residents of Northern Virginia live, work, play, and learn across jurisdictions so it is vital that we all continue to take steps to slow the spread of COVID-19. In addition, Northern Virginia is a popular tourist destination; many travel here from areas with higher transmission levels.

As the fall and winter holidays approach, friends and extended families will be getting together across the region and traveling throughout the United States and globally. With more people spending time indoors with others as cold weather sets in, public health leaders encourage everyone to maintain their layered prevention activities which may include:

- Get all eligible members of your family fully vaccinated, including booster shots, if appropriate.
- Wear a mask indoors when around those not in your household.
- Stay home when sick.
- Socially distance – stay six feet from others as much as possible.
- Avoid crowded and indoor areas where distancing is not possible, or where you will be in close contact with those whose vaccination status is unknown.
- If you think you may have COVID-19 or may have been exposed, get tested and follow guidelines for isolation and quarantine.
- Wash your hands with soap and water, or use hand sanitizer if soap and water is not available. This will help prevent many diseases, including the seasonal flu.

If you are not fully vaccinated, stay away from others and get tested 3-5 days after returning home from travel.

We know from experience that the COVID-19 virus continues to be a threat to our community, that surges in COVID-19 and flu cases this fall and winter season are likely, and that continued use of mitigation strategies works to keep all of us safer against both viruses.





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PEOPLE & PLACES



COURTESY PHOTO

Ellicia Seard-McCormick

BOS appoints new deputy county executive

Ellicia Seard-McCormick has been appointed by the Board of Supervisors as deputy county executive. The appointment is effective November 22.

Seard-McCormick’s position, deputy county executive for administration, was established as part of a recent reorganization, and marks the return to an organizational model with five deputies. Seard-McCormick will oversee the Facilities Management Department, the Department of Cable and Consumer Services, the Department of Human Resources, the Office of Human Rights and Equity Programs, the Department of Information Technology, the Office of Public Affairs, the Department of Vehicle Services, the Civil Service Commission and the Office of Government Relations.

Previously, Seard-McCormick was a deputy director of the Department of Management and Budget (DMB) where she led overall system coordination and decision-making for FOCUS, the county’s human resource, financial, procurement and budget system. She was also lead for multiple special projects including countywide space planning and IT projects, and as a liaison to boards, authorities and commissions and the agencies that support them. She has also served as a liaison for large-scale county reorganization efforts, among other duties.

Seard-McCormick was hired as a budget analyst in 1995 and has 26 years of experience with Fairfax County government. She has served in positions of progressive responsibility with the Department of Management and Budget, including as Budget Services Coordinator and FOCUS Business Support Group Coordinator, in which she was responsible for the group charged with day-to-day operations, system administration, continuity of functionality and all system updates and enhancements related to FOCUS.

Seard-McCormick holds a Master of Public Administration and a Bachelor of Arts in Political Science from the University of North Carolina at Chapel Hill. She will receive an annual salary of \$200,000.

Inova hospitals achieve highest national standards in patient safety

The Leapfrog Group, an independent national watchdog organization, once again awarded all five Inova Hospitals with “A” Hospital Safety Grades for achieving the highest national standards in patient safety.

The Leapfrog Group assigns an “A,” “B,” “C,” “D,” or “F” grade to all general hospitals across the country, using more than 30 measures of safety data including rates of preventable errors, injuries and infections, while also accounting for whether hospitals have systems in place to protect patients from harm.

“Patient safety is paramount at Inova and I am extremely proud that all five of our hospitals are consistently awarded the top grade for hospital safety from Leapfrog,” said J. Stephen

Jones, MD, president and CEO, Inova Health System. “It takes the dedication of every single team member to earn an ‘A’ grade year after year and our community can be assured they will always receive the safest, highest quality of care at every Inova hospital.”

Inova Fair Oaks has received 19 consecutive “A” grades; Inova Mount Vernon has received 15 in a row since 2014; and Inova Alexandria Hospital and Inova Fairfax Hospital have received the top grade 7 times since 2018.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

“Inova has made a clear and consistent effort to protect patients from harm,” said Leah Binder, president and CEO of The Leapfrog Group. “Establishing and maintaining systems that optimize patient safety is especially critical during times of crisis. I am grateful to the leadership and workforce of Inova Health System for their unwavering dedication to protecting patients.”



COURTESY PHOTO
UV Plant

Fairfax County disinfecting wastewater with new UV process

A new process designed to disinfect treated wastewater using ultraviolet lights (UV) is now operating at the Noman M. Cole, Jr. Pollution Control Plant in Lorton. The UV process will replace the existing chemical (sodium hypochlorite) disinfection system. The project resulted in the first Institute for Sustainable Infrastructure Envision Gold Award achieved by Fairfax County. The county currently leads the state in Envision awards.

The UV process is a physical disinfection system which generates photons that penetrate microbial DNA to deactivate them and leave them unable to reproduce. The new \$87 million UV disinfection facilities are capable of processing 67 million gallons per day, with a peak disinfection flow of 133 million gallons per day.

Replacing the aging sodium hypochlorite system will save the county approximately \$750,000 annually in chemical costs and eliminating 200 yearly tanker truck deliveries. In addition, operating the prior chemical system eventually would have made it difficult to comply with the Virginia Sewage Collection and Treatment (VSCAT) regulations for disinfection at high flows. Abandoning a large pump station associated with the old disinfection system saves about 846,000kWH of energy per year, saving greenhouse gas emissions equivalent to removing 100 cars from our roadways.

This UV disinfection project was designed according to the Envision framework. To earn an Envision rating, a project must deliver a heightened range of

environmental, social, and economic benefits to the host and affected communities. The rating must be validated through a rigorous third-party review process against the Envision sustainable infrastructure framework and rating system. Several aspects of the project attributed to its sustainable success, including project team collaboration through alternative project delivery, stakeholder involvement, plant-wide sustainable initiatives, prioritization of worker health and safety, and reduction in chemical and energy use.

RCC honored with environmental excellence award

Reston Community Center is pleased to announce it is a 2021 Fairfax County Environmental Excellence Awardee.

RCC was one of six awardees, a mix of individuals and organizations, “who have demonstrated extraordinary dedication to the improvement of our natural environment, raising awareness of key environmental issues in our area and inspiring others to take action,” according to the Fairfax County Office of Environmental and Energy Coordination. The awardees are chosen annually by the Fairfax County Environmental Quality Advisory Council.

RCC was selected for recent efforts, many of which will have a long-term impact on the organization’s energy, water usage and environmental impact. In early 2020, RCC completed a renovation of the Terry L. Smith Aquatics Center, replacing the aging infrastructure of the original pool with two new pools and other physical improvements. This \$5.5 million project incorporated many environmentally friendly features, consistent with RCC’s commitment to environmental stewardship. This project is in addition to other, ongoing RCC environmental initiatives such as a multiyear LED lighting replacement project and soon-to-be installed solar panels on its RCC Hunters Woods roof. RCC also hosted its first-ever Green Reston event in the spring of 2021, bringing the community together for outdoor activities related to sustainability.

The 2021 Environmental Excellence Award winners are outstanding leaders and advocates who share their talents and care for the environment through both their words and their actions,” said Stella Koch, chair of the Fairfax County Environmental Quality Advisory Council. “This year’s awardees have done far more than just demonstrate their passion for environmental issues. They have changed the face of our community by giving their time, energy, and expertise during an exceptionally challenging year.”

RCC’s aquatics renovation has earned several awards, including top honors (structures \$5 to \$25 million) in February for the Fairfax County Department of Public Works and Environmental Services (DPWES) in the 2021 American Public Works Association’s (APWA) Mid-Atlantic Region awards. In October, RCC earned the Virginia Recreation and Parks Society’s Outstanding New Renovation Award

(bricks and mortar) for populations of 50,001 to 100,000.

“The Board and staff of RCC are passionate about lightening our carbon footprint in any way we can,” notes RCC Board Chair Bev Cosham. “We take responsibility for doing our part to be gentle on our planet very seriously. It’s heartening to see those efforts recognized.”

To see the complete list of 2021 awardees, visit <https://bit.ly/3kEsG1U>.



MUSIC FOR LIFE

Music for Life, Band & Orchestra student.

ArtsFairfax awards funding to 12 art organizations through the Arts Ignite Recovery Grant

ArtsFairfax announced \$100,486 in funding through the Arts Ignite Recovery (AIR) Grant to 12 arts organizations in Fairfax County and the Cities of Fairfax, and Falls Church. ArtsFairfax established the AIR grant program to support arts organizations as they emerge from the Covid mandated shutdown and restart their programming.

AIR grants support the revitalization of residents’ participation in the arts in a safe format, rebuild the programming capacity of arts organizations, and nurture new creative collaborations. Specifically, funding supports performances and installations in unconventional spaces, including the outdoors, establishing a greater awareness and support of the arts, and increasing community-based cultural activities.

“As we emerge from the pandemic COVID-19 pandemic, the Arts Ignite Recovery grants support projects that reengage the community in the arts, address inequities, and highlight the county’s diversity,” said Linda S. Sullivan, ArtsFairfax president & CEO. “The arts organizations awarded rose to the challenge of addressing complex issues through theatre, music, dance, and visual arts while meeting a critical need in the community.”

FY22 AIR grants support the following organizations and programs:

1st Stage - Logan Festival of Solo Performance featuring three hybrid in-person/ live-stream productions in a socially distanced, outdoor environment.

American Youth Philharmonic Orchestra – a new ensemble entitled “Sinfonietta” for high school students in response to a record high number of students who auditioned for string positions in their youth orchestras.

Community Arts for Everyone - the installation of a mural to help revitalize an abandoned space in Annandale that follows the basic principles of Crime Prevention Through Environmental Design at a crime-vulnerable site.

Creative Cauldron - the production of “Girls of Madison Street” written by Helen Hayes Award-winning actor Iyona Blake.

Fairfax Symphony Orchestra - the Link Up Program, which provides

a unique opportunity for students in grades 3-6 to come together for a shared cultural experience, while addressing the need for effective, research-based music curricula.

Gin Dance Company - the production of, “Perfect 10+” which is comprised of world premier pieces including a convergence of modern dance & fashion design in the production of “Runway” and “The Golden Time”, a culturally influenced work combining Chinese Opera movements that feature original choreography by Artistic Director Shu-Chen Cuff.

IceBox Collective - the “Taxonomy of Breathing” project, a socially conscious, multidisciplinary art project that processes trauma by mapping recent world events using the connective lens of breath.

McLean Project for the Arts - the ArtReach program, which engages students, seniors, and

individuals with special needs in arts programs.

Mount Vernon Community Children’s Theatre - after-school classes for children living in Section 8 housing developments.

Music for Life - the after-school guitar, band & orchestra, and STEAM guitar programs, which promote learning music while developing social skills and building relationships with peers from varying socioeconomic backgrounds.

NextStop Theatre Company - the community-focused production of Ken Ludwig’s “Sherwood: The Adventures of Robin Hood” that takes place at the newly created open-air performance stage.

Public Art Reston - a public underpass art project in a diverse, highly trafficked neighborhood.

To learn more about ArtsFairfax grant opportunities and the arts in Fairfax County, visit artsfairfax.org.

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get your flu shot today.



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Protect the ones you love,
get vaccinated now.

VDH VIRGINIA DEPARTMENT OF HEALTH

OBITUARIES

In loving memory

Damian Virginia DiGiovanni



On Monday, October 11, 2021, Damian Virginia DiGiovanni passed away peacefully at the age of 68 in her home in Herndon, Virginia. She suffered a stroke during brain surgery to remove a non-cancerous tumor, leaving her bedridden for nine years. Her love for life and faith in the Lord was an inspiration that sustained us during this journey. Truly a brave and strong woman with plenty of fight. Damian was a beloved wife to her husband Carvin, and mother to Devon, Dara and Garan. She is sister to Lavinia, Wayne, Paul and her late brother, Phillip. Damian is grandmother to Natalie and Ava.

Damian grew up in Staten Island, N.Y. worked in retail and eventually became a paralegal in New York City. She and her husband moved to Herndon, Virginia in 1980, and started their family. Before her surgery and stroke, Damian was a well admired pre-school teacher revered by her students, friends, and colleagues. She was very active in the community, and enjoyed having get togethers with friends and neighbors. She did volunteer work for her children’s schools, taught CCD (Catholic Catechism) to young neighborhood children, coached local children’s soccer and supported many family involved sports activities through out the growing years. Damian’s giving nature and honest way of approaching life is what her loved ones have come to respect. She loved doing puzzles, was an avid reader, enjoyed dining, loved her Neil Diamond and never missed an opportunity to sing to the oldies. Her love for dogs, especially our Golden Retrievers, was something to behold. She was fond of collecting Precious Moments figurines and Normal Rockwell memorabilia. She will be missed..... her courageous spirit remains to help support and comfort us as we face tomorrow’s challenges.

To honor her, the family is hosting a memorial tribute in remembrance of her life on Saturday, December 11, 2021. In lieu of flowers, please donate to a deserving charity of your choice or plant a tree in her name.

In loving memory

Emily Claire Nelson Greer



Emily Claire Nelson Greer of Vienna died Nov. 6, 2021, just 20 days shy of her 26th birthday. The cause of death is pending. She was a graduate of Forest Park High School and earned an Associate’s Degree from Northern Virginia Community College.

Emily was described by family and friends as breathtakingly smart and amazingly creative, with an interest in history and art. She endeavored to help others, whether the homeless or those suffering debilitating emotional struggles. She was employed by Dominos Pizza and Doodlebug Dogwalkers. Emily had made great strides in her life as she struggled with dissociative identity disorder, a reaction to significant severe childhood abuse and trauma. In a eulogy at her memorial service at Miller Funeral Home in Woodbridge, her father stated, “Everyone here, everyone who ever knew, liked, loved or just came across Emily should feel profoundly humbled by what they knew of her, but even more we should feel so profoundly humbled by the mysteries of what we did not know of her.”

She is survived by her father, Richard Greer of Montclair; her stepmother, Jeanne Greer of Montclair; her mother Sandra Lynn Nelson Greer of Fairfax; her brother, David Greer of Berlin, Germany; her grandmother Paula Greer of Deerfield Beach, Fla.; aunts JoAnn Stormont of Belleville, Ill., and Kris Greer of Coon Rapids, Minn.; her uncles Michael Greer and John Cooper of Philadelphia; Paul Stormont of Belleville, Ill.; and Mark Greer of Coon Rapids, Minn.; and her beloved cat, Tortellini. Her body was donated to science and her ashes will be scattered at a later date. In lieu of flowers, it is requested that donations be made to An Infinite Mind, a volunteer organization dedicated to supporting people with dissociative conditions, at www.aninfinitemind.org.



PURE
CONTINUED FROM PAGE A1

A number of group members joined PURE as a result of their friends being in the organization — with some of these high schoolers having family friends in New Jersey encouraging them to join the program.

“When I know I have a PURE meeting, it just brings a smile to my face because I know I can do something to impact the world,” Nandakumar said.

From PURE, the student ambassadors have been able to gain confidence, specifically when it comes to approaching others and speaking to people they may not know.

“My experience here has been very positive. It allowed me to communicate to more people, like public speaking ... going out, asking people to donate door-to-door ... It’s been very nice,” Sai Nallani, who was new to volunteering before PURE, said. He has been part of the organization for about five months now.

For many PURE Youth Fairfax members, the best part of being in the organization is getting to help other people who are in need and do not have the resources for their necessities.

“Honestly, it kind of feels like nothing like I’ve ever done before. Nothing that I’ve done before this has really had such an impact on people ... It’s just stuff I’m doing here that is potentially going to help someone’s life who is so different from mine — because we’re so

privileged, right? So people who don’t have that kind of privilege, we could help them like that,” member Many Mmidi said.

Being part of a group can have its challenges — but even with the stress and the time commitment, these students all noted that it’s worth it.

“There are obstacles — as there is with everything. You know, it’s a time commitment, it sometimes gets in the way of my schoolwork. But at the end of the day it’s so worth it because, like I said, we are making a difference. And I guess that just erases like all the stress and all of the sacrifices that I’ve had to make ... it’s really rewarding,” Sadhana Boppudi said.

The group’s past projects include sales to raise money for kids in St. Lucia and even donating masks during the pandemic.

On October 23, the students and their families — along with Rachna Sizemore Heizer, Hema Kanthamneni and Phyllis Simon as guests — gathered at Ellanor C. Lawrence Park Amphitheater to celebrate their accomplishments in an award ceremony.

There, each PURE member was able to speak about the work they do, specifically citing the drives over this past summer, and being sure to thank their parents for providing so much support.

“For you to take your time ... to give back to others is a real gift and it says a lot about who you are,” Sizemore Heizer said to the PURE members during the event.

With new legislation ahead, Wegmans eliminates plastic grocery bags at four Fairfax County stores

Courtesy of Wegmans

After Jim Lovelace learned that his sister-in-law, Kristen Ames Lovelace, needed a kidney transplant due to kidney disease, he mulled the decision to step forward and offer one of his own, ultimately submitting to the rigorous tests that would determine if he was a suitable donor.

Wegmans will remove single-use plastic grocery bags from its Fairfax, Alexandria, Tysons, and Chantilly stores beginning December 1. While paper grocery bags will continue to be available for a 5-cent charge per bag, Wegmans’ goal is to shift customers to reusable bags, the best option to solve the environmental challenge of single-use grocery bags. The amount collected from the paper-bag charge will be donated to each store’s local United Way and food bank.

Wegmans’ decision to eliminate plastic bags comes in response to new Fairfax County plastic bag legislation that goes into effect on January 1, 2022. While the legislation permits retailers to offer plastic bags to customers at a 5-cent charge per bag, Wegmans’ approach aligns with what



it has in place in other markets where plastic bag legislation exists, most notably in New York State. The company also successfully eliminated plastic bags at its two Richmond stores in 2019.

“We’ve always understood the need to reduce single-use grocery bags,” said Jason Wadsworth, Wegmans packaging, energy, and sustainability merchant. “By eliminating plastic bags and adding a charge for each paper bag, our hope is to incentivize the adoption of reusable bags,

an approach that has proven successful for us in New York State and Richmond.”

Since Wegmans introduced reusable bags in 2007, the company has put an emphasis on educating customers of their benefits, especially the added convenience they offer. A survey of Wegmans customers found that, among those who regularly use reusable bags, their top three reasons for choosing them over single-use bags, in addition to the environmental benefits, are sturdiness, handles, and ease of packing.

INJUNCTION
CONTINUED FROM PAGE A1

injunction against Callie Oettinger and Debra Tisler in October after Tisler received and Oettinger posted the district’s legal invoices on her website, specialeducationaction.com. FCSB released these invoices to Tisler in response to a Freedom of Information Act request.

The court also withdrew a September order that prevented the mothers from disseminating the

invoices and the information in them.

“Bottom line it was a win for [the] First Amendment, and my hope is that this will encourage other parents to stand up and not to be afraid of the school system. When you see something wrong, you should stand up and say something. These are our kids. If you don’t fight for your kid who will?” Oettinger said.

Gardiner said that the school board’s actions showed “about as much a prior restraint as there ever

could be.” The court also noted that the district’s argument that the information in the invoices were secret were “simply not relevant” and “almost frivolous.”

“This is an important victory against the bullying tactics of school bureaucrats who have resorted to intimidation and harassment of parents who just want to do what’s best for their children,” Timothy Sandefur, an attorney from Goldwater Institute representing the pair, said in the organization’s press release.

According to a timeline posted on specialeducationaction.com, Tisler requested the released invoices following breaches of student privacy.

And on October 6, the Virginia Department of Education (VDOE) issued a Notice of Complaint stating it opened an investigation into Fairfax County Public Schools (FCPS) after receiving a complaint alleging that FCPS “violated federal and state laws and regulations governing special education programs,” according to the notice.

VACCINATION
CONTINUED FROM PAGE A1

since the start of the pandemic in March 2020, and continues to have both an extremely low positivity rate (0.35%) and transmission rate (0.02%) in its schools.

In collaboration with its partners, FCPS will soon host school-based vaccination clinics evenings, weekends, and during the school day. The school division has partnered with a private vendor to establish in-school clinics where students can be vaccinated with parent or guardian permission and with or without parent or guardian present.

FCPS is providing multilingual information to families to help inform them of the many options available to them to vaccinate their children through websites, newsletters, and social media, as well as access to a portal to sign up for clinics.

FCPS’ partner, the Fairfax County Health Department, is hosting multiple mass vaccination clinics, pop-up clinics at school sites in the evening

and/or weekends as well as supporting school-based clinics during the school day. Inova Children’s is holding weekend pediatric vaccination clinics at the Inova Center for Personalized Health and Inova Cares Clinic for underserved communities, while members of the Virginia Chapter of the American Academy of Pediatrics will be delivering more than 3,900 vaccines per week through its pediatricians.

“This multifaceted rollout through these partnerships is key to ensuring that all our families and our youngest students have access to the vaccination - and our schools remain open. We are proud of the way the schools, County and our private partners have come together to ensure that everyone who wants the vaccination will be able to get it,” said Fairfax County School Board Chair, Stella Pekarsky.

Thousands of families have already scheduled appointments using these different options less than a week after the U.S. Food and Drug Administration (FDA) authorized the vaccine for 5-11 year olds.

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Boy Scouts collect food for local food pantries



In the Great Falls-Reston-Herndon-Oakton area, scouts from 15 Cub Scout Packs and 14 Scouts BSA Troops delivered at least 42,672 pounds of food to local food pantries. This is the highest total in four years.

How trans-fats are made

KEYS TO BETTER HEALTH CINDY SANTA ANA



Ever wonder how we take plants from nature and turn them into a liquid or solid state fat? It takes about 17 steps to turn seeds into oil. Hydrogenation is the process that turns polyunsaturated fats - which are normally liquid - into a solid at room temperature. Here's how they're made.

Genetically modified seed oils, like soybean, canola and cottonseed are pressed using a solvent like hexane to extract the oil from the seed. They then undergo caustic refining, bleaching, degumming and deodorizing, all of which under extremely high temperatures. This creates a highly unstable product that oxidizes easily. Then when you heat them to cook with they degrade even further into hundreds of oxidation products in the body. This creates free radical damage.

They're not nutrient-dense, contain no vitamin A or E and further oxidize by heat, light and air. Now, to make a hydrogenated oil, they take the seed oils and mix it with a metal particle - usually nickel oxide. It's then mixed in a machine with hydrogen gas. And they are yet again subjected to high temperatures to remove unpleasant odors. Dyes and flavors are added to make it look like butter. This is why you want to avoid spreads in plastic tubs and containers.

There is strong evidence linking trans-fats to cancer. So make sure you read the ingredient labels of your oils and fats and avoid those with partially hydrogenated oils. Even if the marketing on the package says "0 trans-fats," check the ingredient label. Because of a labeling loophole, manufacturers can claim zero trans fats if a serving contains less than one gram of trans-fats. However, a serving is usually 1/12 of the box and we typically eat more than 1/12 of a serving.

The smoke point of a fat is moot. A higher smoke point is only valid IF the fat is stable to begin with. While soybean oil may have a smoke point of 495°, it's 58 percent polyunsaturated and goes through the above refining process making it a highly unstable, oxidized fat. Grapeseed has a smoke point of 420° and is 71 percent polyunsaturated making it another poor choice. Pasture-raised lard is mostly a monounsaturated fat with a smoke point of 375°

and has 1000 iu's of Vitamin D per tablespoon. Cook your holiday meals, pies and treats with real, organic butter, ghee, pasture-raised lard, sustainable palm fruit oil or even a high-quality olive oil. The least amount of processing and heating will yield a healthier fat necessary for brain function, proper hormones and cell integrity.

Mental health and the course of disease



By Asim Safdar L.Ac, M.om LICENSED ACUPUNCTURIST

Our society is suffering from a mental health epidemic. The WHO states that 350 million people worldwide suffer from depression. That is only one of the common mental health disorders. Even prior to Covid 19, about 50 million people in the United States suffered from a mental illness. According to Mental Health America, mental health illness among the youth is growing rapidly;

with up to 10 percent of the youth in the U.S. with major depression. Up to 4.58 percent have thoughts about suicide, an increase from the previous year. (Mental Health America) The mind involves the nervous system and its relationship to various other body's mechanisms. According to various traditional health systems including Chinese Medicine and Homeopathy, the body functions holistically by one system relying on the other to create a balance. Each system is not viewed as a portion, but all the systems are viewed working together as a whole. With mental health illnesses growing globally,

there is an increasing necessity to study some of the traditional methods and theories and what they can contribute to our health. In chronic disease, the following theory can help open a new perspective to health. Course of disease travels: • from the least important locations to the most important locations. • It travels from surface inwards, from the skin to more important locations. Course of healing begins • at the most important locations. It begins at the vital organs such as the brain, the heart, and other crucial organs. •From within outwards

and in reverse to how disease was suppressed; to the least important locations with the skin being one of the last locations of disease. I have observed that when disease is left on the skin, the joints or other superficial locations and an approach is taken to treat it at this location without suppressing it, it allows the illness to leave the body without causing harm to other organs. However, when it is suppressed then this disease at the superficial level is given the opportunity to spread to other locations and eventually it travels to the mind overtime. A common example of this is the relationship between the

internal organs and the skin, which is imperative in both theories of Chinese Medicine and Homeopathy. In allergic asthma, skin dermatitis is usually present. I have observed that suppressing the disease at the skin can create a course, which can lead to more problems such as allergies to certain foods that irritate the mucous membranes creating an allergic asthmatic response. Similarly, disease when suppressed at the skin or other locations such as the joints without considering the whole can lead to other health issues and disturbance of the thought process. This theory was observed and discovered by Dr. Constantine Hering more

than 150 years ago. It has also been studied and used by various practitioners of natural healing throughout the world. According to Hering, it is important to treat disease in a manner which does not create further harm. This is the principle of "the highest ideal of a cure;" to treat disease in its totality so it is completely eradicated. Hering studied the natural mechanism of the human body and observed how the body functions naturally to eradicate disease. It is thus important to create a flow, which works with the natural intelligence and wisdom of the body.

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Westfield beats Wakefield; Football playoffs round 1 recap

By Michael Marrow
FAIRFAX COUNTY TIMES

The Westfield Bulldogs defeated the Wakefield Warriors on November 12 in the first round of playoffs for high school football, sailing to a 17-0 victory after a 0-0 tie at halftime. Westfield was 5-5 and the No. 3 seed heading into the game, followed closely by Wakefield as the No. 6 seed with a 5-4 record.

It's been somewhat of a shaky season for the Bulldogs, traditionally a powerhouse team in northern Virginia. Despite some rough patches, including a shutout loss to longtime rival Centreville, support for the team among students has hardly seemed to waver. "Even though it hasn't been our strongest season, our spirit has been just as strong," Westfield senior Riley Keane said.

It was a humdrum first half for both teams, who were both able to make big plays but ultimately came up short. Westfield won the toss and elected to receive, which was followed by a significant gain by tight end Harrison Saint Germain. It seemed



COLIN WK

like a promising start, but the Bulldogs had to punt after Warriors linebacker Cameron Saced sacked quarterback Matthew Jenks.

With the ball now in their possession, Wakefield was held to fourth down and made a gutsy call to go for it. After quarterback Jack McAvoy lobbed a pass intended for

wide receiver Caine Poythress, the ball fell just out of his reach near the endzone, and Wakefield turned the ball over. Subsequent drives by both teams then ended in punts, concluding the first quarter.

The stalemate persisted through the second quarter, with Westfield's opportunities thwarted by penalties.

After the Bulldogs returned a punt to the redzone, the play was called back due to a holding. A few plays later, running back Jahmari Nelson ran the ball on fourth down and picked up enough yards to move the chains, but another holding call left them with no choice but to punt instead.

Later in the half with less than two minutes remaining, judicious timeout calls and a spike ball to stop the clock set Westfield up in field goal range with just 11 seconds remaining. The Bulldogs then kicked a field goal that was no good, leaving a 0-0 score at half.

Optimistic in the face of a disappointing showing in the first half, Westfield seniors Camila Bohabot and Mason Poston shared mixed feelings about the end of Friday night lights and the community they have shared for years. "We're moving onto bigger and better things," Bohabot reasoned, adding that, "Watching our own people grow up and become the leaders of our school has been amazing to see."

"It was a great experience here," Poston reflected. The end of their senior year is especially bittersweet, though it has special moments. "We used to be in the back and now we're at the front, and our best friends are on the field," he said.

Momentum started to shift in Westfield's favor as the second half progressed. After a healthy run by Wakefield running back Michael Guruli, McAvoy was intercepted by Westfield defensive back Jason Gerges. On their next drive, the Bulldogs put their first points on the board with a field goal by junior Pat Barto, making the score 3-0 halfway through the third quarter. Westfield then pulled in another pick before the end of the quarter but failed to score any more points.

With a one-possession lead for the Bulldogs, the pressure was on both teams for the final quarter of play. Early in

the fourth, Wakefield seemed poised to make a goal line stand, but following a keeper by Jenks on fourth down on the one-yard line, the Bulldogs earned their first touchdown of the night for a score of 10-0.

With time ticking down, Wakefield decided to go for it on fourth down with 12 yards to go. For good measure, Gerges intercepted the ball once again. "They ran a crosser back to my side, and the ball just came to me, so I picked it off," Gerges said after the game. "I didn't think he was going to throw it right at me, so it just came out of nowhere and I took it back. I was trying to get in for six but there were big linemen in front of me."

The ball back in their possession, Westfield confidently marched to the endzone, and a run by Nelson secured another touchdown for a score of 17-0 with just more than 2 minutes remaining. A sack on fourth down by Bulldogs defensive lineman Malckhi Jarrett then ended the game.

Wakefield Head Coach Wayne Hogwood, who was quarterback himself for the Warriors two decades ago, noted it was a tough loss that capped off a solid season. "We just couldn't get the offense going. And that's just how it is sometimes," he said.

"Westfield is a good football team, probably one of the best football teams in northern Virginia history-wise. I thought we had a little bit better of a chance to come out on top, but it just didn't go our way tonight."

Westfield Head Coach Kyle Simmons, who has coached with the team since the school first opened in 2000, elaborated on how the Bulldogs adjusted to pull off a win. "I thought it was a hard-fought game. The picks by our defense were huge. Those were big momentum changers," Simmons said. "They were really trying to pepper us inside with their

inside linebackers, so we tried to get on the outside with a flip. [We then] ran some outside zone, trap, and just tried to catch those guys coming up field and get them blocked so we could hit some things up inside."

Westfield will now advance to region semifinals and rematch their rival, the Centreville Wildcats, who won out against the Chantilly Chargers to reach the next round of the playoffs.

"I got beat for a touchdown in the Centreville game. I got beat because I didn't maintain deep leverage," Gerges said when asked what lessons his team learned from their previous loss to the Wildcats. "In this game, I changed that, and I think that's why I got those two picks. Hopefully, next week I'll do the same thing."

Here's a recap of results from the rest of the first round of playoff games in Fairfax County.

REGION C

Alexandria City at Robinson

The No. 8 seed Alexandria City Titans were trounced by the No. 1 seed Robinson Rams 52-13. The Titans close the season 5-6 and the Rams press on 10-1.

Justice at Lake Braddock

The No. 7 seed Justice Wolves were defeated by the No. 2 seed Lake Braddock Bruins. The final score was 44-19. Justice ends 6-5 and Lake Braddock continues 9-2.

West Potomac at Fairfax

The No. 6 seed West Potomac Wolverines upset the No. 3 seed Fairfax Lions, who headed into the playoffs 9-1 after handing Robinson their only loss of the season. The final score was 37-28. Fairfax's season concludes 9-2 and the Wolverines continue 7-4.

West Springfield at South County

The No. 4 seed South County Stallions narrowly edged out the No. 5 seed West Springfield Spartans 16-13. South County continues 9-2 and West Springfield ends 7-4.

REGION D

Marshall at Madison

The No. 8 seed Marshall Statesmen were knocked out of the playoffs by the No. 1 seed Madison Warhawks for a final score of 38-6. Marshall ends the season 5-6 and Madison continues 10-1.

Chantilly at Centreville

The No. 2 seed Centreville Wildcats triumphed over the No. 7 seed Chantilly Chargers, overcoming a Chargers lead in the first half for a final score of 42-25. Centreville carries on 9-2 and Chantilly finishes 5-6.

South Lakes at Yorktown

The No. 5 seed South Lakes Seahawks were victorious against the No. 4 seed Yorktown Patriots. The final score was 36-21. The Seahawks improve 6-5 and the Patriots complete the season 7-4.



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PAULA POUNDSTONE

PLANS THREE NIGHTS AT THE BIRCHMERE

One of America's top comedians is excited to return to the Alexandria venue



COURTESY PHOTO

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

It's been approximately one year since Paula Poundstone braved the pandemic and decided to do a few gigs to wake up her comedy chops and do what she loves most—perform live on stage. One of the places she chose at the time was The Birchmere, which she

named one of her all-time favorite places to perform.

With safety precautions in place, a limited capacity audience got to see Poundstone at her best, delivering her smart observational humor and finding some amusing and witty things to say about the pandemic and the world.

For three nights, November 19-21, The Birchmere will welcome back the popular comedian, and this

time a full capacity audience will be allowed—though still with masks and strict safety provisions in place.

"I love being there," Poundstone said. "There are notes from musicians stuck on the wall, and it just has such a patina of cool. And the people there are just great."

She admits that she was getting a little crazed staying at home, and didn't realize that when the stay-at-home

order came in, she thought it would only last a short time. In some ways, she thought there will be a silver lining because it would give her some time to read and she wouldn't have to feel alone traveling to shows.

"I didn't know the first thing about how alone I could be," she Poundstone said. "I also hardly read at all. I just worked as hard as I could because I didn't have any income coming in."

One of the things she did was her podcast, "Nobody Listens to Paula Poundstone," which she records with fellow NPR personality, Adam Felber. But she was yearning to get back out there in front of an audience.

Thankfully, that happened a lot more this summer and she's been going strong ever since.

"I started back on the road again in June and it's

been going pretty good," Poundstone said. "I want people to be as safe as they can, so for me, proof of vaccination and masks is the way to go, and most have been complying. People are really happy to be out—especially in a place that does have these protocols."

During her act, Poundstone talks about the experience we are all going

See PAULA, Page B4

Jammin Java welcomes

Zach Person



COURTESY PHOTO

The indie rocker hits the stage on Tuesday

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

When Zach Person comes to Jammin Java November 23, he'll be touring in what he's labeling his "Let's Get Loud" tour.

As a big up-and-coming indie artist, with a sound that's loud, raw, and connects with fans on a primal sonic level, the Vienna venue is an ideal place to see Person at his best, and could be a rare chance to see him in such an intimate setting.

Person's self-titled, debut album dropped April 2 and in seven months, has earned plenty of critical praise and commercial success. His lead single "Can't Stop Running," quickly climbed college radio charts, with 40 stations adding the track nationwide, and

many of them charting the song in their Top 30.

Talking of inspirations, Person noted people like The Black Keys, Jack White, Chris Stapleton, Jonny Lang and Led Zeppelin—which helped him create a unique sound that's a hybrid of blues and rock music, arranged in a pop format.

"The spirit of the blues is at the heart of most of my songwriting, therefore a lot of the tracks on this album possess a theme of pain and suffering, and the will to overcome the obstacles ahead of one's self," he said.

At Jammin Java, Person will be playing most of the songs on the LP with some surprises mixed in.

"Coming back out and playing live shows, I forgot how much of an impact it had on my life," Person said. "I didn't realize how

much I needed live music."

It's understandable considering the journey he took to a music career.

"My mom was an amazing singer and was always playing music, and that's a big part of what piqued my interest originally," Person said. "I started skateboarding when I was 9, and there was always loud punk music playing, and that piqued my interest in the electric guitar."

Not long after, his father, who was a prison guard, was killed. So, Person's mom was looking for something to help him process the tragedy, and bought him his first electric guitar so he could use music as a way to escape.

"I would come to school and play guitar every day and I just got hooked immediate-

See PERSON Page B4

HOT LINKS BY COLLIN COPE

Garden Talk: Cacti and Succulents • November 19

This November 19, join Green Spring Gardens for a garden talk about various cacti and succulents which can be found on the grounds. The event will be hosted by the extension master gardeners and will educate guests about the easy growth and simple beauty of these eccentric plants. The event will run between 1:30 and 2:30 p.m. and registration for the event will be required online here: <https://bit.ly/3kFeZje>.



Holiday Tree Lighting in Tysons November 19 6-8 p.m., free

On the night of November 19 from 6 to 8 p.m., visit Tysons Corner Center Plaza for the location's annual kickoff to the holiday season with the lighting of their massive holiday tree. Bring out your friends and family for a truly magical night in one of Northern Virginia's most bustling neighborhoods today. The event will be free admission, with more information available here: <https://bit.ly/3qKbfR1>.

Talkin' Bout Turtles November 20 • 2-3 p.m.

Check out Potomac Overlook Regional Park's "Talkin' Bout Turtles" event November 20. Learn all about the lives and adaptations of many different turtles, as well as witness a race to the finish to determine which turtle is "the least slow." The event will be held from 2 until 3 p.m. with tickets required for all guests ages four and up starting at \$7. For more information, check out <https://bit.ly/3DiBSjD>.



COURTESY PHOTOS

One woman, 40 characters, millions of laughs

Actress Jaclyn Young stars in NextStop Theatre’s “Fully Committed”

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

NextStop Theatre’s latest production, “Fully Committed” has approximately 40 characters in the show. But audiences don’t need to worry that there’s too many people on stage, because one person is playing them all!

In the one-woman show, Jaclyn Young is charged with bringing 40 people to life, and the NextStop veteran is up for the tour-de-force challenge.

With a hilarious script from Becky Mode, “Fully Committed” follows Samantha, an out-of-work actress who works the red-hot reservation line at Manhattan’s number-one restaurant, and anyone who’s anyone wants a seat inside. Through attempts at coercion, threats, bribes and histrionics, these desperate callers will stop at nothing to land a prime reservation.

“It starts off with Sam entering work, expecting to find other co-workers and no one else is there due to a series of extenuating circumstances,” Young said. “There are four different places on the stage where either a phone rings or there’s an intercom buzz, there’s a cell phone, and then a “Bat Phone” of sorts that

goes to the chef’s office. So, I’m bouncing back and forth answering the phone as Sam and flipping to the character on the other end of the line.”

From a mafia wiseguy to a Park Avenue socialite, to a magazine staffer, it’s up to Young to supply the voices and mannerisms of every unique character. That means switching from male to female or stuffy Frenchman to surfer dude in just seconds.

“The way the script is written, it’s very fast-paced and intentionally keeps the audience in almost a sense of confusion so it surprises you when you remember who’s on hold,” Young said. “It doesn’t follow a linear pattern, which has made it a joy to memorize!”

The show came about when NextStop’s original plan for the 2021-22 season needed to be changed because COVID numbers started to rise again, and the theatre’s Producing Artistic Director Evan Hoffmann made the decision that smaller shows were the way to go.

“It was exactly six weeks ago that Evan asked me to do this show,” Young said as she was preparing for her opening night. “It was very quick.”

When “Fully Committed” was on Broadway in 2016,

“Modern Family” star Jessie Tyler Ferguson was the actor behind the 40 personalities and won a Drama Desk Award for his performance as Sam.

Young was at his last performance and was just blown away by it.

“The idea of just getting to perform so many characters—and creating characters is one of my favorite things to do—so just seeing someone do it on such a grand scale was mind blowing to me,” she said. “But I never considered it would be something that I would be able to do. I was just enjoying it as a patron of the arts.”

Young, who serves as education director for NextStop, has also been featured in numerous productions over the years. She studied theatre at the College of William and Mary, and has worked in the education departments of theatres such as The Shakespeare Theatre, Imagination Stage and Prairie Fire Children’s Theatre.

But this is her first foray into a one-woman show. “Fully Committed” is one act, and Young is on stage for the entire 85 minutes with lots of talking.

“My biggest fear from the very beginning was how am I going to remember all

those lines,” Young said. “Fortunately, that’s just come from repetition.”

Director Jennifer Redford and Young have worked tirelessly over that time to get her ready.

“Jennifer and I started with creating characters and playing around with how they might move and speak, and what makes them different from other characters,” Young said. “A lot of the characters are based on people that I know from my life. You have to start from somewhere, so many of them started off in the way that I tell stories—like my brother-in-law or my neighbor down the street, and the way I naturally take on their characteristics as an over-exuberant storyteller.”

Young also credits stage manager Sam Rollin as being an invisible co-star of the show.

“Without her impeccable timing of sound cues, I would be totally and completely lost,” she said. “While I may be alone on the stage, it is so comforting to know that I am not alone in the performance.”

“Fully Committed” will be staged all weekend, November 19 and 20 at 8 p.m., and November 21 at 2 p.m. Tickets are \$25. For more information, visit nextstoptheatre.org.

A production united by lighting which helped transport the audience

By Hayley Asai
QUINCE ORCHARD HIGH SCHOOL

A young couple, a foreigner, an eccentric young man, an army major, a couple of mysterious women, and a murderer on the loose. Together with a peculiar band, they made up the characters of The Mousetrap, produced by Justice High School.

In a play by the writer Agatha Christie, a bizarre array of guests at a British countryside inn were suddenly confined in a guesthouse together during a snowstorm while a murderer was hunted down. What ensued was a gripping and twisted tale that showcased insanity and revenge at their worst.

The show boasted a playfully energetic cast. While each character contributed to the tension of the mystery with admirable intent, there were a few members of the cast who created truly remarkable presentations.

The exuberant Mr. Paravicini, played by Valeria Peterson, showcased exceptional comedic timing along with a charming Italian accent. In striking contrast, the mysterious Miss Casewell, played by Sofia Hemmens, displayed an exquisite and nuanced array of facial expressions and a sharp stride. Hemmens’ character choices were perfectly suited for the thrilling nature of a murder mystery and were imperative in retaining the show’s suspense and wit. Detective Sergeant Trotter,



Valeria Peterson and Daniel Azcarate

played by Daniel Azcarate, undoubtedly rounded out the cast. Throughout the show, Azcarate’s character remained strong and consistent. As the show ran along with drama, Azcarate had increasingly distinctive moments to highlight brilliant and emotional outbursts that made the show.

Though all the actors’ performances should be applauded for their efforts and skill, Sara Kaufman, who played Mollie Ralston, managed to vigorously distinguish herself from the cast. Kaufman brought a down-to-earth kindhearted nature to her character. Kaufman’s presentation of Mollie was a testament to the natural variation present in unique human interactions between different people. Ralston’s self-assurance yet kindness demanded the attention of the audience. The nuances to Kaufman’s performance are an indicator of both an excellent character and an excellent actor.

Still, the subliminal finishing touch of the show that united the production was the lighting design. The lighting was designed by Ketan Kane and Henry Blaine, who must be

praised due to the spectacular scenes they helped create. Overall, the lighting made no compromise of quality to the show. The lighting team was responsible for the overhead lights that shone brightly during the day and slowly darkened at night. During the first dramatic sequence, the lights flashed to a low red before cutting out completely to fit within the established tone. To segue to the radio portions of the show, the lighting designers used warm golden spotlights that instantly transported the audience back to a golden era in time.

When Agatha Christie wrote The Mousetrap, she predicted it would run for only a couple of months. Instead, it became the longest-running play in the world, running continuously from 1952 to 2020. Much like the original run of The Mousetrap, Justice High School’s production is a triumph of remarkable acting amidst a season of audience members’ returns to live theatre. Enthralling and hysterical, the spectacle to behold and surely left the audience gripping their armrests, as they sat on the edge of their seats.

King Crossword

ACROSS

- 1 Up to
- 4 Platter
- 8 Scoop holder
- 12 Olympics chant
- 13 Sicilian resort
- 14 Dryer fuzz
- 15 Sandal type
- 17 Pub potables
- 18 Computer whiz
- 19 Dog tags, e.g.
- 21 PC key
- 22 Excellent
- 26 Expire
- 29 Present location?
- 30 Med. plan option
- 31 Perry's creator

- 32 — Aviv
- 33 Hotel worker
- 34 From — Z
- 35 "Science Guy" Bill
- 36 Segments
- 37 Kanye West's music
- 39 Moonshine vessel
- 40 Japanese sash
- 41 Narcotic
- 45 Volition
- 48 Sound of hoofbeats
- 50 Tom Joad, for one
- 51 First-rate

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
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45	46	47			48	49						
50					51					52		
53					54					55		

- 52 Onassis nickname
- 53 Marries
- 54 A deadly sin
- 55 Moment

DOWN

- 1 Clump of grass
- 2 Capri, e.g.
- 3 Secular
- 4 Sully
- 5 Cove
- 6 — -Cat
- 7 Domed building in Washington D.C.
- 8 Purse fastener

- 9 Tin Man's need
- 10 SSW opposite
- 11 UFO crew
- 16 Stage
- 20 Ten, in Dijon
- 23 "— she blows!"
- 24 Skip
- 25 Spacecraft compartment
- 26 Wife of Jacob
- 27 Intro studio class
- 28 Fall into a soft chair
- 29 Spelldown

- 32 Not out of the ordinary
- 33 Wizardry
- 35 San Francisco's — Hill
- 36 Thing on a string
- 38 Bagel features
- 39 Unites
- 42 Regrettably
- 43 Rent
- 44 Grand tale
- 45 Dazzle
- 46 White House nickname
- 47 Cover
- 49 Baseball's Gehrig

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ZED by Duane M. Abel

SINCE MOST TABLECLOTHS ARE RUINED ON THANKSGIVING, I HAD AN IDEA LAST YEAR...



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Cobalt

Breed: Domestic long hair
Age: 5 months

Gender: Male neutered

Playful, cheery and full of energy, this puff ball Cobalt is a friend to all. When he's not busy chasing lasers or feather toys Cobalt loves to get pets and give purrs. This handsome fellow is ready for a home to call his own.



Cerise

Breed: Domestic short hair
Age: 5 months

Gender: Female spayed

Cerise is a beautiful dilute calico girl with a gorgeous fluffy tail. This sweet gal enjoys warm laps and will keep you entertained with her playful antics. Puffy balls and play mice are a few of her favorite things.

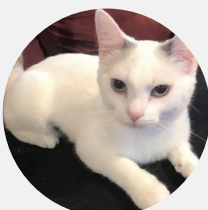


Maizy

Breed: Domestic short hair
Age: 5 months

Gender: Female spayed

Maizy is the life of the party and loves to socialize with other young cats. When it comes to playtime she's the leader of the pack. This beauty likes to show off her hunting skills by bringing you her "dead" play mice as a reward.



Jasmine

Breed: Domestic short hair
Age: 1 year

Gender: Female spayed

Jasmine is a gentle girl with a big heart. Rescued from the shelter as a stray, she enjoys naps in a sunny window and human companionship. Ready to settle into a new home of her own, Jasmine has lots of love to give.

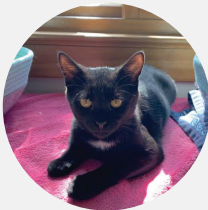


Jett

Breed: Domestic short hair
Age: 4 months

Gender: Male neutered

Jett is a perfect gentleman and as easy going as they come. He is very playful. He and his mom will play for hours on end. He also loves to cuddle though and will start purring immediately when he sees you. He loves laying in the sun and playing in water. He is fine with being held for short periods and gentle pushes away when he is ready to get down. He warmed up very quickly with the other older male cat in the house with no attempt at dominance issues at all. He may be ok with a cat-friendly dog. Jett does need to go to a home with another cat or kitten.



Flora

Breed: Domestic short hair
Age: 1 year

Gender: Female spayed

Flora an adorable momma kitty who recently finished weaning her kittens and is now ready to move on to her own forever home. She enjoys her foster home and always sleeps next to her humans. She is very friendly and is a loveable lap cat. Come meet Flora today.



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FROM THE DOG'S PAW

Adopt A Senior Pet Month

By Noah! Abby! Samson!

SPECIAL TO THE FAIRFAX COUNTY TIMES

“Woofs! Barkingly, senior dogs are the bestest pet you can adopt. Since I am a senior dog now, I can attest to our greatness and many reasons why humans should consider adopting one. Woofs.”

“Paws, Noah, yes, I’m a young pups with years to go before I’m a senior. Woofs! What makes it so great for humans to adopt seniors?”

“Abby, many humans tend to overlook senior dogs when visiting shelters or rescues to adopt. Senior pets spend more time waiting to be adopted than other pets since many humans want cute little puppies and kitties. Many pawsomely great senior pets never get to leave the shelter.

Woofs, though young pets are pawsome, they are a lot of work. Our human can attest to that with your care and training, Abby. Our humans are always doing something for you. Barks, but with senior dogs, most, if not all, are already trained. Woofs, there’s no potty-, crate-, or house-training involved. They have been there, done that, and are settled in their ways. Barks.”

“Arf! Noah, I read that senior dogs can be a better choice for senior citizens living alone. The companionship and often minimal care responsibilities make them a great choice. Senior dogs may enjoy shorter walks, don’t require constant monitoring, are easier to handle by not jumping or pulling, are usually less demanding, pawssibly less challenging around grand mini-humans, and often can live in apartments or condos.”

“Woofingly, pawing about mini-humans, Abby, senior dogs can make great pets for them. There isn’t the concern of a hyper-bouncy, high-energy puppy knocking them down unintentionally nor accidental nips. Barkingly, as happened to you Abby, many humans with young mini-humans are not prepared for the challenges of energy, excitement, and attention required from a puppy and may end up returning the dog to the rescue or shelter. Barks, this causes unhappiness and stress for the pet and the human family. Senior pets usually understand how to behave around mini-humans, pawssibly even newborns.

Paws, while bringing a senior pet home can be a unique blessing, it can have its own set of challenges too. Barkingly, with their advanced age, there can be some additional health issues to consider too. Paws, it’s not necessarily cheap to care for a senior animal. Like all dogs and cats, they will need regular veterinary and dental care to keep them healthy and happy. Paws, that doesn’t mean it’s not worth every bit of it. Depending on the breed, existing health issues, lifestyle, and age, many senior pets bring a paw full of joy to humans.”

“Meows! Purringly, an impawtant consideration for adopting a senior pet, dog or cat, is that their pawsonalities have developed. When humans adopt puppies or kitties, they don’t know what type of pawsonality the little tyke will have until it is older. Purring paws, with adopting a senior pet, they can know whether it’s a cuddler, a sweetie, shy and quiet, or maybe even grumpy grouchy. Pawingly, you will know their grooming requirements too.”

“One paw I have noticed, Abby and Samson, about senior pets. They seem to be eternally grateful for the love of the humans who have adopted them. Some pets will quickly bond with their new humans and be their bestest buddies, while others may take longer. There is still the gratitude for the love of their new humans. Many humans say once they adopt a senior pet, they will never go back to younger ones.”

Pawlease meet a few senior friends looking to be adopted.

Jessie is a sweet and happy 11-year-old Black Labrador Retriever who acts like a 5-years-old. She enjoys relaxing too. A calm and loving girl with pawsome manners but playful when outside. She loves going for walks and car trips. Though an older girl, she will need exercising. She enjoys being around mini-humans, approved for ages 10+.

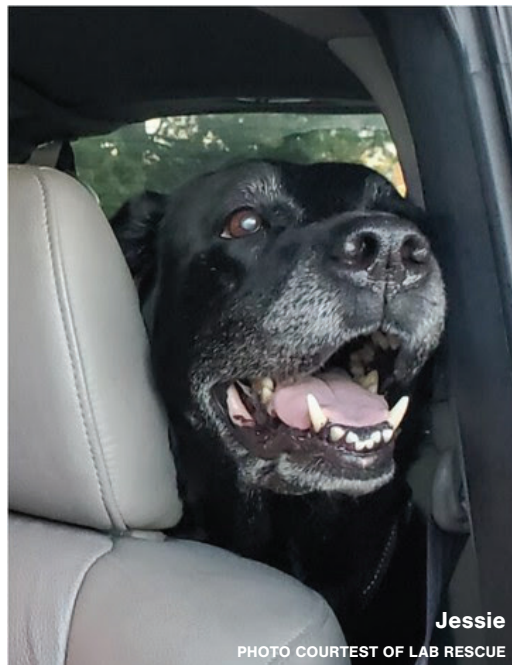
Hansel and Gretel are 12-year-old Black Labrador Retrievers who must be adopted together. They enjoy walks, are always smiling, wagging their tails, and love attention. They are active and want humans who will help keep them young with love and exercise.

These dogs are approved for mini-humans age 10+, are good with dogs, unknown with cats.

Lab Rescue of L.R.C.P., Inc. www.lab-rescue.org, (301) 299-6756, info@lab-rescue.org.

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Jessie

PHOTO COURTESY OF LAB RESCUE



Hansel

PHOTO COURTESY OF LAB RESCUE



Gretel

PHOTO COURTESY OF LAB RESCUE

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Celebrate the holidays with special centerpieces

Courtesy of Family Features

Few things bring family and friends together quite like the holidays, and serving up an elegant, seasonal meal centered around a mouthwatering main dish is a recipe for creating lasting memories with the ones you love.

Forging a fabulous holiday experience for the special people in your life starts with choosing a flavorful, tender cut of meat to serve as the centerpiece of the meal. Hand-cut by expert butchers, an option like Spiral-Sliced Ham from Omaha Steaks can serve as the focal point of a memorable holiday dinner. Flash frozen to capture freshness and flavor, you can select a standout cut of meat from the comfort of your home and have it delivered directly to your door in time to put together a tender, juicy main course.



OMAHA STEAKS

RUM AND COLA HOLIDAY HAM

Recipe courtesy of Omaha Steaks Executive Chef David Rose
Prep time: 30 minutes • Cook time: 80 minutes • Servings: 10-12

INGREDIENTS:
Ham:
1 Omaha Steaks Spiral-Sliced Ham (8 pounds)

Glaze:
1 cup cherry fruit spread
3/4 cup dark spiced rum
3/4 cup cola
2 teaspoons Worcestershire sauce
1 tablespoon Dijon mustard
1/4 teaspoon kosher salt

DIRECTIONS:
TO MAKE HAM:
Thaw frozen ham in refrigerator 24-48 hours.

Remove from refrigerator and let ham come to room temperature, about 30-45 minutes.

Preheat oven to 325 F. Remove ham from foil and film. Return ham to foil wrapping and place in oven-safe roasting pan. Roll foil down leaving 2 inches of foil around bottom of ham.

Place roasting pan with ham in oven on lower rack and heat uncovered 60-75 minutes, until ham starts to brown. While ham cooks, make glaze.

TO MAKE GLAZE:
In medium saucepot, whisk fruit spread, rum, cola, Worcestershire sauce, Dijon mustard and salt until well incorporated. Bring to boil then reduce heat to medium. Simmer over medium heat 10 minutes then remove from heat. Cool to room temperature.

During last 15 minutes of cooking, glaze ham every 5 minutes.

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Application Development Analyst – McLean, VA. Seeking MS in Information Tech., Comp. Sci., or rel. field and 2 yrs. softw. dev./systems analyst exp. req'd. Alternatively, would accept BS in Info. Sys., Comp. Sci, or related field and 5 yrs softw. dev./systems analyst exp. Travel and relocation, as req'd. Mail CV to Attn: HR/Job #1108, 22nd Century Technologies, Inc., 8251 Greensboro Dr, #900, McLean, VA 22102.

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NORTH CAROLINA WILKES COUNTY

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

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

NOTICE OF SERVICE OF PROCESS BY PUBLICATION TO: Defendant, TIMOTHY MITCHELL. Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: An action for CUSTODY. You are required to make defense to such pleading not later than the 22nd day of December 2021, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought. This the 14th day of September 2021. Rivenbark & Brooks Attorneys at Law By: Andrew C. Brooks, NC State Bar # 46663, 659 West King St. Boone, NC 28607, (p) 828.263.0505, (f) 828.265.0764, andy@rivenbarklaw.com ATTORNEY FOR PLAINTIFF. Published in the Fairfax Times: November 12, 19, and 26, 2021.

[(Full name(s) of owner(s))]: Vienna Yamachen Inc

Trading as: YamaChens Sushi
320 Maple Ave W
Fairfax, Vienna, VA 22180-5612

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

Si Liang Chen, Owner

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

3008966 (11-19-21, 11-26-21)

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marcia@wspnet.com

[(Full name(s) of owner(s))]: Negus Winery, LLC

Trading as: Negus Winery, LLC
505 Vine Street., Suite A
Fairfax, Alexandria, VA 22310

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for winery license to sell or manufacture alcoholic beverages.

Gizework Ayalew , Operations 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 or 800-552-3200.

3008948 (11-12-21, 11-19-21)

[(Full name(s) of owner(s))]: The Qui Group, LLC

Trading as: The Qui Korean BBQ
10160 Fairfax Blvd., Suite 118
Fairfax, Reston, VA 22030

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

Ju Hyun Shin, President

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

3008945 (11-19-21, 11-26-21)

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Notice is hereby given that VIP RIDE LLC, 3126 Alan Shepard Street, Herndon, VA 20171, has filed an application for a certificate of public convenience and necessity authorizing passenger transportation as a common carrier over irregular routes, providing service in the Cities and Counties throughout Virginia and Statewide throughout the Commonwealth of Virginia for passenger transportation as a Non-Emergency Medical Transportation Carrier, as defined in the Code of Virginia Section 46.2-2000.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC2100456ST.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P. O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before December 3, 2021.

Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.