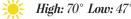
# FAIRFAX COUNTY



**VOL. 134, ISSUE NO. 40** WWW.FAIRFAXTIMES.COM **OCTOBER 1 - 3, 2021** 

Friday - Sunny



Saturday - Sunny



*High:* 78° *Low:* 58°

Sunday - Mostly Cloudy

*High:* 81° *Low:* 63°

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Man charged for additional sexual assault

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Vienna **Oktoberfest** returns to **Northern Virginia** 

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## Mother exposes sexually graphic books available in FCPS libraries

### McAuliffe doesn't believe parents should have a say in such matters

By Heather Zwicker FAIRFAX COUNTY TIMES

 $S_{\text{censed. She stood}}^{\text{tacy Langton is in-}}$ at the podium during the September 23 school board meeting to testify about two books in her child's school library, when she was interrupted by School Board Chair Stella Pekarsky.

Those books she spoke about that night contain explicit pornographic content. In addition to the graphic language in the books, there the meeting. Many members are also illustrations includ- of the community have since ing fellatio, sex toys, masturbation and nudity.

Springfield District Member Laura Jane Cohen claimed



meetings begin at 7 p.m. and Langton's testimony was more than an hour into questioned how it's apparently acceptable for the book As Pekarsky interrupted to be in school libraries, yet Langton, stopping her from it should not be read aloud finishing her remarks, when children may be in the audience.

"Do not interrupt my there were children in the time," Langton emphatiaudience. Other audience in cally told the board. "I will attendance have confirmed stand here until my time is this was not true. Even if restored and my time is finthey had been watching ished." According to school over the streaming platform, board policy, a community any younger students would member will receive two her microphone, Langton have likely been in bed at minutes of uninterrupted that time since school board time when they are chosen Code 18.2-376, which she books has nothing to do with

to speak before the board. Before Langton's time was up, Pekarsky spoke over her and tried to introduce the next speaker.

"This is not the reception you should be getting when this is the topic," Langton said in an interview. She said a display in the Fairfax High School library was large. "There were many books. I just got a quick glance at the display, I would bet there's a high probability there are other pornographic books in the library as well."

Even after Pekarsky cut began reading from Virginia

said the school board was LGBTQIA+ students, famiful for any person knowingly to ... circulate ... any notice or advertisement of any obscene item ..." she read. Amid jeers from the audience against the board, several members of the board lay Catholics don't believe immediately got up and left the dais for a 5-minute recess. As the board members filed out, there were calls from the audience for the school board members to be Archangel. Last year, Frisch arrested.

Providence District School Board Member Karl Frisch, a gay man who has no children, took the recess time to post to Twitter, "It's not every week the School Board receives two exorcisms during public comment. To be clear, nothing will disrupt our Board's commitment to LGBTQIA+ students, families and staff. Nothing." Frisch's tweet drew a lot of angry responses, many people calling him out for supporting pedophilia. "Promoting pedophilia in school library

violating. "It shall be unlaw- lies and staff," responded a Twitter user named Patrick.

A group of participants recited prayers for "protection" that are not prayers for "exorcisms," say Catholic experts, and in addition they can do "exorcisms," as Frisch alleged. The prayers recited were the Litany to the Holy Spirit and the Prayer to St. Michael the participated in a panel discussing his school board victory as an "agnostic" over "religious extremists" in Virginia.

This type of controversy is not new to county schools. In 2016, after an AP English class was required to read "Beloved" by Tony Morrison, the Virginia General Assembly attempted to pass HB 516, which would require the Board of Education to write a policy on explicit instructional material requiring parents be notified and have an

See BOOKS, Page A5

## As car tax bills become due, residents question increase

Personal property taxes due October 5



By Heather Zwicker • FAIRFAX COUNTY TIMES

M any county residents have taken to social media to sound off about the increase in their personal property tax bill, however it wasn't the tax rate that increased it was the value of the vehicle.

Tax bills have increased for about 12 percent of vehicle owners compared to last year as a result of higher value for some vehicles, according to county tax officials. The average increase is \$25 for cars valued at \$20,000 or less. "While cars normally go down in value over time, the pandemic has driven the value for cars higher this year," they said.

See TAXES, Page A4



## **Building** community through shared language

Sergio Andrade connects with people through Hispanic culture

Cergio Andrade believes that when you speak to an-Oother person in their own language, you can begin to earn their trust. He began his work with the Fairfax County Police Department (FCPD) in the Language Skills Support Unit (LSSU), and now holds the first full-time LSSU position in the Major Crimes Bureau.

The LSSU provides support to the police department with "translation, interpretation, or communication assistance in a language other than English," according to a General Order from FCPD.

For Andrade, the best part of his job is being able to help members of the Hispanic community — his own community. Andrade is originally from Bolivia but has been living in Fairfax County since he came to the U.S. when he was 15 years old.

"Being able to talk to a victim or being able to talk to a witness of a crime in their own language — being able to talk to them in Spanish — it opens up trust for us," he said.

See SERGIO, Page A4





#### **PUBLIC SAFETY**



COURTESY PHOTO

Patrick Michael Chaloupka

#### Man charged for additional sexual assault

Patrick Michael Chaloupka, 38, of Woodbridge has been charged with additional felonies for another sexual assault that occurred at a Falls Church hotel.

Officers responded to a hotel August 26 in the 6100 block of Arlington Boulevard for the report of an assault that occurred three days prior.

The victim reported that she met a man through an online app and arranged to meet him at the location. When the man arrived at the room around 3 a.m., he threatened her with a knife and assaulted her. The woman was able defend herself, and Chaloupka left the hotel.

Detectives from the Fairfax County Police Major Crimes Bureau Sex Crime Squad assumed the investigation. Through the physical evidence recovered at the scene and similarities of the crimes, detectives have obtained additional charges of abduction with intent to defile and forcible sodomy. Chaloupka remains held at the Adult Detention Center without bond.

Detectives believe this man may be responsible for other similar crimes in the area and would like anyone who may have had contact with him to please call our Major Crimes Bureau at 703-246-7800, option 3.

Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

#### Virginia doctor pleads guilty to \$1.8 million health care fraud scheme

A Virginia doctor pleaded guilty September 24 to his role in a \$1.8 million health care fraud scheme to prescribe medically unnecessary compounded pain and scar creams and other expensive medications.

"Through his deceit and greed, [Leonard] Rosen exploited the trust placed in him as a medical professional to engage in an extensive scheme that defrauded health insurance programs out of \$1.8 million," said Raj Parekh, acting U.S. Attorney for the Eastern District of Virginia. "Instead of prescribing medications in an honest and lawful manner to help those in need, the defendant sold out his medical license and training, and will now become a convicted felon."

According to court documents, Leonard Rosen, 72, of Fairfax Station, was an obstetrician-gynecologist (OB-GYN) who practiced in Northern Virginia since 1980. Rosen was also the owner of an OB-GYN medical practice. In 2014, Rosen met Mohamed Abdalla, 48, of Allendale, N.J., who was a licensed pharmacist and owned and operated several pharmacies. Shortly thereafter, Rosen entered into an agreement with Abdalla to prescribe expensive compounded pain and scar creams, which Rosen then ensured were sent to Abdalla's pharmacies. In return, Abdalla agreed to pay Rosen a percentage of the profits. Prior to this scheme, Rosen had not prescribed expensive compounded medications. However, during the scheme, Rosen prescribed countless medically unnecessary compounded medications. In total, Rosen's illegal actions resulted in \$1,880,575.70 in losses to private health care benefit programs.

"Leonard Rosen exploited health care programs and his patients for personal gain by participating in a scheme to prescribe medically unnecessary prescriptions in return for money, and those criminal actions have consequences," said Wayne A. Jacobs, special agent in charge of Department and the City the FBI Washington Field of Fairfax Fire Department Office Criminal Division. were dispatched for a re-"Today's plea is an example ported house fire in the 4000 of the dedicated work of the block of Ossian Hall Lane FBI and our partners to root out fraud, ensure the safety of our communities, and 26 at approximately 3:30 hold criminals accountable p.m. for their actions."

other schemes, Abdalla was sentenced March 19 to four years in prison. Rosen is scheduled to be sentenced December 10. He faces a maximum penalty of 10 years in prison. Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. sentencing guidelines

and other statutory factors.

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COURTESY PHOTO

Alexandria police at the scene of the shooting incident in Landmark.

#### Alexandria Police investigate shooting incident in Landmark area

The Alexandria Police Department is investigating a shooting incident that occurred September 21.

Officers were dispatched for reports of gunfire in the 200 block of S. Reynolds Street at approximately 1:15 p.m. The victim, an adult male, left the scene prior to police arrival and sought treatment at Inova Alexandria Hospital. The victim was treated for a non-life-threatening injury to the upper body. The suspect fled before police arrived.

Evidence was recovered at the scene. There was damage to a vehicle and a light pole in the parking lot of one of the buildings that are part of the Mason at Van Dorn.

This is an active investigation. Anyone with information about the incident is urged to contact Detective M. Kramarik at 703.746.6650. You can also call the police non-emergency line at 703.746.4444. Tips can be given anonymously.

#### **Improperly** discarded ashes cause Annandale house fire

Units from Fairfax County Fire and Rescue in the Annandale area of Fairfax County September

Crews arrived on the For his role in this and scene of a one-story, single-family home with light smoke evident from the garage. Firefighters quickly accessed the garage and extinguished a small fire. There were no reported civilian or firefighter injuries.

> There were no occupants home at the time of the fire. The fire was discovered by neighbors who observed smoke and flames coming from inside the garage. 9-1-1 was quickly called. Smoke alarms were present

location of the fire.

cause of the fire was improp- Prince William. erly discarded ashes from a

result of the fire were approximately \$4,000.

would like to remind all residents to be cautious and keep safety in mind when handling fireplace/wood stove/ help keep you and your and state laws. loved ones safe.

- ashes into any combustible container such as a paper or plastic bag, a cardboard box, or a plastic trash can.
- · Do not place ash containers on decks, porches, or in garages.
- · Put ashes into a non-combustible metal container with a lid. • Pour water into the
- container to make sure the ashes are cool. Keep your can
- OUTSIDE the home, away from your fireplace or stove and anything combustible. · Keep the can a safe
- distance from the home and ideally on a non-combustible surface. · Teach all family mem-
- bers to be safe with ashes from your fireplace, fire pit or wood stove.
- · Ashes can stay hot for several days. Follow the above steps even when you wait several days to remove the ashes from the fireplace.

**COURTESY PHOTO** 

A Virginia State trooper

talks with a truck driver

during a recent safety

check of commercial

vehicles in northern

Virginia.

**VSP** conducts

safety blitz on

commercial vehicles

Police Motor Carrier Safety

Unit assigned to Northern

Virginia conducted its an-

nual commercial vehicle

The three-day operation

safety blitz last month.

The Virginia State

but did not sound due to the concentrated on Route 1, Route 15, Route 17, Fire investigators deter- and Route 234, as well as mined that the fire was acci- Interstates 66, 95 and 495 dental in nature and started in the counties of Fairfax, in the attached garage. The Fauquier, Loudoun and

VSP Motor Carrier Safety Troopers conducted a No occupants were dis- total 208 commercial motor placed because of the fire. vehicle safety inspections, Red Cross assistance was to include 28 hazardous manot needed. Damages as a terials vehicle inspections. Out of those inspections, 376 violations were cited, The Fairfax County Fire 32 commercial vehicles and Rescue Department were placed out of service, and 21 drivers were placed out of service. To return to service, any vehicle citations had to be corrected/ fire pit ashes. Following a fixed; and drivers had to be few simple safety tips can in compliance with federal

"The results of this en-· Do not discard your forcement initiative are indicative of the extraordinary efforts the Virginia State Police Motor Carrier Safety Unit troopers put forth every day across the Commonwealth to make our highways safer," said Capt. Sean L. Stewart, VSP Safety Division commander. "This initiative specifically concentrated on those areas where we receive the most citizen concerns about safe commercial vehicle traffic. Ensuring all vehicles sharing Virginia's highways are safe and legally compliant with state and federal laws is imperative to the prevention of traffic crashes, injuries and deaths."



**COURTESY PHOTO** CBP officers seized 50,400

#### **Dulles CBP seizes** 50,000 marijuana atomizers from China

THC atomizers from China.

Customs and Border Protection officers at Washington Dulles International Airport seized a shipment of more than 50,000 THC atomizers on September 22, that were shipped from China to Manassas.

The shipment initially arrived September 8 on a flight from Japan. CBP officers inspected and detained the shipment, which consisted of 63 boxes that contained 50,400 Tetrahydrocannabinol (THC) atomizers.

An atomizer is the tool

that heats the liquid in an electronic nicotine delivery system, or e-cigarette, and draws it into the device's coil for the user to inhale. THC atomizers differ slightly from standard vaping atomizers in that they are specifically designed to heat THC liquid. Officers seized the at-

omizers on Wednesday as an unlawful import of drug paraphernalia [21 USC 863(a)(3)]. The shipment was assessed at more than \$131,000.

"With enorthe mous popularity in vaping, Customs and Border Protection encourages those who do consume e-cigarette products to be absolutely certain that the product they are inhaling is safe and not manufactured by an unscrupulous vendor in an unregulated facility with unknown products," said John Jurgutis, acting area port director for the Area Port of Washington, D.C. "Ensuring that all imports comply with federal import and safety laws is one way in which CBP protects consumers every day from potentially dangerous products that could cause them harm."



shooting in Alexandria.

#### **Alexandria Police** investigate shooting at Bradlee Shopping Center

The Alexandria Police Department is actively investigating a shooting that occurred September 21, outside a business in the 3600 block of King Street.

Officers were dispatched for a fight in progress at approximately 3:45 p.m. They discovered a juvenile male victim with a gunshot wound to the upper body. The victim was taken to the hospital with a non-life-threatening injury. The suspect fled the scene before officers arrived.

This is an active investigation. Anyone with information about the incident is urged to contact Detective B. Gill at 202.420.6209. You can also call the police non-emergency line at 703.746.4444. Tips can be given anonymously.

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designed to make home buying more affordable.

purchase of an existing unit

Personal Banking

#### PEOPLE AND PLACES



**SHELBY BURGESS** 

Anthony Falsetti, an associate professor in the Forensics Science Program, explains the significance of the program's partnership with FARO Technologies, Inc.

#### Mason, FARO announce partnership to advance forensic science research

The George Mason University Forensic Science Program has further established its place as one of the nation's premier programs in its field with a partnership with FARO Technologies, Inc. that will result in the world's first FARO-certified forensic science laboratory.

An industry leader in the kind of high-tech 3D measurement and imaging that leading law enforcement agencies and others use for crime scene investigation, FARO will lend Mason \$300,000 of equipment for use by students training in state-of-the-art forensic science technology. Students will also have the opportunity to work alongside law enforcement partners such the George Mason University Police, Fairfax County Police, Fairfax City Police and others, including the U.S. Army.

Much of the research will be done at Mason's new five-acre Forensic Science Research and Training Laboratory in Manassas that is one of just eight in the world capable of transformative outdoor research in forensic science using human remains. Mason is the first university to do so and offer FARO equipment certification.

"Whether a student is learning how to process an outdoor scene at the university's 'body farm,' measuring a murder scene inside the Forensic Science Crime Scene House or testifying in court as an expert witness, they will walk in the shoes of real forensic scientists and learn how to apply their science and skills to get answers about how crimes are committed and how to solve them with the accuracy and precision of 21st-century technology," said Mary Ellen O'Toole, the former FBI profiler who heads the Forensic Science Program within Mason's College of Science. "This exciting FARO-Mason Forensic Science partnership is the first of its kind in the world, and the opportunities we can now give to our students and develop with our external partners can only be imagined."

As a direct result of the partnership, Mason's Forensic Science Program will soon become the first in the nation to offer a 3D course in crime scene documentation.

Fernando Miralles-Wilhelm, the dean of Mason's College of Science, lauded the partnership for taking forensic science research, education and training to the highest standards of achievement.

merger of FARO forensic technology and the expertise in Mason's Forensic Science program positions it as one of the most complete

unique, hands-on training COVID-19 pandemic. and certification for stusaid.

changed considerably over vital role in helping the Park the years, with technology Authority continue its missuch as 3D scanning and reality capture now playing a for all members of the comcritical role in the preserving of crime scenes so that investigators may continue closures to enter the county to return to the virtual crime Job Match process that proscene to evaluate evidence. vided options for reassign-By storing that information ment." The action gave the digitally, forensic investi- Park Authority much-needed gators can review even the coverage as residents flocked most minute details and to parks and trails. share that information beas many times as needed.

technology.

"I feel well prepared Hadley.

Alina FARO's senior business development manager for public safety, said her company was thrilled to team with commitment to innovation.

"FARO and GMU have a unique partnership based lished the Chairman's Choice on the common goal of advancing the field of forensic science through innovative technology," Burroughs said. "Our powerful, non-invasive laser scanning solutions allow investigators to document scenes, supplying more comprehensive data faster, resulting in more accurate analysis, identification of victims, and resolution of cases. We are proud to work together with George Mason to build the next generation of forensic investigators through this shared vision."

The Forensic Science Research and Training Laboratory expects to receive its first donations of human remains next month.



Bryan Hill

**COURTESY PHOTO** Dr. Gloria Addo-Ayensu

#### **County Executive and Health Director** honored by Park **Board**

The Fairfax County Park Authority Board is honoring two individuals this year with Chairman's Choice Awards for outstanding long-term support, service to, and advocacy on behalf "This first-of-its-kind of the Park Authority.

> The 2021 winners, County Executive **Bryan Hill** and Fairfax County Director of Health Dr. Gloria Addo-Ayensu, are being hailed lectual curiosity, fosters

Hill is being honored for dents and law enforcement utilizing two very necessary officials in 3D crime scene tools during the pandemic processing, forensic anthro- -- information and hope. pology, and even forensic Board sentiments reflect artistry," Miralles-Wilhelm the importance of these two factors and the nomination Forensic science has letter noted, "You played a sion to 'enrich quality of life munity' by encouraging employees affected by facility

Addo-Ayensu fore returning to the crime praised for providing overall leadership and direction Mason forensic science for public health during a students will immediately critical time for the commubenefit from that real-world nity and the Park Authority. taste and hands-on ex- The Board noted in its nomperience with the latest ination that Addo-Ayensu helped the agency continue its mission "by providing for whatever I'm going to the guidance and support see," said forensic science the Park Authority needed graduate student Samantha to respond appropriately to the COVID-19 threats, to Burroughs, adapt and create policies and procedures necessary to keep patrons and staff safe, and to reopen and restart facilities and programs as the Mason Forensic Science vaccinations ramped up and Program because of a shared the initial threat of infection diminished."

> The Park Board estab-Award in 2019. It honors those whose efforts provide a critical contribution to the agency and help sustain and expand its nationally accredited facilities and programs. The contributions of the recipients of this award must also support the One Fairfax policy.



Sangster Elementary students celebrate their school.

#### Local elementary school named **National Blue** Ribbon School

Sangster Elementary School has been named a 2021 National Blue Ribbon School by the U.S. Department of Education. The Fairfax County school is among seven in Virginia receiving the honor this year.

The Blue Ribbon Schools Program honors high performing schools and schools making exemplary progress toward closing achievement gaps. Sangster was recognized as an Exemplary High Performing School based on its high achievement in reading and mathematics during the 2018-2019 school year. More specifically, Sangster was recognized for closing the achievement gap in math by 15 percent for students who receive special education services.

The Sangster staff focuses on the development of the whole child and are equally dedicated to seeing students grow academically, emotionally, and socially to become productive and contributing citizens in our ever-changing global community. Staff members believe that students learn best in a safe, caring, and positive learning environment that stimulates intel-

and diverse programs of its for their outstanding leader- a commitment to lifelong work is deeply rooted to kind in the country, offering ship during the challenging learning, and promotes the individual, the family, strong character develop- and the community and proment. Sangster is recognized viding tools, training, and as a Model Professional resources, to help residents Learning Community school achieve housing stability and where teams are committed self-sufficiency." to providing students with high quality tier one instruc- Athletic Club, a 45-year-old tion through collaborative private health and racquet planning, data analysis, club, was placed for sale in and responsive instruction. late 2019, the FCRHA rec-Sangster has been recognized as a Virginia Distinguished fulfill its mission in serving Purple Star School for sup- to provide community infraporting military connected structure - beyond "housstudents, with more than ing" - to build communities 150 families serving in all of opportunity which allow branches of the military.

> that student success is a re- and financially. sult of the shared partnership between school, parents, the epicenter of a number of and the community," said housing developments along Principal Allison Jankovich. the Janna Lee and Buckman "Sangster's strength lies in Road loop with literally thouthe welcoming and celebratory environment it strives be able to benefit from the to create, where everyone services we will provide," who walks through its doors said Lee District Supervisor knows that they are valued Rodney Lusk. "We are very and appreciated."

> Ribbon Schools Program has not only recreational and recognized more than 9,000 schools since the program the technology training and began 39 years ago.

> Education will honor all of for jobs in the rapidly evolvthe nation's 2021 National Blue Ribbon Schools at an corridor." awards ceremony November 4-5. Award-winning schools county, the FCRHA develwill receive flags and oped a multi-phase plan for plaques.



Lee District Community Center

#### Redevelopment and **Housing Authority** earns nationwide honor

The National Association for County, Community, and Economic Development (NACCED) has awarded Fairfax County Redevelopment and Housing Authority (FCRHA) with its 2021 Community Development Award of Excellence for the acquisition and initial renovation of the soon to be renamed Lee District Community Center.

Formerly home to the Mount Vernon Athletic Club, the 50,000 square-foot facility is located along the historic Richmond Highway Corridor in the Lee District.

For years, Fairfax County has worked closely with residents along the Richmond Highway Corridor to identify and meet the evolving needs of the community-including youth programming, recreation, childcare, technology education, and skills development to help residents better compete for jobs in the rapidly evolving marketplace in along the Corridor. Such programs are among those offered at Fairfax County Community Centers that movie spoilers, and hopes provide safe, structured environments for participants to learn, play and engage

work of affordable housing extends beyond the business of construction, property management, real estate finance and investment, appli-Melissa McKenna. "Our https://bit.ly/3CRYAhV.

When the Mount Vernon ognized this opportunity to residents to excel physical, "At Sangster, we believe intellectually, educationally,

"This center is located in sands of residents who will excited that this facility will The National Blue eventually grow to provide youth programming but also skills development that will The U.S. Department of help adults better compete ing marketplace along the

> In partnership with the acquiring the property and making initial renovations to the Lee District Community Center (to be renamed at a future date with input from the community) to begin to serve the recreation and youth programming needs of the community under the property's current zoning. Initial upgrades to the property included improvements to mechanical, electrical, and plumbing systems; basic accessibility improvements; and community use courts to multi-use recreational surfaces). The facility is anticipated to open in fall 2021 with the facility and programming being managed by the Department of Neighborhood Community Services.



Ethan Zhang, age 9 and a Time for Kids student journalist winner, stands in front of his home with laptop in hand.

#### McLean student wins "Time for Kids" reporter contest

Ethan Zhang, of McLean, is one of the 10 outstanding kids selected to be a TFK Kid reporter this school year.

Zhang is 9 years old and a student at Churchill Elementary. He loves realistic fiction books, hates to be a writer or an athlete when he grows up.

Finalists in the TFK with the community around Kid Reporter contest were judged on a number of fac-"For the FCRHA, the tors. One of their assignments was to write an article about a hometown hero. Zhang's story is about Maria Perrone, the leader of a program that serves healthy cation administration and so meals to kids in Fairfax on," said FCRHA Chairman County. You can read it at

#### **Oakton students** attend Global Health **Leaders Conference**

This past summer, five students at Oakton High School-Lucy Kim, Sejal Singh, Emily Yu, Rana Ali, and Sarah Cortez-De La Cruz—attended the 2021 Global Health Leaders Conference at Johns Hopkins University, a virtual conference at which emerging health leaders in grades 9-12 from around the world learn from one another and some of the world's leaders in global health, public health, and medicine. Presenters included the U.S. Center for Disease Control's Director of the Center for Global Health, a Nobel Laureate, and world-renowned professors, researchers, and physicians.

They were part of a small group of students from Virginia admitted into the highly selective conference program this year, and as part of their participation, each gave presentations to the group.

Kim discussed the mechanisms of PSGL-1 Restriction when it comes to COVID-19 and other viruses such as HIV, Influenza A, and Murine Leukemia.

Singh discussed the various ways that gender inequality in healthcare presents and encourages everyone to promote change on a local and global scale by joining advocacy groups and recognizing these inequalities when they

Yu discussed the economic impacts of COVID-19 on mental health; she analyzed trends and findings with consideration to gender, age, income level, and race to identify which populations are at greater risk for mental health disorders during the current pandemic.

Ali discussed possible updates (including transi- solutions to blood shortages tioning some of the tennis and inadequate screening for infections in order to address the increasing global demand for blood that can be safely transfused.

> Cortez-De La Cruz investigated the stigma behind eating disorders globally and seeks to understand how westernization influences global health. She urged individuals to not only evaluate their perception of disordered eating, but consider how they themselves may contribute to the stigma.

To watch their presentations, visit https://bit. ly/3EZAp2N.

#### Inova announces gift to endow Sheridan director, Molecular **Tumor Board at Inova** Schar Cancer Institute

Inova today announced that it has received a \$1 million gift from Win Sheridan, co-founder of APEX Systems, to endow the role of the Director of the Molecular Tumor Board at Inova Schar Cancer Institute. In recognition of Sheridan's generous gift, this position will be renamed to be the Sheridan Director, Molecular Tumor Board.

The Molecular Tumor Board (MTB) helps match patients with rare or recurring advanced cancers with personalized treatment designed to treat the characteristics of their specific cancer. Members of the MTB include oncologists, geneticists, biochemists and clinicians, and the group is currently led by Timothy Cannon, MD, who will serve as the inaugural Sheridan Director.







#### **SERGIO**

CONTINUED FROM PAGE A1

But Andrade noted that he doesn't think you have to be a member of the community to connect with people — just that speaking to others in their own native tongue helps build a relationship between officers and individuals in the community.

In his day-to-day time on the job, the work Andrade does can vary. He might assist with a forensic interview, simply listen to a conversation between two people in Spanish, or translate emails and phone calls that come in.

Aside from the language skills Andrade uses in the Major Crimes Bureau to help with cases, he also

noted that helping other FCPD employees understand Hispanic culture is a crucial aspect of his job.

"One of the things could be just being able to help the detectives understand a little more about the culture because a lot of the things have to do with culture, too. So being able to show them that part — that sometimes things happen and it's part of the culture too," he explained.

He said that his move from Bolivia to the U.S. gives him a perspective others might not have. He knows what it is like to come to another country and be different than those around him, as he grew up with Hispanic culture and had to adjust to the American way of life.

"I had to learn not only the language, but I had to also learn

to read the culture. I had to learn how things ... are much different than back in Bolivia. So being able to talk to people and understand where they're coming from, I think it makes me one, a better officer, but also it makes me understand them a little bit better," Andrade said.

Though he does enjoy getting to help others, Andrade said that he does run into difficulties on the job — like when people think they can receive extra help from him because they are all part of the Hispanic community, or when people don't want him around at all.

When not on the job, Andrade spends his time traveling, playing soccer, and spending time with his family. Having a connection with his children is also something that helps to keep him connected to his

At home, he tries to speak Spanish with his kids as much as possible, and always communicates with his parents and other family members in Spanish.

He also likes to attend Hispanic festivals - which helps with recruiting for FCPD, so that "we can try to bring that diversity to the county because I think that that's very important."

When not specifically working with Major Crimes, Andrade is a part of the Community of Trust Committee, where he spends time explaining the role of FCPD to the Hispanic Community. He also spends time with officers from Latin America who come to work in embassies.

#### **TAXES**

CONTINUED FROM PAGE A1

Low supply and high demand is what's driving up car values and a number of factors are propelling demand, according to the Department of Tax Administration. Some of those factors include low interest rates, supply shortages for auto parts, and rental car agencies selling their older cars at a much

Fairfax County began getting the word out to residents back in August that they might see an increase in their tax bill via social media and news releases on their website. They say higher tax bills may continue for next year as well.

Reduced vehicle inventories in the face of high demand are continuing this year, according to Fairfax County officials. "Since we use car values as of January 1 of the tax year, assessed values will increase again next year if this trend continues," they said.

Taxpayers may appeal their car tax assessments if their vehicle has high mileage, body damage or rust. To appeal your assessment visit https://bit. ly/2ZJ919i. Additionally, tax relief is available for qualifying seniors and people with disabilities. For more information visit https://bit.ly/3ATqhq5.

The increase in car tax bills isn't unique to Fairfax County. Other localities including Loudoun County and the City of Alexandria have also reported higher car tax bills.

Revenue from personal property taxes go to the Fairfax County General fund which supports county operations, schools, public safety, human services and more. For a complete picture of what the General Fund disbursements are, visit https://bit.ly/3kRU8JL.

For those who don't want to mail in your payment with the envelope provided, residents can pay their bill online. It's free for those using an e-check. Those using a credit or debit card will incur a third-party service fee. If paying with a check or money order the payment can be placed in a secure red drop box at the Fairfax County Government Center or in a book drop at one of six area libraries. For more information visit https://bit.ly/3m2NGiA.



The Maryland Department of Transportation State Highway Administration (MDOT SHA) and the Federal Highway Administration (FHWA) completed the Supplemental Draft Environmental Impact Statement (SDEIS) with the Notice of Availability published in the Federal Register on October 1, 2021. The SDEIS has been prepared to consider new information developed after the Draft Environmental Impact Statement (DEIS) was published in July 2020 and presents results and recommendations relevant to the Preferred Alternative, Alternative 9 - Phase 1 South: American Legion Bridge 1-270 to 1-370. While the Managed Lanes Study considers ways to relieve congestion and improve trip reliability, mobility and connectivity for modes of travel, including transit, in the National Capital Region, this alternative focuses on building a new American Legion Bridge and delivering two high occupancy toll (HOT) managed lanes in each direction within Phase 1 South: American Legion Bridge I-270 to I-370. The scope of the SDEIS builds upon the analysis and information that remains valid in the existing DEIS but is limited to new information about the Preferred Alternative. It also provides an opportunity for the public, agencies and all stakeholders to review and provide comment on the Preferred Alternative and associated impacts as presented in the SDEIS.

Comments on the SDEIS will be accepted between Friday, October 1, and 11:59 PM on Monday, November 15, 2021. MDOT SHA and FHWA will conduct one virtual public hearing through two sessions on Monday, November 1, 2021.

#### Ways to Comment on the SDEIS

- Provide verbal testimony at virtual public hearing session
- 🕓 Provide verbal testimony via voicemail (855-432-1483) during virtual public hearing sessions, or
- on OpLanesMD.com/SDEIS
- O Send an email to oplanesMLS@mdot.maryland.gov
- O Submit an electronic comment form Send a written letter about the SDEIS to: Jeffrey T. Folden, P.E., DBIA Deputy Director, I-495 & I-270 P3 Office Maryland Department of Transportation State Highway Administration 707 North Calvert Street Mail Stop P-601

Baltimore, MD 21202

#### **SDEIS Document Availability**

throughout the 45-day comment

The SDEIS and its supporting information is available on the Op Lanes Maryland website at OpLanesMD.com/SDEIS. Hard copies are available for review starting on Friday, October 1, as follows:

#### **MONTGOMERY COUNTY LIBRARIES**

Quince Orchard Rockville Memorial\* Davis Kensington Park

18330 Montgomery Village Avenue, Gaithersburg, MD 20879 15831 Quince Orchard Road, Gaithersburg, MD 20878

21 Maryland Avenue, Rockville, MD 20850 10101 Glenolden Drive, Potomac, MD 20854 6400 Democracy Boulevard, Bethesda, MD 20817 4201 Knowles Avenue, Kensington, MD 20895 8005 Connecticut Avenue, Chevy Chase, MD 20815

900 Wayne Avenue, Silver Spring, MD 20910

Mon, Wed, Fri & Sat: 10 AM - 6 PM<sup>†</sup> Tue & Thu: 12 AM - 8 PM<sup>†</sup>

#### 11701 New Hampshire Avenue, Silver Spring, MD 20904 White Oak

Beltsville Greenbelt<sup>3</sup> **New Carrollton** Glenarden Largo-Kettering Spauldings

**Chevy Chase** 

Silver Spring

PRINCE GEORGE'S COUNTY LIBRARIES 4319 Sellman Road, Beltsville, MD 20705 11 Crescent Road, Greenbelt, MD 20770

7414 Riverdale Road, New Carrollton, MD 20784 8724 Glenarden Parkway, Glenarden, MD 20706 9601 Capital Lane, Upper Marlboro, MD 20772 5811 Old Silver Hill Road, District Heights, MD 20747 6200 Oxon Hill Road, Oxon Hill, MD 20745

Mon, Tue, Thu, & Fri: 10 AM – 6 PM $^\dagger$  Wed: 12 PM – 8 PM $^\dagger$  Sat: 10 AM – 5 PM $^\dagger$ 

#### **FAIRFAX COUNTY LIBRARY**

**Dolley Madison** 1244 Oak Ridge Avenue, McLean, VA 22101

Mon & Tue: 10 AM - 9 PM<sup>†</sup> Wed, Thu, Fri & Sat: 10 AM - 6 PM<sup>†</sup>

#### WASHINGTON, D.C. LIBRARY Juanita E. Thornton/

7420 Georgia Avenue NW, Washington, DC 20012

Mon, Tue, Wed, Fri & Sat: 10 AM - 6 PM<sup>†</sup> Thu: 12 AM - 8 PM<sup>1</sup>

The Rockville and Greenbelt libraries will have hard copies of the SDEIS and Technical Reports available All other libraries will have the technical reports on USB flash drives.

In the event of changes with COVID-19, please visit the

#### **SDEIS Virtual Public Hearing Sessions**

The SDEIS and its supporting information is available on the Op Lanes Maryland website. Prior to attending a public hearing session, the public is encouraged to review the online presentation available at OpLanesMD.com/SDEIS beginning Friday, October 1. After the hearing, a transcript of public comments will be available on the website.

#### TWO CALL-IN TESTIMONY PUBLIC HEARING SESSIONS

Monday, November 1, 2021

SESSION 1 • 2:00-4:00 PM SESSION 2 • 6:00-8:00 PM

Members of the public will be allotted three minutes and elected officials will be allotted five minutes, per person, for verbal testimony. Responses to questions will not be given at the hearing. MDOT SHA and FHWA will consider and respond to substantive comments in the Final Environmental Impact Statement.

#### PROVIDE VERBAL TESTIMONY AT THE HEARING

- Register for one of the sessions at OpLanesMD.com/SDEIS or by dialing 855-432-1483
- Advance registration is required to be admitted to the phone queue for comment-register through November 1
- Approved session time and instructions will be emailed to registrants prior to November 1

#### PROVIDE VERBAL TESTIMONY THROUGH VOICEMAIL

- Provide verbal testimony by dialing 855-432-1483 and leaving a single voicemail message limited to three
- Advance registration is not required-voicemail testimony will be accepted throughout the 45-day period

#### WATCH OR LISTEN LIVE TO THE HEARING SESSIONS

- Watch the livestream at OpLanesMD.com/SDEIS (closed captioning available)
- Listen via telephone by dialing 855-432-1483

#### OpLanesMD.com/SDEIS

ALL COMMENTS received regardless of method of submission, will be given EQUAL CONSIDERATION.

#### **REQUEST FOR ASSISTANCE**

The Maryland Relay Service can assist teletype users at 7-1-1. Individuals requiring assistance to participate, such as an interpreter for hearing/speech difficulties or assistance with the English language, should contact the Op Lanes Maryland toll-free number at 833-858-5960 by October 22, 2021.



MARYLAND DEPARTMENT OF TRANSPORTATION

#### **BOOKS**

CONTINUED FROM PAGE A1

opportunity to review the material and find an alternative if the parent did not approve.

That bill passed with bipartisan support only to have then Governor Terry McAuliffe veto it. The House voted to override McAuliffe's veto, but was one vote shy of required number. In March 2017 McAuliffe vetoed HB 2191 which would have required schools to notify parents if their child is enrolled in a course in which the materials or related academic activities include sexually explicit content or the potential for it.

In fact, in the gubernatorial debate with opponent Glenn Youngkin earlier this week, McAuliffe attempted to defend his stance. "I'm not going to let parents come into schools and actually take books out and make their own decisions," he said. "I don't think parents should be telling schools what they should teach."

McAuliffe has apparently forgotten about Virginia Code 1-240.1 which addresses the rights of parents. It reads, "A parent has a fundamental right to make decisions concerning the upbringing, education, and care of the parent's child." Parents are taxpayers and it is their right to have a say-so in their children's education.

According to a 2013 Washington Post article, only one of McAuliffe's children went to a public high school -Langley High School. His other children

attended Potomac School, a private school in McLean and Gonzaga College High School, a Catholic college prep school in Washington, D.C.

Langton said the characterization that she's unhappy because there is gay pornography in our children's schools is not factually correct. "This is pornography full stop. Straight up," she said. "It doesn't matter at all to me what the gender is of the people depicted engaging in the pornography. It doesn't matter to me at all what the sexual orientation is of the people engaging in the pornography. If this pornography had been a normal heterosexual situation - a man and a woman engaging in it or whatever, I would have said exactly every single word the same way I said it at that meeting. This is about the decency of the school environment that our children go to school in."

The books in question are "Lawn Boy" by Jonathan Evison and "Gender Queer" by Maia Kobabe. They were available in many high school libraries and some middle school libraries across the county. A Fairfax County Public Schools spokesman explained that librarians must follow selection criteria found in Instructional Services Regulation 3013.2 dated August 2018. The circulation of these two books has been suspended while a committee reviews and makes a recommendation on the text, they said. The school board could not be reached for further comment.

## Miyares wants to give back to the country that gave his family a second chance

**By Rick Horner** FAIRFAX COUNTY TIMES

Republican candidate for Virginia Aattorney general wants to give back to the country that his mother escaped to from communist Cuba.

Jason Miyares says that he is an example of Ronald Reagan's "Shining City Upon a Hill", what that means according to him is that America serves as a beacon of hope. That was certainly true for Miyares' family, particularly his mother who fled to the United States from her native Cuba in 1965 which had come under the reign of Fidel Castro.

"My mother escaped Communist Cuba when she was only 19 years old, legally immigrated to the United States homeless and without a penny to her name. While in Cuba, her brother, my uncle, suffered the humiliation of a mock execution for being an anti-communist and she saw her house and every other personal artifact become the property of the Cuban Government," said Miyares of his mother's experience.

Growing up in Virginia Beach, Miyares' mother instilled in him and his two brothers a love of freedom and democracy. Because of that, the Republican candidate for state attorney general feels lucky to be an American and expresses a deep reverence for the Bill of Rights and the concept of equal protection under the law. Miyares' says his desire to become a public servant, starting out as an assistant Commonwealth attorney in Virginia Beach, comes from being the child of an immigrant and wanting to give back to the country that gave his family a second chance.

Since those days the husband and father of three daughters has created a resume for himself that includes having won the seat in the House of Delegate for the 82nd District back in 2015. In that instance, Miyares became the first Cuban-American to hold a seat in the House of Delegates. That election was special to him because that was the election where his mother, after 50 years in the country, was able to vote her own son into the office which he refers to as an "American Miracle".

"Professionally, being able to represent Virginia Beach in the Virginia House of Delegates and be a voice for Cuban Virginians has been a great honor," says Miyares. "If I'm elected, I would be the first elected attorney general to be the son of an immigrant, so if your family came to this country seeking hope and opportunity, there is a good chance that your family is like my family, and it would be the biggest honor of my life to be your attorney general.'

In his time as delegate, Miyares served on the General Laws, Court of Justice, and Transportation committees and earning the recognition as a "champion of free enterprise" by the Virginia Chamber of Commerce for opposing higher taxes and regulations that would make it harder for small business owners to expand and thrive.

It's an area that Miyares shares with his opponent, the current Attorney General Mark R. Herring, who also champions small businesses having himself been a small business owner and served as an attorney for the business and professional communities in Northern Virginia. Herring's focus has been fighting against scams and businesses



that try to take advantage of taxpayers in the Commonwealth.

Herring also set up the state's first Worker Protection Unit which focuses on investigating, stopping, and prosecuting individuals and businesses who unlawfully engage in worker exploitation as well as educating Virginia workers on their rights.

Should Miyares be elected to the office of attorney general he has vowed to investigate the Virginia Parole Board which in his words has allowed various criminals out early with decades on their sentence without notifying the victims and has seen no accountability

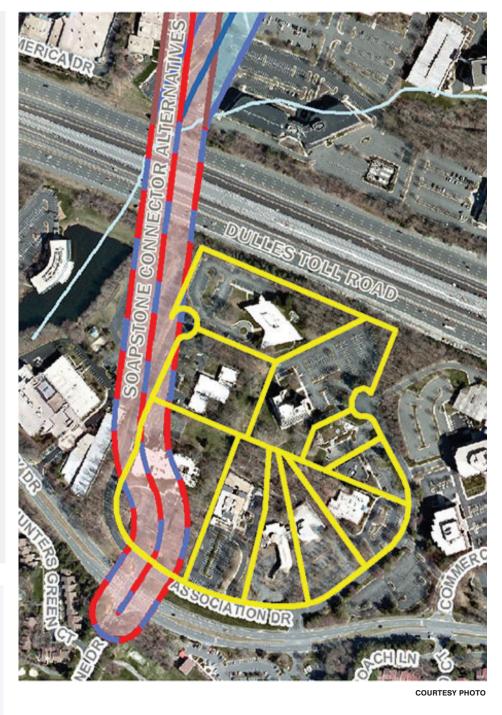
The Virginia Parole Board has seen its share of controversy, especially in more recent times. In March 2021 CBS 6 News in Richmond obtained an internal email detailing the deliberations of the parole board. One email exchange between board chair Adrianne Bennett and employee Laura Hall, Hall had been going through a report of everyone in the Commonwealth who was under parole supervision. In the email Bennett said to Hall that she would release anyone that Hall said to release, Hall responded that she felt "drunk with power" to which Bennett replied back to "wave that wand of power, and let's cut them loose."

Miyares condemns the parole board laying blame at the feet of a "far-left liberal monopoly" in Richmond that in his words has pushed criminal first/victim last legislation which has led to a 20-year high murder rate in the state. Miyares also opposed the Defund the Police movement when he was a delegate, Miyares says as the Attorney General is the state's top cop, they should support the

"In order to go to work every day, you and I might put on a coat and tie. But police officers put on a bulletproof vest just to go to work. Our law enforcement risks their lives every single day to protect us and make our communities safer," said Miyares.

On the other hand, Miyares' opponent Mark Herring's focus is on issues such as child exploitation, gun violence, and the opioid crisis. Herring also seeks to improve community relations with local law enforcement agencies with additional training skills on implicit bias, helping departments recruit more diverse officers, and encouraging more positive interactions with police, especially with younger generations.

Miyares, along with his opponent Herring are on the ballot in this year's race for attorney general.



## Mitigation strategy for Soapstone Connector still underway

**By Michael Marrow** FAIRFAX COUNTY TIMES

he Fairfax County 1 Department Transportation plans to proceed with the construction of the Soapstone Connector, a major infrastructure proj ect in Reston that will cut traffic and improve access to the metro. The connector will span approximately a mile from the intersection of Soapstone Drive and Sunrise Valley Drive over the Dulles Toll Road to the north and connect with Sunset Hills Road.

The connector will also adversely impact the Association Drive Historic District, a site recently determined to be eligible for the National Register of Historic Places (NRHP), according to an architectural survey recently commissioned by the county. Federal regulations require documentation of a historic site that could be affected by development if federal money is involved, as well as the site's protection unless a "prudent and feasible" alternative is not possible, in which case adverse effects to the site must be minimized. The county's mitigation strategy for the Soapstone Connector has not been finalized.

Potential routes for the connector were first published in a 2013 study sponsored by the Fairfax Department of Transportation that identified five feasible construction plans. Extensive community feedback eventually identified a hybrid model that optimized bicycle access to the W&OD trail near Sunset Hills Road and selected the Soapstone and Sunrise Valley intersection for the southern terminus. It includes a two-way road with a middle turn lane that lanes, pedestrian walkways, manager for the nonprofit federal funds.

during rush hour. of Supervisors as part of the comprehensive plan for Reston in 2014, though the adverse impact of the connector on historic sites has since been recognized by the county. The hybrid plan for the connector runs through the Association Drive Historic District, a collection of nine educational institutions housed in modern and postmodern office buildings constructed between 1972 and 1991.

The connector will require the demolition of the building located at 1904 Association Dr., home to the National Association of Secondary School Principals since 1973. The organization was first notified of the potential impact of the connector between 2013-2014 and currently has no plans to relocate, NASSP Chief Strategy Officer Kris Havens wrote in response to a list of questions.

Local resident Jordan Tannenbaum, a member of the Fairfax County History Commission who has been leading efforts to preserve the district, noted that the community's need for the Soapstone Connector is apparent, but that a more proactive process might have been able to minimize destruction to the district or avoid it altogether. "This is at the eleventh hour," Tannenbaum said, reasoning that the situation demonstrates the "urgency" of early historical surveys "given the development that is occurring in Fairfax County."

Sonja Ingram, the runs in both directions, bike Preservation Field Services

and access to the Wiehle - group Preservation Virginia, Reston East metro station, which has been working to an improvement projected to raise awareness of the threat cut traffic on Wiehle Avenue posed to the historic disby more than 1,000 vehicles trict and other sites in the Commonwealth, similarly re-The connector was offi- marked that a community that cially approved by the Board makes strides to document its historic resources can avoid problems that the Soapstone Connector faces. Virginia has significant modern and postmodern architecture that is often overshadowed by more popular historic sites like Jamestown, Ingram said, and a locality needs to identify these sites early on, otherwise "this is going to continue to happen."

> The potential historic significance of the district was not identified until after the completion of the 2013 feasibility study, according to FCDOT spokesperson Robin Geiger. The county conducted an environmental survey that determined the district was not eligible for the NRHP in 2017, but the Virginia Department of Historic Resources then requested a supplemental survey that concluded the district may in fact be eligible in 2018.

Geiger wrote that a mitigation strategy for the district is underway, though alternatives that could avoid the historic district have been ruled out. After the county concludes negotiations between its local, state, and federal partners, the parties can then sign a memorandum of agreement to begin construction. FCDOT is also still in the process of applying for additional funding, Geiger noted. Construction is slated to begin in fiscal year 2027 and is expected to cost roughly \$216 million according to a recent Virginia Department of Transportation estimate, which will be financed by a mix of local, regional, and

## St. Mark's Lutheran Church hosts Hispanic Heritage Month celebration

**By Michael Marrow** FAIRFAX COUNTY TIMES

 $S^{\, t. \, \, \text{Mark's Lutheran}}_{\, \text{Church in Springfield}}$ hosted a celebration of Hispanic Heritage Month September 25, where local nonprofits and the Fairfax County Health Department worked together to better reach Hispanic residents in the area who are underserved by public health resources.

Hispanic Heritage Month runs from September 15 to October 15 and was established by President Ronald Reagan, who expanded the annual observance of the holiday from one week to a month in 1988. Fairfax County is home to a growing Hispanic population boosted by immigration: according to the most recent census, Hispanic residents account for 16.5 percent of county residents, up from 15.6 percent in 2010. The leading country of origin for immigrants in the county is El Salvador, according to a recent Fairfax County estimate, and six of the top 15 birthplace countries of immigrants are Hispanic.

At the celebration, representatives from medical organizations such as United Healthcare and INOVA and county resources like ical for Hispanic residents Youth and Gang Prevention and Domestic and Sexual Violence Services set up tables to connect visitors with or other repercussions if they vital programs. Throughout seek out public aid. "We munity health specialist the event, which was held outdoors in the parking lot



ings, healthcare guidance and a meal as well as listen to music and hear from community leaders.

Among those in attendance was Lee District Supervisor Rodney Lusk, who noted the important role the church played as an intermediary. "Having the church as an anchor institution, visitors feel safe and comfortable in this environment, so they are able to take advantage of the groups that are here," Lusk said.

This was especially critwho are often wary that themselves or someone they know could face deportation have a trust policy, we have been very specific about letof the church, visitors could ting individuals know we are the health department can

also receive dental screen- not providing any information to ICE, which should assure them that they can come and get the services they need without retribution," Lusk added.

> The health department's CareVan was also on site, which was offering free COVID jabs and other vaccines as well as information on healthcare services. The CareVan has hosted nine vaccine equity clinics so far this summer at similar events, which have vaccinated more than 100 people. Twentyfive vaccines were administered at St. Mark's alone, according to data provided by health department spokesperson Allyson Pearce.

Kirsten Büchner, a comwith the health department, pointed to the many services like this one, it's a lot more Borja said. successful in bringing people out who will then get vaccivices, Büchner said.

She also pointed to more simple metrics that under-Organizers ordered approxthat many people here."

Services for Second Story, a local nonprofit that supports children and families, said that her organization

offer by partnering with lo- coordinated closely with the cal organizations, where staff health department and St. can connect residents with Mark's to reach residents long-term health resources who struggle to make ends such as local clinics and help meet. "Most of these services enroll them in programs like are free for the community. Medicaid. "When we join which is especially important up with community events for low-income families,"

Borja also reflected on the event's theme of Hispanic nated" and access other ser- Heritage Month and the meaning of the celebration. As Hispanic immigrants, "We want to contribute to score the event's impact. this country because we want our kids to have a better fuimately 300 meals, Büchner ture. That's the dream," she noted, and "When those dis- said. She remarked that many appear, we know we helped immigrants flee countries stricken with corruption, pov-Soraya Borja, vice pres- erty and war, which is why ident of Community-Based they seek better opportunities to support their families in the United States. Hispanic immigrants are determined to "do the best we can do and

bring our culture and hard work," Borja added.

St. Mark's Senior Pastor Albert Triolo and Associate Pastor Varinia Espinosa, who both helped coordinate the event for the church, said they felt fortunate to be able to support the community. "We are blessed to have space in an area where there's need," Triolo said, noting that the church could connect various local partners who previously lacked a relationship. The entire event was planned and executed within a month, Espinosa remarked, which was possible because "When you want something to happen, and you have all the people with the same passion to do it, it just takes the decision."

St. Mark's has had a Spanish language service for more than 20 years, Triolo said, and the occasion supported members of its congregation and residents of surrounding neighborhoods. "This event celebrates a big part of our community,' Triolo said, stressing the importance of interfaith cooperation to promote the public good. "We don't have to have the same faith to help people, to work together for the betterment of the community," he said.

"Our hearts and ears are always open to opportunities in the county that are important for this community that we haven't reached yet. We are always looking for new partners," Espinosa said. adding that "we are here to serve."

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- The latest treatments, including the promising drug, ADUHELM™



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# Five tips for a stress-free morning

**Courtesy of Family Features** 

ornings are often the most important part of the day - they can make or break your mood and set the tone for all of your to-dos. To help combat the hectioness that can arrive when the sun comes up, consider these five tips for a

stress-free start to the day. Fine-tune your fashion at night. Whether you are focused on getting yourself out the door or have kids who need to get to school, planning what to wear the night before can help save time. When the clock is ticking and you have somewhere to be, the fear of a missing shoe or misplaced accessory can throw everything off.

gratitude. **Express** Take a few moments after rising to jot down or be mindful of a few things you are grateful for, no matter how big or small. Starting the day in a positive state of mind can lift your mood and provide residual benefits throughout the day.

Organize what leaves with you. Designate a place where everyone can stash the things they need to take when they leave the house - whether it's a backpack, purse, briefcase or gym bag. When you return home at night, empty used or unneeded items and replace them so you can grab and go in the morning.

Boost your breakfast routine. While cereal or toast are easy standbys, certain days call for a more savory breakfast. Skip dirtying dishes at home and snag Wendy's on-the-go. For caffeine lovers, grab a hot coffee made with 100% Arabica beans, cold brew coffee steeped for 12 hours or a

one-of-a-kind Frosty-ccino - cold brew coffee topped with Frosty creamer - for that extra kick to jump start your day. See the complete breakfast lineup at Wendys. com or on its mobile app.

Avoid distractions. If you're like many people, reaching for your phone is the first thing you do after opening your eyes. However, this trap can get you sucked into emails, scrolling through your newsfeed or falling into a social media rabbit hole, which devours precious time. Force yourself to leave your phone and other similar distractions out of your morning routine to get out the door more efficiently.

No one wants to start the day in chaos. Simple time management and planning can help make hectic mornings more enjoyable and productive.

Friday - Sunday, OCTOBER 1 - 3, 2021 fx

**FAIRFAX COUNTY TIMES** 

**PAGE A-7** 

## Practical strategies for tough conversations

#### By Amanda L. Thompson, PhD, and Shari Langer, PsyD

new diagnosis of a Aserious illness like cancer can have a powerful impact on the entire family. It can bring up many worries, including how to talk to your children about the disease, what is involved in its treatment and how life may change for each member of the household. Some parents may be hesitant to share information, thinking, "My child is too young to understand," "I don't want to worry them," "They need to focus on school," or "I don't want to get upset in front of them."

While all of these concerns are valid and understandable, we also know that honesty and good communication during stressful times helps to reduce children's worry and fear. In fact, anxiety in children decreases when they are told good-quality information about what is happening to their loved ones. Children notice more than we realize, and if they are not provided with age-appropriate information, they may make up stories about what is going on - and these stories and their fears may be worse than will be affected. Although Let your child know that reality.

Communicating can be to use the word "cancer,"

difficult though, especially when emotions are high and when we are speaking to young children, as they have a different understanding of illness than we do as adults. Consider these helpful strategies when having challenging and important conversations about illness in the family:

• Set the tone. Think about what you would like to share before you talk with your child. If you need to, practice beforehand with someone you trust or with a mental healthcare professional who specializes in working with children and adolescents. Choose a time to talk to your child when it is quiet, you will not be distracted, and your child's needs are met (meaning that they are not hungry, sleepy,

· Give accurate, age-appropriate information. Children's understanding of illness gets more sophisticated, accurate and logical with age. For toddlers and young school-age children, stick to basic, concrete information. With cancer, for example, include the name of the cancer, where the cancer is located in the body, how the cancer will be treated, and - most importantly - how their lives it can be difficult, be sure



from others and calling it by its name can make it feel less scary (think of Harry Potter bravely calling "He-whoshall-not-be-named" by his name - Voldemort).

• Follow your child's lead - they may have many questions or they may have none.

• Answer your child's questions honestly - if you do not know the answer to a question, let them know that you will find out. It's ok to not have all the answers.

• Reassure your child. their needs will be met throughout treatment and

as they are likely to hear it that friends and family will be stepping up to help along the way. Correct any inaccurate beliefs. For example, tell them that nothing they did caused your cancer and that they cannot catch your cancer. Toddlers engage in magical thinking, believing that unrelated events are directly connected. This can result in worries that something they did caused their loved one's cancer, that cancer is punishment for bad behavior or even that cancer can go away troubles at school if they are "good enough."

• Dedicate time to activities they used to enjoy ongoing, open commu**nication.** Make ongoing sleep or appetite without a

talking to children about dia one-time conversation. Let your child know that they can continue to ask you any questions that they think of and that the door to talk remains open. For older children, discuss how much they would like to know and communicate accordingly. Encourage them to reach out to family, friends and other supportive

a wide range of reactions to a parent's diagnosis of a serious illness like cancer, and many adapt well, especially in an environment of honest, age-appropriate information from supportive loved ones. Some children, however, will experience more significant challenges that impact their daily functioning and will require intervention by mental health providers. If you notice any of the following changes in your child, contact a mental healthcare professional for more support:

- Difficult-to-manage behavior challenges
- · Increased sadness, worry, irritability or isolation • New academic or social
- · Decreased interest in
- · Significant changes in

communication a priority, as medical cause

· Thoughts of wanting to agnosis and treatment is not hurt themselves or wanting

If you need help communicating with your child about your diagnosis, or if your child is struggling to adjust, Life with Cancer's pediatric team is here to help. Life with Cancer provides evidence-based support services to children, adolescents and families impacted by cancer. Based on your Children can experience child's unique needs, we offer individual therapy, art therapy, bereavement support, parent consultations, groups, education, resources and other programs - all at

> To request a consultation or access any of our services, or with any questions, please call the Life with Cancer Connect Line at 703-206-5433 or email us at lifewithcancer@inova.org.

Amanda Thompson, PhD, is the Chief of Pediatric Psychology and Director of Pediatric Programs for Life with Cancer, a program of the Inova Schar Cancer Institute. Shari Langer, PsyD, is a pediatric psychologist with Life with Cancer at the Inova L.J. Murphy Children's Hospital. Drs. Thompson and Langer specialize in supporting children, adolescents and families impacted by cancer; however, the information below is applicable to many other serious medical conditions.

# Do you "Eat a



When I go over a client's food journal, the one thing that remains constant seems to be a diet of the same foods over and over again. The only vegetable is usually broccoli or green beans. There seems to be a lot of rice, pasta, potatoes, and bread. They might eat chicken four nights per week too. The reason it is so important to eat a variety of foods is the diverse vitamins, minerals, phytonutrients, flavones, beta-carotene, and more that we get from a diverse diet. Plus, a diverse diet feeds our gut flora.

To help you eat the rainbow of foods available to us, here is a handy chart.

#### Red foods - support inflammation & immunity

Eat red apples, red peppers, red bell peppers, raspberries, tomatoes, red peppers, strawberries, pomegranate, radishes, and red beets

These supply anthocyanins, carotenoids, ellagic acid, flavones, lycopene, quercetin, and fisetin.

#### Orange foods - support reproductive health & hormone balance

Eat oranges, clementines, orange bell peppers, papaya, butternut squash, carrots, lentils, orange tomatoes, persimmon, potatoes, onions, pumpkin, sweet potatoes, orange hot peppers, turmeric

These supply alpha- and beta-carotene, bioflavonoids, carotenoids, and curcuminoids. They help support eye health and may help lower the risk of heart disease and



#### Yellow foods

Eat yellow carrots, yellow bell peppers, pineapple, organic corn, banana, lemons, yellow beets, ginger, parsnips, pears

These supply bioflavonoids, bromelain, gingerol, lutein, prebiotic fibers, rutin, and zeaxanthin.

#### Green foods - support heart health

Eat broccoli, green onions, avocado, Brussels sprouts, sugar snap peas, parsley, rosemary, dill, green peppers, peas, romaine, fennel, kiwi, jalapeno, celery, spinach, asparagus, and lima beans.

These supply catechins, chlorophyll, folates, l-theanine, glucosinolates, isoflavones, phytosterols, silymarin, tannins, sulforaphane, and vitexin. Cruciferous veggies in particular may help lower your risk of roasted sweet potatoes, cancer and heart disease.

#### Purple foods - brain

Eat purple cabbage, endive. blueberries, red onion. purple potato, red grapes, eggplant, plums, figs, beets, blackberries, elderberries, and red beans

These supply anthocyanins, flavonoids, phenolic acids, proanthocyanins, resveratrol, and stilbenes. These anti-inflammatory foods also may help brain function, Type 2 diabetes, and certain cancers.

#### White & Brown foods like cauliflower, mushrooms, garlic

and leeks also have numerous health properties like anthoxanthins, flavonols, flavones and allicin. They are anti-inflammatory and have antioxidant properties.

Basically, eating a variety of colors will increase your intake of different nutrients to benefit various areas of your

#### How to make a daily meal plan:

Breakfast: Omelet with mushrooms, spinach, tomatoes and bell peppers, side of avocado. Or, a fruit smoothie with collagen peptides and avocado. Change it up every day.

Lunch: Salad greens, cucumbers, sugar snap peas paired with beans or salmon.

Dinner: Chicken with Brussels sprouts or a homemade soup with celery, carrots, onions, zucchini, parsnips and kale. Try various proteins like venison, bison, goat, lamb, rabbit and quail to get a variety of amino acids and fatty acids from animal meat.

Don't miss my Culinary Nutrition Cooking Class October 16 at Farm Station Café in Vint Hill, near Gainesville. The topic is Superfoods for Super Immunity. Learn more at www.UnlockBetterHealth.

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## It's autumn - your guide to becoming and staying mentally healthy

By Claras Ellis, MD INOVA MEDICAL GROUP

Fall usually signals a time of transition as seasons change and children head back to school. But it can also trigger changes in your mental health, making you feel "down" or causing an increase in symptoms of anxiety or depression.

For about 5% of the population, these mood changes are more significant and are a result of seasonal affective disorder (SAD), also known as seasonal depression. The recurrent symptoms (which may include increased sleep, social withdrawal and anxiety) tend to arrive at the same time each year – often during the fall and winter months. They last about four to five months and can interfere with how you function socially, physically and emotionally.

The good news is that whether you're hoping to avoid the blues or are managing SAD, there are preventive steps you can take. If you act now, you may be able to protect your mental health through the winter.

#### Know your risk for seasonal affective disorder

If you know you have an increased risk for SAD, you can reach out to your primary care provider (PCP) and get help for the condition. According to the National Institute of Mental Health, risk factors for SAD include:

- · Family history of mental illnesses, such as major depression or schizophrenia
- · Gender, with SAD occurring much more often in

women than men

- · Having a major depressive disorder or bipolar disorder, especially bipolar II
- · Having other mental disorders, including an eating disorder, anxiety disorder or panic disorder
- Location, such as living further north, where there are shorter daylight hours in the winter

#### Expect additional mental health triggers this year

This year, the transition from summer to fall brings unique challenges for staying mentally healthy. There are multiple factors that could trigger a spike in depression and anxiety, including:

- Changes in your work: The COVID-19 pandemic affected employment for many people including where they work, how they work or even if they work. As we enter a new season and kids head back to school, changes in employment or work life may take center stage, causing feelings of anxiety, isolation or hopelessness.
- Pandemic fatigue: You may be feeling tired after months of spending extra time and energy managing a new pandemic lifestyle. As a new season marks the change in time, the duration of the pandemic and the struggles it brought on may drain
- · Social isolation: Whether you're an adult who's been living alone through the pandemic or a parent suddenly dealing with an empty house after 18 months, the loneliness you experience this year may be new for
- Transition back to school: This year a new

school year may bring added concerns and possibly anxiety. You may be worried about vaccinations for kids, an increase in COVID cases, or your child's social and academic development.

Keep an eye out for these triggers. Work with your family, a friend or your PCP to make lifestyle changes or develop strategies for coping with these unique stresses.

#### Prepare for the change in daylight hours

Even if your climate doesn't experience seasonal changes, the fall marks a change in your exposure to sunshine. With the end of daylight savings time, the days become shorter. As a result, your body clock (circadian rhythm) struggles with when to sleep, rise and eat. Disrupting those essential functions, especially sleep, can wreak havoc on your mental health.

The best way to combat a decrease in sunshine (and reset your body clock) is to add more light to your life. Walk in the morning sunlight, plan a fall or winter trip somewhere sunny or use a light box, which mimics natural morning sunlight.

#### Focus on hobbies and activities you enjoy

If you sense the blues coming on, elevate your mood and strengthen your mental health by doing the things you love. Research shows that engaging in a hobby can increase feelings of happiness and lower levels of depression for hours or even

Maybe you picked up a new hobby like painting or writing during the pandemic. Or perhaps you haven't yet gotten back to your favorite pre-pandemic activities such as playing sports, taking classes or trying new restaurants. Don't have a hobby? Pick an activity you've always wanted to try and go for it. The goal is to pinpoint the activities that make you happy and work them into your schedule this fall.

#### Seek mental health help early

If you've noticed changes in your mood or have underlying depression that may worsen in the fall and winter months, talk to your PCP. Putting a treatment plan in place early ensures you'll know what to do when that time draws near, and symptoms begin.

Depending on your risk for SAD and the severity of your symptoms, your provider may recommend lifestyle changes that include spending more time outside, exercising regularly or making your environment brighter. Treatment options for more significant depression include medication and therapy.

#### Need some mental health support?

If you've noticed changes to your mood or are concerned about your mental health, schedule an appointment with your PCP. If you do not have a PCP, we welcome you make an appointment with a provider at any of our Primary Care loca-

Claras Ellis, MD, is a board-certified primary care physician practicing family medicine at Inova Medical Group - Ashburn HealthPlex. She enjoys helping patients of all ages take an active role in their health.





### **GETTING BACK ON COURSE**

## What one survivor wants you to know about sudden cardiac arrest

#### **Courtesy of Brand Point Media**

t was a Sunday eve-I ning when Steve Ryan and his then 15-yearold daughter Kaitlin decided to head to the golf course to practice their short game. Steve felt worn out - something he could attribute to the heat or a busy week. However, things quickly took a turn as one moment he was watching his daughter take practice swings, and the next he was waking up from a medically induced coma three days later.

According to the American Heart Association, nine out of 10 individuals who experience sudden cardiac arrest (SCA) outside of a hospital will not survive. Luckily for Steve, 51, who experienced SCA that fateful evening, it was a different story thanks to immediate CPR performed by his daughter, shocks from an automated external defibrillator (AED) by paramedics, and a quick transfer to the hospital.

SCA happens when the heart suddenly stops beating, leading to a lack of blood flow to the body, and is caused by a disturbance in the heart's electrical system. This life-threatening event is the third-leading cause of death in the U.S., with 1,000 people each day experiencing SCA outside of a hospital setting.[1]

In fact, cardiac arrest claims more lives globally than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires combined.[1]

#### Know your risk

While SCA affects people of all ages, it is most common in adults and occurs twice as often in men as it does in women.

Risk factors include prior heart attack or SCA, family history of SCA or other heart disease, heart failure, low ejection fraction (a measure of the heart's pumping ability), or fast or abnormal heart rhythms starting in the lower chambers of the heart.

#### Know the signs & differences

SCA can sometimes be confused with a heart attack - that's why knowing the signs and differences are important. After all, for both conditions, seconds count

for survival.

A heart attack occurs when blood flow to part of the heart is blocked - essentially a plumbing problem. Signs of a heart attack include chest pain or discomfort, feeling weak, lightheadedness, discomfort in the jaw, neck or back, pain in one or both arms, shortness of breath, unexplained nausea and more. It is vital to seek treatment as soon as possi-



ble to help reduce damage to the heart muscle.

SCA occurs when the heart suddenly and unexpectedly stops beating. Risk factors include abnormally fast heart rate, fluttering or pounding heart palpitations, chest discomfort, fainting and shortness of breath. An individual in cardiac arrest will lose consciousness and have no pulse. For every minute that goes by without treatment, the chance of survival drops rapidly. But survival rates can double or even triple if more people recognize the signs of SCA and know

For individuals experiencing SCA, starting hands-only CPR immediately helps restore the flow of oxygen-rich blood to the brain and other vital organs. CPR can provide life-saving

how to respond.

support until more-advanced emergency care is available - which is how Steve's daughter ultimately saved his life while they waited for the paramedics to arrive with an

While there are important differences between a heart attack and SCA, rapid response time for both is key. Symptoms of a heart attack may come on slowly within hours or even weeks, but SCA can happen quickly and with little to no warning. For both conditions, the time from symptom onset to response is critical. Knowing the signs and acting quickly ultimately increases the chance of survival.

#### **Understand SCA** treatment options

Once stabilized and initially recovered, Steve was eager to find a treatment option that would allow him to get back to his daily activities, including time on the putting green. When his doctor told him he was a candidate for an implantable cardiac defibrillator (ICD), which monitors for and treats abnormal heart rhythms, Steve decided it would help put his mind - and his family's - at ease.

ICDs are small battery-powered devices placed in the chest for longterm treatment of abnormal rhythms and prevention of SCA. They send either high-energy shocks or low-energy, painless pacing pulses to disrupt a dangerously fast heart rhythm.

"I feel fantastic, almost as if I never had my SCA episode. But then I touch my chest, and there is my reminder that it did happen," said Steve. "Knowing that I have a Medtronic ICD eases my worries and encourages me to continue to be active and live life to the fullest."

#### Spread the word and act fast

Steve remains grateful for his daughter and the medical team that saved his life, and now wants to share his story to help others. While SCA happens with little to no warning, Steve's experience serves as a reminder of the importance of performing early hands-only CPR and how ICDs can help survivors and those at risk for SCA continue to live their lives.

This October is Sudden Cardiac Arrest Awareness Month. If you or a loved one has a fast or irregular heartbeat or other risk factors like prior heart attack, family history of SCA, heart failure, or other cardiac conditions, contact your doctor.

And if you witness someone experiencing SCA, quick response is critical to survival: contact 911, locate an AED and use it, and administer hands-only CPR until first responders arrive.

Treatment with Medtronic ICDs are prescribed by your physician, who will discuss potential benefits and risks. Results may vary; this story represents one individual's experience with these

devices. Learn more about heart rhythm disorders and treatments at: https://www.medtronic.com/suddencardiaca-

## Lake Braddock shuts out Annandale: football week five roundup

**By Michael Marrow** FAIRFAX COUNTY TIMES

he Lake Braddock ■ Bruins trounced the Annandale Atoms in a shutout victory at Annandale High School September 24, making the Bruins 3-1 this season and the Atoms 1-4. The final score

Lake Braddock kicked off the ball at 7 p.m. sharp, setting up the Atoms with the first possession. A disappointing drive that failed to move the chains caused Annandale to quickly punt the ball away, allowing Lake Braddock to swiftly take control. On Lake Braddock's second play of the game, Bruins wide receiver Dillon Corev carried a screen pass for a 56-yard touchdown, taking off down the sidelines and dusting the Atoms defense to reach the end zone after only a few minutes in the

first quarter had elapsed. The remainder of the first quarter was brutal for the Atoms, setting the tone for the rest of the game. After Annandale regained the ball, a Bruins blitz sacked Atoms quarterback Piero Vernazza-Cortez and forced a fumble, giving Lake Braddock the ball near the 10-yard line. On their next play, the Bruins easily ran the ball for them compete." a touchdown, making the score 14-0 with just under nine minutes remaining. The Bruins then shut down the Atoms offense once again and scored another touchdown on the first play of their subsequent drive for a

of the quarter, Lake Braddock would score yet another touchdown for a score of 28-0.

A fired-up section of Lake Braddock students clad in camouflage colors issued taunts to their Hawaiian-themed opponents in the Annandale stands as the game progressed, loudly repeating chants of "We can't hear you," and even barking. Despite the dismal score, Annandale students had some occasions of their own to celebrate. Shortly before the end of the first half, one Annandale student at the front of the student section asked another to homecoming; after the student said yes, the stands erupted in a triumphant cheer, prompting perplexed looks from the Atoms on the field.

The second quarter was almost as bruising for the Atoms as the first, with Lake Braddock scoring two more touchdowns for a score of 42-0 at halftime. After a tough first half, Annandale Student Activities Director John Ellenberger said that it was important for the Atoms to keep fighting even if victory was likely foreclosed. "Lake Braddock is one of the best teams in our region," Ellenberger said. "In a game like this, you just want to see

Annandale Principal Shawn DeRose similarly remarked that the game's importance extends beyond the final score. "Friday nights are about community," DeRose said, adding that football games are a unique expescore of 21-0. Before the end rience defined by "coming out to her senior year. "My friends



and supporting your neighborhood school" to bring people together. "There's nothing better on a Friday night than this," Ellenberger said.

first half, the action slowed in the second for the Bruins. The third quarter was scoreless up until its last second when Lake Braddock scored a touchdown. At the top of the fourth with the score of 49-0, disheartened Annandale students slowly began to trickle out, though a faithful contingent saw the end of the game through.

Meanwhile, Lake Braddock students like James Luetkenhaus and Phoebe Nichols were reveling in their team's victory that was all but assured. "Everyone's really putting in a lot of work," Leutkenhaus said, emphasizing that "this kind of game is what we live for." Nichols added that being able to watch her classmates perform strengthens the bond between students, one of many things she was looking forward last year didn't get to have a fun senior year," Nichols said, "so I'm happy I'm going to be able to get that experience."

After a few strong defensive Following a blowout in the plays by Annandale, including a sack with just over 4 minutes remaining, the Bruins made a final successful drive to the end zone with a touchdown by senior Eric Villanueva-Leiva. Determined to finish fighting with the score at 56-0, the Atoms decided they had nothing to lose with a final risky play. On fourth down with just over a minute remaining, the Atoms decided to go for it with a pass from Vernazza-Cortez, which was dropped. Lake Braddock then let the clock wind down to zero, after which both teams shook hands and left.

#### Here's the roundup of the other games from week five. **Marshall at Chantilly**

The Chantilly Chargers recovered from last week's loss to Robinson for a comfortable victory over the Marshall Statesmen. The final score was 35-6. Chantilly is 3-1 and Marshall is 3-2.

West Springfield at Hayfield

The West Springfield Spartans narrowly beat the Hayfield Hawks. The final score was 31-28 after a field goal for the Spartans clinched the game. The Spartans are 4-0 and the Hawks are 1-4.

#### **Edison at Robinson**

The Robinson Rams dispatched the Edison Eagles for a score of 49-7 to continue their undefeated streak this season. The Rams are 5-0 and the Eagles are 1-4.

#### **South Lakes at Herndon** (9/21)

After a COVID outbreak among the Hornets forced this game to be postponed, it was rescheduled and played at Herndon High School September 21, where the Seahawks defeated the Hornets 49-34. South Lakes is 2-2 and Herndon is 0-4.

#### **Herndon at Alexandria City** (9/25)

For their second game this week, the Hornets traveled to Alexandria, where they were bested by the Titans 41-7. is 2-3. Alexandria City is 4-0.

#### **McLean at South Lakes** (9/25)

The Seahawks won their second game of the week as well against the McLean Highlanders. The final score was 39-14. The Highlanders are

#### **Madison at Langley**

The Madison Warhawks shut out the Langley Saxons 48-0. It was an impressive performance for Madison quarterback Connor Barry, who even

run. Madison is 3-1 and Langley

The Justice Wolves were

#### **Justice at South County**

pummeled by the South County Stallions, who steamrolled the Wolves 62-0. The Stallions are 3-0 and the Wolves are 1-4.

#### **TEACH at Jefferson**

The Tidewater Educators Association for Christian Homeschooling of Virginia Beach traveled to Thomas Jefferson High School, where the Colonials won 28-14. Jefferson is 4-0 and TEACH is

#### Woodson at Lewis

The Woodson Cavaliers defeated the Lewis Lancers 35-2. Woodson is 2-2 and Lewis is

#### Yorktown at Westfield

The Westfield Bulldogs edged out the Yorktown Patriots following a low-scoring offense by both teams, boosted by a defense that held the Patriots to one touchdown in the first half. The final score was 13-7. Westfield is 3-2 and Yorktown

#### Mount Vernon at West Potomac

The West Potomac Wolverines won out against the Mount Vernon Majors in the two schools' rivalry known as "The Battle of the Highway." The final score was 24-21. West Potomac is 3-1 and Mount Vernon is 2-3.

The Falls Church Jaguars homecoming game against the Fairfax Lions was postponed.

Centreville and Oakton had a bye week. The Wildcats are had his own 33-yard touchdown 3-1 and the Cougars are 5-0.

## THIS IS NOT THE TIME TO LET OUR GUARD DOWN.



Wear a mask over your nose and mouth



Stay at least 6 feet away from others



**Avoid crowds** 



**Find your** free vaccine

We're all tired of COVID-19. But with new and more dangerous variants of the virus here in Virginia, we have to stay committed to stopping the spread. Please do your part by following the steps above. Find your free vaccine at Vaccinate. Virginia.gov or learn more by calling 1-877-VAX-IN-VA.

We're not finished yet.





## Changing the way I vote in favor of education

Dear Editor,

When family my was presented with the opportunity to move to Fairfax, I was hesitant at first. I had grown accustomed to the slowpaced lifestyle of southwest Virginia and my husband and I had jobs that we loved.

For me, a major deciding factor to relocate was the educational opportunities that would be presented to our daughter in the Fairfax Public School County system. Although she was only two years old at the time, as an alumnus of a Fairfax County high school, I knew firsthand the robust opportunities academic that would be given to her from attending one of the largest school districts in the

We officially made the move in October 2016, one month before the Clinton-Trump presidential election. Although I hadn't followed politics before, being so close to the nation's capital inspired me to use my

voice and cast my vote. I majored in social work in college and spent both my academic and professional working career with underserved individuals, first with children and then in geriatrics. In the 2016 presidential election, I voted Democrat because I wanted to support a party that advocated for reform that promulgates social justice and equality. In the local and national elections to follow. I voted the same.

In March of 2020 when COVID-19 flipped our world upside down, I supported the Fairfax County School Board's decision to close our schools in order to keep our fellow community members safe and to not overburden healthcare system. When the decision was made to close schools for the remainder of the 2019-2020 school year, I again, supported that decision by our fully-Democratic school board members, whom I had voted in favor of in November 2019.

In July of 2020, many

parents, including myself, had the rug pulled from under us when we learned that Fairfax County would only offer virtual learning for the upcoming school year. There were many reasons why I feared prolonged school closures would negatively impact a generation of kids: lack of socialization, academics, isolation, loss of physical activity and the psychological effects on children. The most obvious of these impacts being academics.

As a parent that had always believed education was a powerful tool to success, watching my own six-year-old learn to read and spell electronically felt crippling. While learning became more difficult for a young learner, the social and mental impacts of virtual learning were not only prevalent for my child but for many of her peers whose parents reported the same. By the end of last school year my daughter, in first grade, spent the majority of her academic career behind a computer screen.

Despite the challenges and the negative academic and emotional impacts of virtual learning for my child, my family was more fortunate than others. We had the resources to work from home and were able to supplement the gaps created by closed schools. my constantly wandered to my early days in social work as a college intern working with children impacted by domestic abuse. For those children, school was one of their few safe havens. To those children, school was a place of respite from neglect, abuse and trauma. A place to eat a meal and feel a sense of affection.

I watched as governments prioritized reopening bars, restaurants and stores over public schools. During the summer of 2020, our local Democratic school board spent a ton of energy and school resources on renaming schools but not enough energy to reopen

them. I struggled to accept that Democrats preached equality but denied children access to one of the greatest equalizers, education. Virtual learning is a burden we placed on the shoulders of children; without scientific evidence, nonetheless, that COVID-19 is a major risk factor for their health and safety. The Fairfax County School board paid favor to politics and teachers unions over the needs of children, denying even a choice for those that wanted or desperately needed in-

This November. decided to cross the aisle and vote in a direction that I have never seriously entertained before. When I learned the campaign points that Terry McAuliffe and Glenn Youngkin were running on, I instantly made the decision that schools and education would be my #1 priority instead of what political party the candidate was affiliated with.

person learning.

While conducting research on the candidates, I learned that Youngkin

wants to increase academic competitiveness and school choice, while allowing families to make their own choices in regards education. Terry McAuliffe's campaign does not clearly showcase a plan to help students besides making a \$75 million per year investment to expand internet access to students.

Is former Governor McAuliffe's investment in internet access an indicator of keeping students at home rather than in a classroom? Students in Virginia have spent enough of the last 18 months online and it's time we focus our attention back to the classroom, learning the basic academic tools needed for their future success. Schools created to teach children to read, write, do math and use the scientific method, Glenn Youngkin is the only candidate this election that holds these values of education true.

> Briana Howard Parent in Fairfax, VA

## **Amanda Chase for** governor

Dear Editor,

I am very dissatisfied at the choice of candidates we fraudulent election have for governor this fall. 2020, there will never be There are many Virginians another fair election. I am who don't trust Glenn Youngkin for governor and believe he is a RINO. I am one of those people. Therefore, I am imploring the help of as many people as possible to write in Amanda Chase's name for governor this fall.

Amanda Chase was ousted by the Richmond elites simply for attending the January 6 Capitol rally, for supporting Donald Trump and the America First agenda, and for speaking out about election

fraud, which others are afraid or refuse to address. Without correcting the working to spread the word everywhere I can. We need the patriotic leadership of Amanda Chase.

There are those who disagree with me because they think that splitting the Republican vote will give the election to McAuliffe. However, there are so many Democrats who are tired of party politics as well, that they will not be voting for McAuliffe either, as he is an extension of the O'biden The Richmond party. establishment played

their party politics game, canceled our primary, and left us with no other choice.

I believe with all my heart that we can get Republicans and Democrats both onboard to write in Amanda Chase's name. We need to show the Richmond elites that they don't control us. They work for us. We are the ones who decide who our next governor will be, not they.

Please write in Amanda Chase for governor this fall. She is not afraid of the establishment. She stands up to them!

> Kathryn Bravo Chesapeake, VA

## **Vote for Glenn Youngkin** for governor

Dear Editor,

Virginians have an important choice to make: who will represent them in the Governor's office for the next 4 years. Glenn Youngkin, political outsider and successful businessman. is the bold leader who will restore Virginia's prosperity and lead us to a vibrant economic recovery.

Glenn's Day One Game Plan will jumpstart our economy which ranks 44th in the nation for pandemic recovery. After zero job growth from 2013 through 2020, Glenn's plan will create 400,000 jobs and 10,000 startups by cutting regulations to create jobs and make it easier for innovators and entrepreneurs to get small businesses moving again. He will #JumpstartJobs, innovative initiative

to develop talent, train workers, attract investment and make Virginia the best and easiest state in which to start a business.

Glenn has been endorsed by the National Federation of Independent Business Virginia PAC (NFIB), Associated Builders and Contractors Virginia (ABC-VA), and Virginia Contractor Procurement Alliance (VCPA), three organizations representing thousands of Virginia small businesses. Virginia's small business leaders know that Glenn is the leader we need to bring economic recovery and prosperity back to the Commonwealth.

Glenn will cut exploding costs for families and relieve the burdens of rapidly rising inflation and taxes. He will eliminate Virginia's grocery tax, suspend the recent gas tax hike for 12 months, end

runaway property taxes by requiring voter approval for increases, cut income taxes by doubling the standard deduction and reduce taxes on our veteran's retirement pay, all putting real dollars back into the pockets of hard-working Virginians.

Glenn prioritizes keeping Virginia open while keeping Virginians safe, protecting lives and livelihoods. His leadership and commonsense policies will do that while making Virginia the best place to live, work and raise a family again. As he says, 'We have a lot we need to get done here in Virginia, and we need to start strong.' Let's start strong in restoring our beloved Commonwealth to prosperity by voting for Glenn Youngkin for Governor on November 2nd.

> Kim Schatz Round Hill, VA

### Fairfax government targeting children with sexually-explicit material

Dear Editor.

The Fairfax County government is waging a broad campaign to normalize homo-erotic material with youngsters through county schools, libraries, and community centers. This campaign implements faithfully the Board of Supervisors' policy document "One Fairfax", which directs all county agencies to promote LGBTO "inclusion."

Local media reported on the outrage at the September 23 meeting of the school board over pornographic material in the school libraries. At Fairfax High, the school library put on prominent display an array of LGBTQ-themed books that included the comic-book novel Gender Oueer by Maia Kobabe. Page 167 features two panels clearly depicting one of the highschool aged protagonists acting out oral sex on another high-schooler. The school also promoted Lawn Boy by Jonathan Evison, which loaded with similar material. For instance, on page 91, one male character graphically describes engaging in fellatio with male minors. These books are in a number of Fairfax public school libraries.

Once exposed, the school system hastily announced that committee would "review" the two books. But we need to know what other, similar material the system is pushing on children.

In parallel with this barrage of indoctrination by the county public school system, the county public libraries and the McLean Community (MCC) Center are bombarding even younger children with events like the drag queen story hour of June 26, when three drag performers were paid with taxpayers' funds to perform in front of children

aged 4 through 8 ("Drag Storybook Hour Mixed Reviews", Fairfax Times, July 16, 2021). When concerned taxpayers raised this incident with Supervisor John Foust, he made it clear that he would take no action to block future taxpayerfunded drag performances for children. In October, MCC 's "LGBTQ+ Ally Week" will include an event advertised as aimed at children "aged six and And we should expect more of this.

Foust and other county supervisors need to stop spending our tax dollars on sexually explicit materials and events for children. I hope your readers will contact their reps on the board of supervisors and join the many Fairfax taxpayers who have already registered their opposition.

> Christopher Henzel McLean, VA







PETS: CAMPING WITH YOUR DOG, PAW 2

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www.fairfaxtimes.com | Friday - Sunday, OCTOBER 1 - 3, 2021

### Capitol One Hall celebrates grand opening with

**By Keith Loria** 

SPECIAL TO THE FAIRFAX COUNTY TIMES

₹apital One Hall, a brand-new, stateof-the-art, 1,600-seat performance venue in Tysons, will host its official opening this weekend with Grammy-, ACM-, CMA-, and AMA-Award-winning group, Little Big Town performing October 2 and 3.

For more than 20 years, Little Big Town has been a staple on the country charts, best known for hits such as "Pontoon," "Little White Church" and "Better Man."

Comprised of Karen Fairchild, Kimberly Schlapman, Phillip Sweet and Jimi Westbrook, the quartet have been together since 1998, and continue to get along and create great music.

"When Karen and I were putting this band together, I remember talking about how we would probably spend more time with these two guys than we would probably spend with our family sometimes," Schlapman said. "We wanted to make sure we really gelled and that was something we put a lot of time and heart into to find

the right mix."

That has helped with the longevity of the band, and its fan base continues to grow vear after year.

"All four of us are very different, but we are each comfortable in our own skin in the band," Schlapman said. "We all have our own role in the band and we are comfortable in who we are. We have also been through so much together-the highest of highs and the lowest of lows, and we've always been there for one another, and that has made us family."

The Capital One Hall gig is a stop on a tour Little Big Town started in early 2020, playing historic theaters across the U.S., with the opening night at Carnegie

"We played about five weekends at these great places, but then the bottom fell out," Schlapman said. "We've been touring together for more than 20 years and this was my favorite tour we have ever done. But then it shut down because of

It was 437 days later that Little Big Town was able to play live together again in

front of an audience, picking up right where they left off.

"There's a lot of visual elements to the show-not music videos, but super interesting artistic images," Schlapman said. "And we have our band that plays with us and they are great."

She's thrilled to be part of the first group to play Capital One Hall, and promises something as special as the opening itself.

"We have a surprise to open the show," Schlapman said. "We'll play a lot of the music from 'Nightfall,' which is our latest album, and then we'll play our hit songs and those everyone wants to sing along to. It's a very family-friendly show that's fun and uplifting. We just take fans on a journey."

Playing in small theaters provides the group a chance to offer an intimate music experience, and that allows everyone to hear the fans sing back and see them singing along, making it a joyous atmosphere for all involved.

During the pandemic, the foursome spent five months apart-the longest they hadn't seen each other

See LITTLE BIG TOWN, Page B5

The new Tysons venue will welcome the Grammy-winning country act for two nights



## HE BIRCHMERE WELCOMES TOAD THE WET SPROCKET FOR TWO NIGHTS



### The band behind the 1991 platinum album "Fear" has a new album in 2021

**By Keith Loria** 

SPECIAL TO THE FAIRFAX COUNTY TIMES

len Phillips still can't J believe it's been three decades since his band, Toad the Wet Sprocket, achieved mainstream success with the release of 1991's "Fear," a record responsible for hit singles "All I Want" and "Walk on the Ocean."

More hits would follow through the years, including fan favorites such as "Something's Always Wrong," "Fall Down" and "The Moment."

This past August, Toad the Wet Sprocket released its first album of new material in six years, with the well-received "Starting Now," which has already found its first hit with "Hold On."

"We had done two days in the studio in February of 2020, just before everything was shut down," Phillips said. "So, we recorded individually from our

homes and sent in tracks via Dropbox so we could finish."

The band, which was founded back in 1989, still has three of its original bandmates in Phillips, guitarist Todd Nichols and bassist Dean Dinning-and their sound is as strong as ever.

Obviously, not being in the same studio is something the band couldn't do back when it

See BIRCHMERE, Page B2



#### **Barns at Wolf Trap with Damien** Jurado and Okkervil River October 2 • 8 p.m.

The Barns at Wolf Trap will host Damien Jurado, along with supporting act Okkervil River, October 2. These indie rock artists will make their Wolf Trap debut bringing their soft and mellow style, which will be the perfect foreground to the beauty of the venue. The show will start at 8 p.m., with doors opening at 6:30 p.m. Tickets start at \$27 and are available at https://bit. ly/39Qq2QD.

#### "Investigate the creatures that call the forest floor their home" October 2 • 2 p.m.

"Investigate the creatures that call the forest floor their home" at Hidden Oaks Nature Center in Annandale Park October 2. 'Life in the Leaf Litter' will run from 2 p.m until 3 p.m and is an event that aims to help attendees appreciate the life that exists all around them. Through the exploration of fallen autumn leaves in the park, one can learn all about the little creatures who call this small habitat home. **Tickets are \$7** and are available for purchase online at https://bit.ly/3CZbWJd.



## Workhouse Haunt ECOLLECTION

OCTOBER 3-NOVEMBER 6

**COURTESY PHOTO** 

#### **Workhouse Haunt Collection Starting October 3**

Starting October 3, the Workhouse Arts Center in Lorton begins its seasonal Workhouse Haunt Collection. The Haunt will feature the work of a variety of local artists who work together to create this spine-chilling experience and will run from 7 p.m. until 11 p.m. on Fridays and Saturdays, ending at 10 p.m. on Sundays. Tickets will be \$25 per person on regular nights and \$30 per person for their 'Premium RIP' nights on October 16, 23, 30, and the 31. For more information about tickets and directions, visit https://bit.ly/3iifeQ4

#### **BIRCHMERE**

CONTINUED FROM PAGE B1

"There are a lot of ways of album making today," Phillips said. "We used to do this on tape. We would track together, but then you would cut tap to get the best sound. It was hard work to make a meticulous album. Now, you can do one take and nestle things quickly."

But what Phillips misses most is the collaborative effort of being in a room and someone making some glorious mistake that usually is a great sound.

"These happy accidents could be a sound we were looking for," he said. "There are things I do vocally that I think are mistakes, but other people think are the best thing. I did miss that spontaneous interaction on creating this one."

For two nights, October 4 and 5, Toad the Wet Sprocket will be playing both old and new tunes at The Birchmere.

"We are just two shows in since coming back, and it's really amazing," Phillips said. "One of the things I wondered in this past year is if making music is total narcissism or is actually useful to people. Seeing how much music connects people, and what it brings out in them, I realized people just need music. So, getting to bring that to people again has been really wonderful.'

At the show, Toad the Wet Sprocket will play most of its hits, but also five songs off the new record to give fans a taste of what the band has been up to of late.

"We love having a new record to play, it's been so fun," Phillips said. "We will play old hits and deep cuts. We know what people want at this point, but we are lucky that we have an audience of people really happy to hear new material. They have supported the album."

Phillips also has a solid solo career and finished a new album of original material during the pandemic, and kept busy by performing close to 200 live casts on social media.

"You needed to stay busy or you'd get way too depressed," he said. "I had people watching four to five times a week, and this community built up around it. There was a couple who met in the chats at these live casts, and they are now engaged. This was a chance for people who felt isolated to check in and show up for each other, and it was a beautiful thing to see."

Toad the Wet Sprocket is planning on touring through the fall, and everyone hopes people take safety precautions seriously, because no one wants to have to postpone any dates again.

Phillips hopes people will come out to The Birchmere and remember what it's like to connect via music and just have a won-

"We're crossing our fingers, staying safe and doing the best we can," he said. "We just want to play these shows. It sucks that there's masks and restrictions, but I don't think there's any other way to do it responsibly. We owe it to the people in the next town to do what we can to protect ourselves."



#### rt News

Jordy Searcy After taking his van and surfing up and gees search for a new place to down the west coast, Searcy call home in this timely thereturns to his first love - writ- atrical work. 7 p.m. October ing songs. Doors open at 7 2. Tickets are \$33 to \$51. p.m. Show starts at 8 p.m. Center for the Arts Concert ly/3kOrOrN. October 1. Tickets are \$13 to Hall, 4373 Mason Pond Dr., Ave. East, Vienna. For more visit https://bit.ly/3og2s8n. information visit https://bit. ly/3kMI2S7.

Come out for Soul Saturday with Tobago Bay and their celebration of Caribbean muare welcome. Arts Herndon, 750 Center St., Herndon. For more information call 703-956-6590.

The Seldom Scene Enjoy the signature sound, World Music Series solid repertoire and delightful sense of fun with this band. 8 p.m. October 2. Tickets start at \$25. CenterStage, 2310 sic. 6 p.m. Oct. 2. Donations Colts Neck Rd., Reston. For more information visit https:// bit.lv/3odMmMz.

> Damien Jurado and Okkervil River bring indie

Cartography Five refu-rock to Wolf Trap. 8 p.m. song cycle honoring the 100th wind symphony led by Rd., Vienna. For more in-

Workhouse Haunt: The \$20. Jammin Java, 227 Maple Fairfax. For more information Collection Get ready for terror at the outdoor walkthrough haunted trail. 7 to 11 p.m. Fridays and Saturdays, 7 to 10 p.m. Sundays. October 3 through November 6. Timedentry tickets must be purchased on line. Pricing varies. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https:// bit.lv/3olE4SZ.

information visit https://bit. visit https://bit.ly/3idjU9y. lv/39HI5Zk.

and 7. Tickets start at \$47. The Barns, 1635 Trap Rd., Vienna. For more information https://bit.ly/3AiquTy. visit https://bit.ly/3zQdweC.

Wind **UNKNOWN** is a dramatic **Concert** Hearn the GMU experimentation and/or the

October 2. Tickets start at anniversary of the founding composer-conductor Mark \$27. The Barns, 1635 Trap of the Tomb of the Unknown Camphouse. 8 p.m. October Soldier at Arlington Cemetery. 7. Tickets are \$9 to \$16. formation visit https://bit. 7:30 p.m. October 5. Tickets Center for the Arts Concert start at \$44. The Barns, 1635 Hall, 4373 Mason Pond Dr., Trap Rd., Vienna. For more Fairfax. For more information

> Seeing the Life Through Jim Messina His music Paintings features oil and spans five decades and three acrylic works of scenes and super groups, plus he's had travels by Nina Joffey. Exhibit a solo career with a string of continues through October 31. hit songs. 8 p.m. October 6 Free. RCC Hunters Woods, 2310 Colts Neck Rd., Reston. For more information visit

> > Hypotheses is all about Symphony the process of intellectual

exploration of new ideas and techniques in an artist's practice. Exhibit runs through October 31. Free. Target Gallery at Torpedo Factory, 105 N. Union St., Alexandria. For more information visit https://bit.ly/3tDS4Ii.

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



### **Community Information**

bread, meat and more. 8 a.m. to noon. Fridays through Nov. 12. Lewinsville Park, 1659 ly/34lWuHG.

to discover the facts, fiction bit.ly/3ocNzUp. and folklore about nature's only true flying mammals. 6:15 p.m. October 1. Cost is \$9. Huntley Meadows, 3701 For more information visit https://bit.ly/39MGDVC.

nine-hold stroke play tournament where only four clubs a.m. October 2. Cost is \$35. Jefferson District Golf Course, 7900 Lee Highway, Falls Church. For more information visit https://bit.ly/3kVzfO9.

cluding vendors, artist demos, food, entertainment, and more. https://bit.ly/3hTCNiO.

Check out the food, vendors, music, activities and more in ly/3kYWyGU.

Farmers' Markets Visit this annual festival. 11 a.m. a variety of vendors to pur- to 7 p.m. October 2. Free. chase produce, pastries, Historic Church Street in Vienna. For more information visit viennaoktoberfest.org.

Afternoon Tea Program Chain Bridge Rd., McLean. Often dismissed as dangerous For more information visit and outspoken attention-seekhttps://bit.ly/3fK9H2t. 3 to ers, eccentric women have 7 p.m. Fridays through Oct. been powerful forces for so-29. 5844-5862 Kingstowne cial change. 1 p.m. October Spring Rd., Alexandria. For Bat Night Join a naturalist more information visit https://

Wild Women Hear how women preserved and protected parks, open spaces and the natural world. Hike with Lockheed Blvd., Alexandria, a naturalist, 10 a.m. October 4. Cost is \$8. Ellanor C. Lawrence Park, 5040 Walney Four Club Fall Classic Rd., Chantilly. For more in-Participants compete in a formation visit https://bit. ly/3zVMgvm.

Nebulas, Star Clusters are allowed in their bag. 10 & Galaxies This interactive presentation provides an introduction to the most common "deep sky" objects. 7:30 p.m. October 5. Cost is \$8. Turner Farm, 925 Springvale Community Market in- Rd., Great Falls. For more cludes themed activities in- information visit https://bit. ly/2XWVCcC.

Farmers Markets Visit 10 a.m. to 2 p.m. October 2. booths from local vendors on Free. Workhouse Arts Center, Wednesdays and Thursdays 9518 Workhouse Way, Lorton. through late fall in local county For more information visit parks McCutcheon, Oak Marr, Wakefield, Annandale Vienna Oktoberfest and Herndon. For more information visit https://bit.

### **ONGOING**

Air & Scare at Home This program comes to your home with online downloadable activities, challenges, live digital programming and some sc-air-y business. Through October 31. For more information visit https://s.si.edu/2ZERDT8

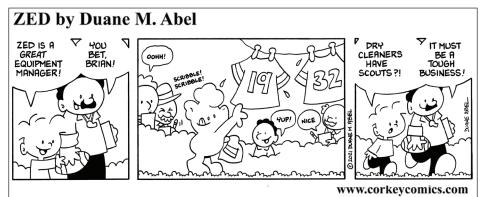
St. Mark's ESL English Center, Alexandria. For more 3. Cost is \$15 to \$38. Green as a second language program information visit https://bit. Spring Gardens, 4603 Green is looking for new students and volunteers. Classes will be Tuesday and Thursday evenings through December 7. Students register online https://bit.ly/ StMarkRegistrationFall2021. For more information call 703-980-9380 or 703-242-7449.

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.

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.



#### FAIRFAX COUNTY TIMES

## Five tips to protect you and your dogs from rabies

**Courtesy of Family Features** 

people die from rabies following a bite or scratch from an infected dog, according to the World Health Organization; almost half of them children under 15 years old. With preventive steps, including vaccination, you can protect your human and canine family members.

In large areas of the world, rabies continues to be a serious health issue. Of the estimated 900 million dogs around the world, the majority (75-85 percent) are not household pets. In the countries where rabies is a continued threat and outbreaks continue, both owned and un-owned dogs may be at risk if they are not receiving rabies vaccinations.

Many areas where rabies outbreaks continue have limited access to resources and vaccines, and awareness and education about the disease are often low. Learn more about this preventable disease and how you can stop its spread with these tips from the experts at MSD Animal Health's Afya Program.

#### Know what rabies is and how it gets transmitted

Rabies is a viral zoonotic disease (a disease that can be passed from animals to humans) that causes fatal inflammation of the brain and spinal cord, not only in wild animals but also domestic animals and humans. The rabies virus is transmitted through the saliva of to immediately wash the wound for an infected animal, usually through a bite or scratch. In up to 99 percent of cases, domestic dogs are responsible for human rabies infections.

The time it takes to show symptoms of rabies depends on the distance the virus has to travel from the bite site to the brain. If someone gets bitten on a toe, it could take weeks or even months to show symptoms, but if bitten on the face, preventing and eliminating rabies at he or she could become rabid in just afya.org and help raise awareness a few days.

Once symptoms are present, the disease is 100 percent fatal. Symptoms include anxiety,

A round the world every confusion, partial paralysis, agita-year, an estimated 59,000 tion, aggression, hypersalivation, difficulty swallowing, fear of water and, eventually, paralysis, coma

#### Use caution with unfamiliar dogs

Generally, it's best to avoid approaching unfamiliar dogs. This is especially true of dogs that are sleeping, eating or caring for puppies, as they may be startled or protective if they sense a threat. If you encounter a dog you do not know, the Centers for Disease Control and Prevention cautions against running and screaming, and instead suggests avoiding direct eye contact and remaining motionless. Watch for warning behaviors from the dog such as growling, snapping, showing teeth, raised hair on its back, ears back and rigid posture.

#### Ensure your dogs are vaccinated

Through vaccination of dogs, rabies is 100 percent preventable. You can do your part by ensuring your dog stays current on its rabies vaccination, which is administered by a veterinarian in either one-year or three-year doses.

#### Get prompt medical attention

If someone has been bitten or scratched by a suspected rabid dog and may have been exposed to rabies, a vaccination can be part of the treatment. However, it's important 15 minutes with soap and running water. This can help remove and inactivate any virus which may have been inoculated. The post-exposure vaccination course will depend on your prior vaccination history, so you'll need to consult your doctor or visit the emergency room for immediate medical care.

Find more information about by using #ForThemForUs and sharing photos and videos of rabies prevention and elimination efforts on social media.





PATRICK HENDRY / UNSPLASH

## Camping with your dog, paw 2

By Abby! Noah!

SPECIAL TO THE FAIRFAX COUNTY TIMES

Woofs! Last week I pawed an article about taking your dog camping and the preparations. Pawlease take time to read it at https://bit. ly/3zZvU4V. As we pawlan our first trip, we share some ideas for having a great time with you. What to pack without overdoing it? Woof...

Paws, the first thing I want to pack is a tent. Barkingly, not one of those pup tents either. While they are great, they may be a bit small for my human and two Labrador retrievers. Woof! When looking to purchase a tent, consider one made of sturdy material. Paws, when considering tent size, count the humans and count each dog as one person. This will give you enough room to move around comfortably in the small area. Woofs.

Bark! Since my claws tend to be a little sharp, especially on thin surfaces, I'm going to pack a few blankets to spread out on the floor of the tent. Not only will it help keep me from puncturing the bottom of Dad's tent, paws, but it will help clean off any dirt, mud, grass which might track in from our outdoor adventures. Woofs, at the end of our trip, or even during it should the need arise, blankets make it easier for us to clean up the inside of the tent. Barks.

Pawingly, for Noah and me, we want the bestest-ever sleeping bag with the cuddliest fleece on a firm air mattress to keep us warm and cozy during the chilly nights - I wonder if they make portable heaters to keep dogs warm?! Paws, when looking for bedding for your dog, note its size, and look for a dog bed or sleeping bag made specifically for dogs. These tend to be more durable, water-resistant, and great for outdoor use. This way, you will not have to worry about them getting dirty or damaged during your trip. Woofs. There are sleeping pads to make the stay comfier, which can be rolled up into the size of a soda can that I shall bark to Dad to buy for us too.

Our campsite will be a bit off the beaten path, but we will not have to hike very far. Dad's planning to use a site where he can pull the car next to where we stay and unload. Pawever, if you are pawlanning to hike a distance, make paws to pack your dog's backpack light and easy to carry. Pawingly, a long trip to a site somehow grows longer with a heavy backpack for you or your companion. Woofs!

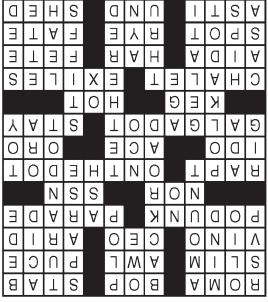
Woofs, at the campsite, since most of them require dogs to be leashed all the time, I am pawing Dad to consider using a zip line tied between two trees or secure, sturdy objects. Paws, this will provide Noah and me more room to play and run. Be sure to allow enough lead for the dogs to lay down too. Paws, if he leashes us to a picnic table, a tree, or some other secure object, it doesn't give us much room, and we'll likely always be under his feet. Barks, he will constantly be coming over to untangle our leashes too. Also, it will allow him to have free hands to do whatever he wants. Do research online about dog zip lines to learn about supplies needed and how to make one safely.

Paws, an impawtant aspect of camping with your dog is their pawticipation in activities with you. Pawlan your trip with your dog with you at all times. Ruff, never leave your dog unattended at your campsite. Many campgrounds forbid it, and it's not safe for your dog or others to do so. A human, mini-human, or even wildlife could disturb or even steal your dog while you are away.

WOOFS! Noah and I want to eat our meals on camping trips too. To make it easier to pack and carry, we will put our food and treats in airtight bags or portable kibble carriers. Barkingly, the fancy-schmancy ceramic dishes Mom bought for us will stay home. Paw, we'll use our collapsible plastic dishes for food and water so there's no concern with breakage.

#### Next week, camping with your dog, paw 3 About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at 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. fromthedogspaw.com, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.



Solution time: 25 mins. Answers

King Crossword



### PET SUPPLIES PL

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### by Dana Jackson



**Brian Austin Green** 

ABC/Maarten de Boe

Q: I see actress Megan Fox being photographed with her boyfriend a lot, but I don't see anything new about her ex. Brian Austin Green. Does he have a girlfriend? -- P.O.

since Megan Fox filed for divorce from Brian Austin Green cades ago. - G.T. and started dating rapper/actor Machine Gun Kelly (birth clearly discovered the fountain name Colson Baker). The two of youth, because you'd never met during the making of the little-seen film "Midnight in the Switchgrass" and have been joined at the hip ever since.

Brian Austin Green, who is best known for playing David Silver on the original Aaron Spelling series "Beverly Hills, 90210," had some paparazzi tailing him soon after the split when he was having lunch with Courtney Stodden, but she denied any romantic connection. Green has since been in a seemingly healthy relationship with long-time "Dancing with the Stars" pro Sharna Burgess. In fact, it's going so well that the couple is paired up together on the current season of "DWTS," which airs Monday nights on ABC.

Q: How old is Angela Bassett? I saw her being interviewed at the Emmy Awards, and I didn't even recognize her. She's always looked fabulous, but she looks even younger than she A: It's been almost a year did in the movie "Waiting to Exhale," and that was de-

> A: Angela Bassett has know she's 63 years old. She's gone on to have an impressive career in Hollywood, but has yet to win a well-deserved Oscar. She was nominated for her portraval of Tina Turner in the film "What's Love Got to Do with It" in 1993 and earned rave reviews in "Malcolm X," "Boyz in the Hood" and "How Stella Got Her Groove Back," but the gold statue eludes her.

> As for her personal life, Bassett has been married to fantastic character actor Courtney B. Vance ("American Crime Story") for a quarter century after meeting him in college at Yale. Her next project -- and a shot at the Oscar -- is a role in what is sure to be another smash hit for Marvel, "Black Panther: Wakanda Forever."

Q: Is Matthew Fox returning to television anytime soon? I loved him on "Party of Five" and then "Lost," but he seems to have disappeared. - L.L.

A: Matthew Fox first came on the scene as the elder brother of the orphaned Salinger siblings in the 1990s drama series "Party of Five," but "Lost" was a phenomenon all its own. He played the leader of stranded plane crash survivors on the hit ABC series, but when that ended in 2010, Fox announced he was done with television.

Fortunately, he found another project that piqued his interest in the upcoming Peacock series "Last Light," based on the apocalyptic novel by Alex Scarrow. The show is run by "Friday Night Lights" producer John Zinman and will co-star Joanne Froggatt as Fox's wife.

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

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#### "Queenpins"

(R) -- We can stop complaining that there are no unique ideas for movies and everything is a remake. This based-on-a-true-story comedy starring Kristen Bell and Kirby Howell-Baptiste is all about the intriguing and exciting world of extreme couponing! But not just everyday couponing, the plot soon delves into a multi-million-dollar counterfeit coupon scam started by two best friends who cheated corporations and attempted to pad the pockets of fellow budget-conscious housewives. First released in theaters in early September, streaming is available beginning 9/30. (Paramount+)

#### "The Problem With Jon Stewart"

Six years after vacating his host position on "The Daily Show," Jon Stewart is making a return to television. Some may question if we really need another nighttime political and social commentary show. The answer is a resounding YES, because it's Jon Stewart. In this new series, each hour-long episode will focus on a single topic, with new episodes airing every two weeks. In addi-

affairs, topics will also include advocacy work on which Stewart has focused his attention over the past years while he was out of the spotlight. (AppleTV)

#### "The Not Too Late

Show With Elmo" (Season 2) -- If Jon Stewart's talk show is too cerebral for you, head over to HBO Max's Cartoonito shorts section and spend 15 minutes with America's favorite 3 1/2 year old as he gets ready for bed. Elmo from Sesame Street is back for his second season with Cookie Monster as his genial, Ed MacMahon-esque sidekick, while other Muppets work as the show crew. Celebrity guests for the new season include Tamron Hall and Aidy Bryant. (HBO Max)

#### "LuLaRich"

In the early-2010s, a multi-level marketing company emerged that achieved phenomenal growth in number of independent retailers and profits. But after that impressive rise came the inevitable fall of both product quality and customer satisfaction. But who was to blame? Was it simply a matter of too much too fast, or was something more sinister at tion to well-known current hand? Through interviews (c) 2021 King Features Synd., Inc.

with its founders and numerous retailers, the story of clothier LuLaRoe unravels (much like their leggings did). The women who hawked the goods at home parties and through Facebook Live streams either made fortunes or lost everything, but they were all sold promises that were too big to sustain. Not surprisingly, founders DeAnne and Mark Stidham give off a strange televangelist power couple vibe from which you can't look away. (Prime Video)

#### "Felix and the Hidden Treasure"

(PG) (Animated) -- Two vears after his father disappeared at sea, 12-year-old Felix decides to venture out alone to find him. His mother is off enjoying a mom's vacay on a cruise, so she won't notice his absence. After his raft capsizes, an old bearded sailor with a wooden-legged parrot agrees to take him on board his craft and help him search for his pops. They end up on Dark Shadow Island with its legend of hidden treasure. But it's not your typical treasure of gold and jewels, it's something more existential. Or is it?? (Hulu)



STX FILMS

Kirby Howell-Baptiste, Kristen Bell in "Queenpins"

## HOLLYWOOD

## by Tony Rizzo

fore he was 36 and is now 82 years young. He intends to "put my money where my mouth is" in making his next film, "Megalopolis." He's even willing to put up whatever he can't raise of the \$120 million budget, vowing, "I'm prepared to match outside financing."

Of his past 10 films (since 1986), only "Peggy Sue Got Married" (1986), "The Godfather Part III" (1990) and "Bram Stoker's Dracula" (1992) were successful. His last film, "Twixt," made in 2011, was a horror film with Val Kilmer, Bruce Dern, Elle Fanning and Ben Chaplin, Zendaya, Michelle Pfeiffer

 $\Gamma$  rancis Ford Coppola which earned only \$1.3 million five Oscars belion of its \$7 million budget. What has sustained Coppola financially for all these years, besides his Coppola wine, is earnings from the 1979 film "Apocalypse Now." He explains, "It's been a big money-maker because I own the negative. The reason I own of our most beloved characters. the negative is because nobody wanted it!"

money that "Magalopolis" will be a big hit and possibly his swan song. He's rounding up a first-class cast that includes Oscar-winners Cate Blanchett, Forest Whitaker, Jessica Lang and Jon Voight, as well as and, for good measure, his "Godfather" Sonny Corleone, James Caan. We're pulling for you Francis, you're a great director and screenwriter, and we need you as much as you need

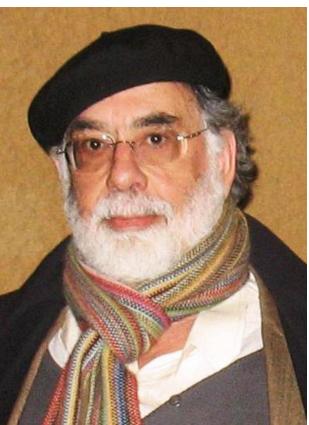
Jason Statham is producing another edition of "The Expendables," starring Sylvester Stallone, Dolph Lundgren, Randy Coltrane, and of course, Statham himself.

Another great talent struggling to continue working movie magic is Frank Oz. As a performer, he created some His unforgettable characters for "Sesame Street" include Coppola's betting his own Miss Piggy, Cookie Monster, Grover, Fozzie Bear and Bert, to name a few. Oz dominated eight Muppet movies, was the voice of Yoda in a slew of "Star Wars" films and was visible onscreen in "Knives Out" (2017) as Alan Stevens.

helmed "The Dark Crystal" (1982), "The Muppets Take Manhattan" (1984), "Little Shop of Horrors" (1986), "Dirty Rotten Scoundrels" (1988), "What About Bob?" (1991), "In & Out" (1997), "Bowfinger" (1999) and "The Stepford Wives" (2004), to name just some of his hits. When Disney bought Jim Henson's characters in 2004 (but not the "Sesame Street" gang), Frank Oz found he was considered expendable. He laments, "They don't want me because I won't follow orders and do the kind of Muppets they believe in. The soul's not there, the soul is what makes things grow and be funny!"

Maybe Frank Oz should go to Warner Bothers (they own "The Wizard of Oz"). Maybe he can be the NEW "Wizard of Oz"!

As a director, he (c) 2021 King Features Synd., Inc.



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Francis Ford Coppola

#### **BRINGING BACK THE COMMUNITY**

## VIENNA OKTOBERFEST RETURNS TO NORTHERN VIRGINIA

**By Collin Cope** SPECIAL TO THE FAIRFAX COUNTY TIMES

his weekend the 13th an-■ nual Vienna Oktoberfest comes back to Church Street. Following its hiatus due to the COVID-19 pandemic, this year's festival promises to bring the local community out like never before, with plenty of bratwurst, beer and activities for the whole family.

The festival will be free to attend and will take place from 11 a.m. until 7 p.m. To access the event, there will be a free shuttle making stops at Vienna Metro North (Orange Line) and James Madison High School between 10:30 a.m and 7:30 p.m. Parking in Vienna will be limited, so organizers are encouraging attendees to use the shuttle.

Throughout the day, there will be live music at each of three entertainment stages the Beer Garden Stage, Center Street Stage and Town Green Stage. The Beer Garden Stage will feature a mixture of performances, including the U.S. Army Band and local Latin pop-rock group Ocho de Bastos. Meanwhile, Center Street Stage will feature acoustic acts, such as Surfabilly Vibe, and Town Green will feature a variety of activities and performances geared towards children.

the festival hosts a variety of super fun event," said James.

local food vendors in its Vendor Marktplatz (marketplace), such as beer garden sponsor Caboose Brewing Company, wine sponsor Vienna Vintner, Bratwurst supplier American Prime and many

"Our Oktoberfest is built around our community," said VBA Executive Director Peggy James. As the festival grows, organizers rely on community participation from both local businesses and everyday residents to maintain this exciting tradition. "The community definitely comes out very strong, year after year. When I look at the pictures, there are a lot of kids that I've seen grow up through Oktoberfest."

In the spirit of community, the VBA also donates all of the proceeds from its beer and wine sales to its very own VBA Foundation, focused on supporting local charities, enhancing community service efforts, and building up local businesses. Last time, "over a hundred kegs [of beer]" were sold during the festival said James, and organizers hope to sell a lot more this year.

Event organizers are encouraging mask-wearing, as well as offering free masks and advise maintaining social distancing measures, but a mask will not be required. In addition, organizers will conduct frequent cleaning of Sponsored by the Vienna high-touch surfaces. "Our first Business Association (VBA), priority is to have a super safe,





#### LITTLE BIG TOWN

CONTINUED FROM PAGE B1

since 1998. However, Little Big Town was able to get together for some fun Zoom performances, including a Disney-themed one where they all sang Disney classics with their kids.

"We also did a couple of Zoom performances where we all got tested and masked up, and were able to perform from the same location,"

Schlapman said. "Of course, we did keep in touch and talked all the time, but it was strange not being together."

Having been away from her musical family, Schlapman noted that none of them would ever consider breaking up or walking away, because there's just too much love involved. And that means plenty more music will come down the pike.

"I believe we will just always be together," she said. "We enjoy each other, we like

being on the road together and hanging out, and playing music together of course. Playing live breathes life into our souls and we are so happy to be back."

Little Big Town did manage to complete a new record in the past year, and that will be coming out sometime in the next couple of months.

"We have put together a body of music that we are incredibly proud of," Schlapman said. "We cannot wait to get it out to the fans."

## Fairfax County Times Baby Boomers



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TIMES

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#### **Toffee Almond Chocolate Popcorn**

Total time: 15 minutes, plus 30 minutes chilling time • Servings: 4

#### **INGREDIENTS**

4 cups popped popcorn

3/4 cup chopped toasted almonds, divided

- 6 tablespoons toffee bits, divided
- 6 ounces milk chocolate, melted
- 1 ounce dark chocolate, melted

#### **DIRECTIONS**

- In large bowl, toss popcorn, 1/2 cup almonds and 4 tablespoons toffee bits. Drizzle with melted milk chocolate; toss until well coated.
- · Transfer to parchment paper-lined baking sheet. Drizzle with dark chocolate; sprinkle with remaining almonds and toffee bits. Refrigerate about 30 minutes, or until set; break into clusters.
- · Substitution: Use dark chocolate for milk chocolate, if preferred.



### Churro Popcorn Servings: 2-3

#### **INGREDIENTS**

- 2 tablespoons granulated sugar
- 1 tablespoon powdered sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons butter
- 6 cups popped popcorn

#### **DIRECTIONS**

- · In small bowl, mix granulated sugar, powdered sugar and cinnamon.
- In small saucepan, melt butter; stir in 1 tablespoon cinnamon sugar.
- In large bowl, toss popcorn with cinnamon butter until well coated. Sprinkle evenly with remaining cinnamon sugar; toss to coat well.

Tips: For spicy variation, add 1 teaspoon spicy chipotle seasoning. Serve with hot chocolate.



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### Legal Notice Legal Notice Legal Notice Legal Notice

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YamaChens Sushi

[(Full name(s) of owner(s)]:

Yamachen 13 Inc

6515 Harry Byrd Hwy Ste 170 Sterling, Fairfax County, VA 20164-3576

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

Si Liang Chen, 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.

(09-24-21, 10-01-21)

[(Full name(s) of owner(s)]: 7-Eleven Inc and Moti Investment Inc



Trading as: -Eleven 39244B

8228 Gunston Corner Lane Lorton, Fairfax County, VA 22079-3301

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

David Seltzer, VP. 7-Eleven Inc and

Devinder Singh, President, Moti Investment Inc. 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.

(10-01-21, 10-08-21)

[(Full name(s) of owner(s)]: My Boutique Wine LLC

//ABC Trading as:

My Boutique Wine 1899 Oracle Way Apt 1529 Reston, Fairfax County, VA 20190-4874

The above establishment is applying to CONTROL (ABC) AUTHORITY for a Internet Wine Retailer/Delivery Permit -In State license to sell or manufacture alcoholic beverages.

Alan Theriault, Member

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

Concourse A regional aircraft gates (Proposed Action).

service for passengers currently served in the Concourse A regional aircraft gates.

(10-01-21, 10-08-21)

[(Full name(s) of owner(s)]: BB50 LLC

Trading as:

Big Buns Damn Good Burgers 10392 Fairfax Blvd

Fairfax, Fairfax County, VA 22030-2248 The above establishment is applying to /IRGINIA AL COHOLIO CONTROL (ABC) AUTHORITY for a Wine

or manufacture alcoholic beverages. Alireza Azima, 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 or 800-552-3200. (10-01-21, 10-08-21)

& Beer On & Off Premises/Delivery permit/ Mixed Beverage Restaurant license to sell

Place a 's)edding declaration in the **Fairfax** County **Times** 

Contact Marcia Patch at 703-904-1004

#### Legal Notice

Notification is hereby given that JPMorgan Chase Bank, N.A., 1111 Polaris Parkway, Columbus, Ohio 43240 has filed an application with the Office of the Comptroller of the Currency (the "OCC") on or about October 8, 2021, as specified in 12 CFR Part 5, for permission to establish a domestic branch at the northwest corner of the intersection of Sunrise Valley Drive and Reston Parkway (aka Route 602), Reston, Fairfax County, VA 20191. Any person wishing to comment on this application may file comments in writing with the Licensing Manager, Large Banks Licensing Operations, 400 7th Street, SW, Washington, D.C. 20219 within 30 days of the date of this publication. The public portion of the filing is available upon request from the OCC. The public may find information about the filing (including the closing date of the comment period) in the OCC's Weekly Bulletin available at www.occ.gov. [(Full name(s) of owner(s)]:



Lezzet Vienna LLC Trading as:



Lezzet Restaurant

3008791

262 Cedar Ln Ste F & G Vienna, Fairfax County, VA 22180-6668

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

Serkan Gozubuyuk

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.

(10-01-21, 10-08-21)

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**Help Wanted** 

**Help Wanted Help Wanted** 

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#### PUBLIC NOTICE WASHINGTON DULLES INTERNATIONAL AIRPORT NEW CONCOURSE DEVELOPMENT

DRAFT SHORT FORM ENVIRONMENTAL ASSESSMENT AVAILABLE FOR REVIEW AND COMMENT The Metropolitan Washington Airports Authority (Airports Authority) has prepared a Draft Short Form Environmental Assessment (EA) to evaluate the New Concourse Development project at Washington Dulles International Airport (IAD or the Airport), which includes construction of a new midfield concourse south of Concourse C/D and demolition of the existing

The purpose of the Proposed Action being evaluated in this Draft EA is to (a) provide modernized terminal facilities to accommodate activity currently served in the Concourse A regional aircraft gates more efficiently and (b) provide the passengers currently accommodated at the Concourse A regional aircraft gates a safe, predictable, and enjoyable travel experience pursuant to the Airports Authority's Pledge to Passengers. The Proposed Action is needed to (a) support the ongoing shift in aircraft fleet mix away from regional aircraft with 50 or fewer seats to larger regional aircraft with up to 90 seats: (b) address operational inefficiencies associated with the Concourse A regional aircraft gates; and (c) improve the level of

The Draft EA evaluates the potential environmental effects of constructing a new concourse and demolishing the Concourse A regional aircraft gates and has been prepared pursuant to the requirements of Section 102(2)(c) of the National Environments of Section 102(2)(c) of the Section 102(2)(c Policy Act of 1969 (NEPA), and Section 509(b)(5) of the Airport and Airway Improvement Act of 1982, as amended. The FAA is the lead federal agency to ensure compliance with NEPA for airport development actions. The Draft EA has also been prepared in accordance with the requirements and guidelines of Federal Aviation Administration (FAA) Order 1050.1F, Environmental Impacts: Policies and Procedures, FAA Order 5050.4B, National Environmental Policy Act (NEPA) Implementing Instructions for Airport Actions, and the FAA Order 1050.1F Desk Reference.

This public review and comment period is also being conducted pursuant to the 1987 Programmatic Memorandum of Agreement among the FAA, the Virginia State Historic Preservation Officer (VASHPO) and the Advisory Council on Historic Preservation (as regards Section 106 of the National Historic Preservation Act of 1966 – 36 CFR 800). The VASHPO and the Virginia Department of Historic Resources (VDHR) have determined that the proposed project would not have an adverse

Beginning October 1, 2021, the Draft EA will be available for public review under the Environmental Information section of the Airports Authority website: https://www.mwaa.com/about/environmental-information. Physical copies of the Draft EA are available at the Brambleton Branch of the Loudoun County Library and Chantilly Branch of the Fairfax County Library:

Loudoun County Library, Brambleton Branch 22850 Brambleton Plaza

Brambleton, Virginia 20148

Fairfax County Library, Chantilly Branch 4000 Stringfellow Road

Chantilly, Virginia 20151 Written comments on the information disclosed in the Draft EA may be submitted by email (preferred) or mailed to:

environmental.comments@mwaa.com

Thomas Wasaff, Planning Department Metropolitan Washington Airports Authority 45045 Aviation Drive, 3rd Floor Dulles, VA 20166

All comments must be received no later than 5:00 PM, November 1, 2021. Please ensure adequate time for mailing. Comments can only be accepted with the full name and address of the individual commenting. Before including your address, phone number, email address, or other personal identifying information in your comment, be advised that your entire comment - including your personal identifying information - may be made publicly available at any time. While you can ask in your comment to withhold from public review your personal identifying information, it cannot be guaranteed that it will be withheld. Comments received on the Draft EA and responses to those comments will be disclosed in the Final EA.

