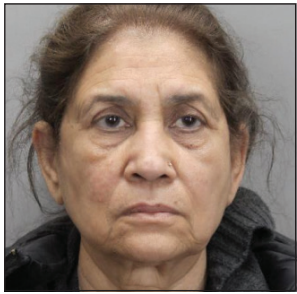




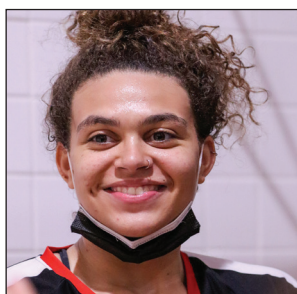
THIS WEEK INSIDE:



Daycare provider arrested for child abuse, neglect



Governor Youngkin announces creation of nearly 200 jobs in Fairfax County



Herndon resident named VA Gatorade Volleyball Player of the Year



Celebrating Women's History in Fairfax

INDEX table with categories like Public Safety, People & Places, Home & Garden, Sports, Opinion, Arts & Entertainment, Pets, Arts Calendar, Community Calendar, Health & Wellness, Classifieds.

Ukrainian-Americans urge international community to support fight for their homeland

By Michael Marrow FAIRFAX COUNTY TIMES

After amassing troops on the country's border for months, Russian President Vladimir Putin declared on the evening of Feb. 23 that Russia would be conducting a "military operation" in Ukraine, marking the beginning of a full-scale invasion of the second-largest country in Europe.



Natalya at a celebration with friends in Ukraine.



Svitlana with her mother and uncle in Kherson.

The announcement came around 6 a.m. local time in Ukraine, and residents awoke to their country at war. "My sister is in Kyiv," said Natalya Anderson. "She was there when the bombing first started. The way she responded to me" - such as by calmly drinking tea at her kitchen table - indicated to Anderson that "people had no idea how severe it would be. I was not expecting it," she said.

born in Moldova, though her family later moved to Sevastopol. The war is a culmination of a years-long conflict between the two countries. In 2014, following a period known as the Maidan Revolution, where pro-Russian politicians such as former President Viktor Yanukovich were ousted by protests that swept the country, the Russian government invaded and annexed Crimea, a peninsula in the south of Ukraine on the Black Sea. Additionally, Russian-backed separatists in the states of Donetsk and Luhansk in eastern Ukraine declared their independence the same year.

came to America in 2007, grew up in the Ukrainian town of Kherson. Having returned from a trip to Ukraine on Feb. 20, she narrowly escaped the outbreak of war. "People were doing their usual routine," Koch said, noting that though many were cognizant of Russia's military buildup, normal life seemed to prevail. "It was quiet." Kherson was the first major city to fall to the Russians on March 2. Putin launched the war based on shifting justifications. While often hammering away at the Eastern European expansion of the North Atlantic Treaty Organization (NATO), a military alliance of Western countries formed during the

Cold War, he has recently offered dubious historical analysis to depict Ukraine as a creation of Russia. Many Ukrainians speak Russian, and parts of Ukraine, particularly in the east, which share a border with Russia, have sizeable ethnically Russian populations. Russian propaganda has portrayed the invasion as reuniting Russians and Ukrainians under a common sovereign. But the two peoples have largely peacefully coexisted in Ukraine and often share each other's cultures. "When I was in Lviv six months ago. I spoke Russian," said Olga Zasyapkina, who is from Donetsk and came to the U.S. two decades ago.

"And that was in Western Ukraine." Many, like Koch and Anderson, have family in Russia as well. Instead of bringing them together, as Putin claimed, the war has driven them apart. "My brother lives in Moscow," Koch said. "I don't know when I will see him again." Despite the hardship, the conflict has also created new ties and deepened existing ones, with many stepping up to volunteer to help in any way they can. "In the last five days, I have heard from people that I have not talked to for years," Wynn said. "They reached out asking how my

See UKRAINIAN, Page A5

Federal judge rules new TJ admissions process is racist

FCPS will consider an appeal



In September 2020, about 200 parents, students and community members, most of them Asian Americans and immigrants to the United States, protested the removal of merit-based admissions to Thomas Jefferson High School for Science and Technology.

By Heather Zwicker FAIRFAX COUNTY TIMES

Last week Federal Judge Claude Hilton issued a 31-page ruling that Fairfax County Public Schools violated the law by changing admissions requirements at Thomas Jefferson High School for Science and Technology (TJ) to deliberately reduce the number of Asian American students enrolled.

of the Board's admissions overhaul was to change the racial makeup to TJ to the detriment of Asian-Americans." In one of the emails, revealed during the court case, board member Abrar Omeish acknowledged that the new admissions process was "anti asian...lol." Hilton ruled that school district officials "defaulted to a system that treats applicants unequally in hopes of engineering a particular racial outcome."

"A federal judge has established what our brave parents have been saying for

See TJ ADMISSIONS, Page A5

POSITIVE Vibes BY JAYA PATIL • Fairfax County Times

Bringing food to those who need it

The people behind the Fairfax Food Council

"I've been working with the community for 30 years, so I know almost everybody," said Patricia Moreno with Anthem HealthKeepers Plus (AHK-P)--without bragging of course. "When they are in need of something, they can just call me," she said. Moreno doesn't just define community as county lines but instead as a support network. That sense of family is what makes it easy for people to reach out to Moreno and vice versa. The support is so easy, in fact, that Moreno doesn't remember who reaches out to who when it comes to getting things done for the greater good. In one such instance, at the start of 2021 Falls Church High School Family Liason member Carolina Dotel was in need of supplies for FCHS's blossoming food pantry. FCHS was in the midst of trying to permanently establish the food pantry for the hundreds of families affected by

See FOOD COUNCIL, Page A4



PUBLIC SAFETY



COURTESY PHOTO
Shaista Laiq

Daycare provider
arrested for child
abuse, neglect

A 67-year-old woman was arrested Feb. 24 and charged with abuse and neglect of a child.

Detectives from the Fairfax County Police Department Child Abuse Squad were notified on Jan. 20 after an 8-month-old infant was treated at a local hospital with significant bruising to the upper body. Detectives discovered the infant attended an in-home daycare on Jan. 19 at 10858 Santa Clara Dr. in Fairfax. The parents observed these injuries when they arrived to pick up the infant from the daycare. These injuries were not considered life threatening. Hospital personnel believed the injuries were a result of an assault and contacted Child Protective Services who contacted police.

Detectives determined Shaista Laiq of Fairfax has operated the in-home daycare for more than 20 years. After several interviews and additional investigative steps, Laiq was arrested. She was taken to the Adult Detention Center and released on an unsecured bond. The daycare is in the process of being shut down.

Detectives ask anyone whose child attends or previously attended the daycare and believe their child may have had illegal contact with Laiq to call the 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).



COURTESY PHOTO
The cause of the fire is under investigation

Person identified in
fatal Lorton
townhouse fire

Units from Fairfax County Fire and Rescue responded to the 9100 block of Aspenpark Ct. in Lorton Feb. 26 for a two-alarm townhouse fire.

Crews were able to quickly bring the fire under control. Two occupants were transferred to a local hospital. One occupant suffered minor injuries. The other victim was taken to the hospital where he succumbed to his injuries. He has been identified as Charles Ngeh, 59.

The Fire Investigations Section is actively investigating the incident. The fire originated in a bedroom. The cause of the fire remains under investigation. This is county's first fire fatality of 2022.



COURTESY PHOTO
Five occupants were displaced because of the fire

Newington house
fire cause by
improperly
discarded smoking
material

Fairfax County Fire and Rescue Department and the Fort Belvoir Department of Fire and Emergency Services units were dispatched for a reported house fire in the 7800 block of Water Valley Court in Newington Feb. 18 at 9:59 a.m.

Crews arrived on the scene of a two-story, split foyer style, single-family home with fire visible from the rear of the house. Firefighters worked quickly to extinguish the fire. There were no civilian or firefighter injuries reported.

Two occupants were home at the time of the fire. One occupant smelled smoke and, upon further investigation, discovered the fire on the rear patio. The occupants self-evacuated and called 9-1-1. Working smoke alarms were present and sounded after the occupants discovered the fire.

Fire investigators determined that the fire was accidental in nature and started on the rear patio. The fire was caused by improperly discarded smoking material.

Five occupants were displaced because of the fire. Red Cross services were offered and declined. Damages as a result of the fire were approximately \$162,500.

non-life-threatening injuries related to the shooting. He was arrested and charged with burglary, possession of a firearm by a convicted felon, and brandishing. He is held at the Adult Detention Center without bond. Additional charges are pending, and detectives are continuing to investigate to identify the others involved.

Annandale man
succumbs to injuries
from Feb. 10 crash

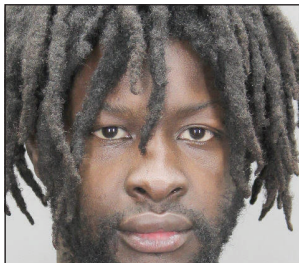
An 83-year-old man has died following a crash that occurred around 8:30 p.m. on Feb. 10.

Detectives determined William Dunn of Annandale was crossing John Marr Drive in the middle of the block just south of the intersection with Columbia Pike. The driver of a 2010 Hyundai Elantra was traveling south on John Marr Drive and struck Dunn in the roadway outside of the crosswalk. Dunn was taken to a hospital where he succumbed to his injuries on Feb. 21. The driver of the Hyundai remained at the scene. Speed and alcohol are not factors in the crash.

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

This is the 4th pedestrian fatality in the County to date in 2022.

Year to date in 2021, there were two pedestrian fatalities.



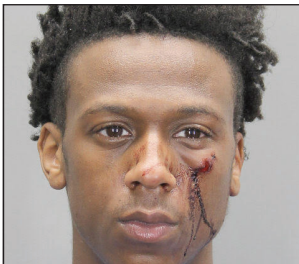
COURTESY PHOTO
Birane Sene

Citizens hold
suspect until police
arrive

A 27-year-old man approached one of the victim's while they were seated on a bench in the 11700 block of Fair Oaks Shopping Center at 6:59 p.m. Feb. 20.

The man took his property and ran away. The victim chased after the man and caught him nearby. A second victim was assaulted as she confronted the man, and he ran away. As the man ran away, he threw the victims property on the ground and the property broke.

Two citizens nearby held the man on the ground until officers arrived and arrested him. Birane Sene, 27, of North Carolina, was charged with robbery, destruction of property and obstruction of justice.



COURTESY PHOTO
Anthony Agee

Fredericksburg
man arrested after
shooting

A group of men got into an argument with an unarmed security guard and were removed from Paper Moon at 6315 Amherst Ave. at 2:34 a.m. Feb. 23.

As the group was leaving, two of the men forced their way back inside and each displayed a firearm. The two men walked back outside; started shooting the front of the business; and left in a white sedan. No injuries were reported at the business.

Anthony Agee, 22, of Fredericksburg, was located at a nearby hospital with



COURTESY PHOTO
Fire was accidental in nature

Wolf Trap house fire
caused by improperly
discarded fire pit
ashes

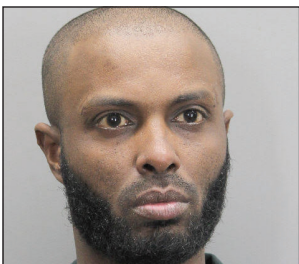
Units were dispatched for a reported house fire in the 1500 block of Snughill Court in the Wolf Trap area at approximately 8:45 p.m. Feb. 26.

Crews arrived on the scene of a two-story, split-level, single-family home with fire evident from the rear of the house. Firefighters worked quickly to bring the fire under control. There were no civilian or firefighter injuries reported.

Five occupants were home at the time of the fire. One of the occupants discovered the fire when he looked out a window and saw the back of the house on fire. He alerted the other occupants, and all self-evacuated before fire department arrival. Working smoke alarms were present and alerted after the fire was discovered.

Fire investigators determined that the fire was accidental in nature and started on the rear deck of the house. The cause of the fire was improperly discarded ashes from an outdoor fire pit.

Five occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$187,500.



COURTESY PHOTO
Elmdie Hamed

Fairfax man arrested
on two charges

Fairfax City Police officers responded for two disorderly subjects in the Giant at 9400 Fairfax Boulevard at approximately 10 a.m. Feb. 27.

Officers located two subjects matching the description in the area. Both subjects were served with trespass notices as requested by store management. One of the two subjects was found to have an active warrant from Fairfax City Police jurisdiction for petit larceny.

Elmdie Hamed, 32, of Fairfax, was taken into custody and transported to the Fairfax County Adult Detention Center

where the warrant was served. Hamed was held on a \$500 secured bond for the charge of petit larceny and held without bond for the charge of assault and battery.



COURTESY PHOTO
Person set fire to a structure

Investigators seek
public's help
identifying person of
interest

Fire investigators are seeking the public's help in identifying a person of interest related to a fire that occurred on Feb. 22, in the 5600 block of Columbia Pike.

At approximately 6:30 a.m., the person set fire to the exterior of an unoccupied restaurant. The person of interest is described as a male, approximately 5'7", in his late 30s to mid-40s. He has short, dark hair and was last seen wearing all dark clothing.

Anyone with information regarding this incident is asked to contact Capt. Richard Gundert with the Office of the Fire Marshal, Fire Investigation Section at 703-246-4711 or richard.gundert@fairfaxcounty.gov. Your tips can remain anonymous.

Smoke alarm alerts
occupant in Reston
condo fire

Units were dispatched for a reported condominium fire in the 1400 block of Northgate Square in Reston at approximately 7:33 a.m. Feb. 27.

Crews arrived on the scene of a three-story, garden style condominium with fire visible from a second-floor window. Crews quickly extinguished the fire. An unconscious cat was located and removed by firefighters. The cat was turned over to EMS crews who performed resuscitation efforts. Sadly, the cat passed away. One occupant was transported to a hospital for a checkup. There were no firefighter injuries reported.

Twenty occupants were in the building at the time of the fire. An occupant was awoken by the smoke alarm sounding. The occupant went into a bedroom and discovered the fire. The occupant attempted to extinguish the fire with no success. 9-1-1 was called and the occupant self-evacuated.

Fire investigators determined that the fire was accidental in nature and started in a bedroom. The fire was caused by unattended incenses burning too close to ordinary combustibles.

One occupant was displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were estimated to be approximately \$93,750.

Fill Us In!

In-Person Public Hearing on the McLean Community Center's FY 2024 Programs

Wednesday, March 23, 2022, 6:30 p.m.

The governing board and staff of the McLean Community Center seek **input from residents** of Dranesville Small District 1A at a Public Hearing on Programs for FY 2024 (which runs July 1, 2023, through June 30, 2024).

This is an opportunity for residents to suggest class offerings, community events, theater programs, art exhibits, youth events and teen activities that are meaningful to the community.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You may also submit comments to **holly.novak@fairfaxcounty.gov**.

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

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FAIRFAX COUNTY TIMES

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

Editor
Heather Zwicker
heather@fairfaxtimes.com

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

Calendar Submissions
ffxtimesevents@gmail.com

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

Positive Vibes Column
Jaya Patil
olivajayp@gmail.com

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

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

National Advertising
Simmy Murdock, 703-463-9228
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Local Advertising
Marcia Patch, 703-994-4940
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Simmy Murdock, 703-463-9228
simmym@wspnct.com

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

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

Angie Wyatt, Creative Designer
angiew@wspnct.com

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

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

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

Send event information to:
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PEOPLE AND PLACES



COURTESY PHOTO
Thomas G. Arnold

Deputy County Executive for Safety and Security appointed

The Board of Supervisors appointed **Thomas G. Arnold** as deputy county executive for Safety and Security.

Arnold will oversee the Police Department, the Fire and Rescue Department, the Department of Emergency Management and Security, the Department of Public Safety Communications and the Department of Animal Sheltering.

Previously, Arnold was an assistant fire chief with the Fire and Rescue Department, where he served as a senior adviser to the chief, led project implementation of initiatives from the chief's office, served as liaison with other county agencies, and supervised the department's Fiscal Services Division, Data Analytics Strategy Management Division, Information Technology Division, Public Information Office, Health, Wellness Section and Planning Section.

Arnold has 21 years of service with Fairfax County. He began with the Fairfax County Fire and Rescue Department as a firefighter in 2001 and worked his way up through the ranks as a lieutenant, captain, battalion chief and deputy chief. He has served as assistant chief since 2020.

Arnold holds numerous certifications and professional affiliations, and has received several performance and achievement awards for his service. He has also published papers on fire and rescue-related topics.

Arnold holds a Master of Science in executive fire service leadership from Grand Canyon University and a Bachelor of Science in business administration from Pennsylvania State University. He will receive an annual salary of \$215,000.

Applications now being accepted for 2022 Governor's Fellows Program

Applications are now being accepted for the 2022 **Governor's Fellows Program**.

The Governor's Fellows Program is a prestigious opportunity for rising seniors and recent graduates to get a firsthand look at the executive branch in action. Since 1982, fellows have worked alongside the governor's cabinet and staff, learning about state government and assisting in essential work for the Commonwealth.

"We are excited to welcome the next generation of leaders to kick off their careers with our administration," said Governor Glenn Youngkin. "The Governor's Fellows Program is a unique opportunity for young Virginians and students to experience public service first-hand and gain essential work skills for their future."

"Through meaningful interactions with the Governor's senior level staff, lunches with Cabinet members, trips around the Commonwealth, and projects both inside and outside my assigned Secretariat, I became fully immersed in Virginia government at the highest level," said Tommy Lukish, a 2012 Governor's

Fellow. "In every way, those experiences amplified my appreciation for public service and helped my personal and professional growth."

During their time in service to the Commonwealth, governor's fellows have the opportunity to learn from special guest speakers who are leaders in state government and beyond. Fellows also experience state government on the road, visiting state government agencies and historic sites that have shaped our past and are improving our future.

Qualified applicants must be rising college seniors, graduating seniors, or graduate students. All Virginia college and university students are eligible to apply. Virginia residents who attend out-of-state colleges and universities are also eligible. Both public and private college and university students are encouraged to apply.

The selection of fellows is based solely on merit. The Fellows Program does not discriminate on the basis of race, sex, color, national origin, religion, sexual orientation, age, disability, or veteran status.

The deadline to apply for the Governor's Fellows Program is March 28. Interviews will begin on March 30. Applicants will be advised on decisions beginning on April 18. The program runs from May 30, to July 29.

To apply, visit the Governor's Fellows Program website at <https://bit.ly/3K87zPD> and send the required recommendation letters to the following address: Governor's Fellows Program, Post Office Box 2454, Richmond, VA 23219

Please email any questions to govfellows@governor.virginia.gov.



COURTESY PHOTO
Steven Richardson

BOS appoints director to police civilian review panel

The Board of Supervisors appointed **Steven Richardson** as the executive director of the Police Civilian Review Panel (PCRP).

The panel reviews completed Police Department investigations into complaints alleging abuse of authority or serious misconduct, to ensure accuracy, completeness, thoughtfulness, objectivity and impartiality. Learn more about how the panel works on the PCRP webpage.

Richardson previously served as operations captain for the George Washington University Police Department. In this role, he supervised the performance of all investigations, detectives, patrol services and personnel. Richardson also studied the deployment of resources and recommended more effective deployments when needed. In addition, he reviewed all use-of-force incidents and adjudicated patrol officer union grievances.

Previously, Richardson also served as criminal magistrate for North Carolina's Judicial District 26; project manager and courts and corrections senior advisor for the Cook County, Ill. Sheriff's Office; fellow at the University of Chicago Crime Lab; police officer and investigator for the New York City Police Department; and legislative director for a New York City Council member.

Richardson holds a Bachelor of Arts in African-American studies from Binghamton University. He will receive an annual salary of \$120,000.



COURTESY PHOTO
Nova Labs prepares for a move to Fairfax.

Makerspace move includes robots, lab equipment, more

JK Moving Services is helping a local STEAM nonprofit move to an even larger facility.

As part of its partnership, JK is helping underwrite **Nova Labs'** move so that the nonprofit can expand its educational makerspace to serve and inspire more people.

"We have a specialty in helping move labs. A lot of care, planning, and expertise is needed to move chemicals, equipment, records, and in this case robots and 3D printers," explained Chuck Kuhn, CEO, JK Moving Services. "By combining our expertise with our passion to support our community—especially young minds -- we were excited to support Nova Labs' expansion by helping defray expenses and coordinate its move."

Located in Fairfax, Nova Labs is a membership-driven, all-volunteer makerspace, founded in 2011 with the purpose of empowering the community to "Rediscover the Joy of Making Things!" In addition to its labs and workshops, Nova Labs is home to an innovation center that serves as an incubator for entrepreneurial innovators as well as offers an extensive youth education programs, including eight FIRST Robotics Teams. Nova Labs is a 501(c)(3) nonprofit that supports a wide range of open-source development projects that benefit both the local community and the world.

JK Moving is in the process of helping Nova Labs move from its 18,000 sq. ft. facility in Reston that houses classrooms, workspace, incubator offices, and a shop which has both common tools and advanced fabrication equipment to a 38,600 square foot facility in Fairfax. The Robotics teams, which JK is sponsoring to support youth STEAM education, is building two robots to support the move.

Local photographers honored by Virginia association

Two local professional photographers were honored by Virginia Professional Photographers Association for high-quality photography and service to the photography industry.

As a result, these photographers were awarded the Service to Photography (SP) degree at VPPA's annual "PhotoConnect" convention last month in Newport News.

The Service to Photography (SP) degree is awarded to professional photographers for their continued endeavors to strengthen the craft of professional photography. It is earned through service to the Virginia Professional Photographers Association, as well as the photographic community throughout the state. This degree shows that its recipients have gone beyond the creation of images and dedicated their time to move the industry forward

and encourage education.

Local recipients of the SP degree are **Wayne V. Hall**, of WALL Photography & Design in Springfield and **Terry Wingfield**, of Wingfield Photography in Alexandria.

Founded in 1898, VPPA is one of the oldest affiliates of the Professional Photographers of America (PPA) in the country. Its diverse membership includes professional photographers specializing in a broad spectrum of commercial and creative photography genres.



COURTESY PHOTO
Justin Zakia

Fairfax Radiology Center has new CEO

Justin Zakia has joined Fairfax Radiology Centers, LLC (FRC) as chief executive officer.

Zakia comes to FRC from OrthoVirginia, the largest musculoskeletal physician group in Virginia, where he served for approximately four years, most recently as chief strategy officer.

A seasoned healthcare executive with a progressive hands-on operational background, Zakia started his career as a flight officer in the U.S. Navy. After leaving the service, he worked in medical device sales before becoming an administrative director at Elliot Health System in New Hampshire. He was later a practice group administrator at the George Washington University Medical Faculty Associates before becoming chief administrative officer of the Northern Virginia Region for OrthoVirginia in 2021.

"I am eager to embrace the challenges of this new role at Fairfax Radiology," Zakia said. "The medical expertise of the physician group is unequalled, the partnership with Inova is exciting and the company is poised for tremendous growth."

Zakia earned his Master of Science degree in Healthcare Delivery Science from Dartmouth College and his Bachelor of Science degree in Environmental Technology from Cornell University. He lives in the Vienna community and is the parent of three children.

Herndon seeks applicants for newly-formed committee

The Herndon Town Council has adopted resolution to form an advisory committee focused on diversity, equity and inclusion throughout the community, and is seeking members.

The Herndon Diversity, Equity and Inclusion Committee (HDEIC)'s purpose is to elevate community concerns about diversity, equity and inclusion in the town, through recommendations to the Town Council as well as enhanced service delivery to minority residents and businesses. The committee will also recommend policies and activities to help foster diversity and inclusion in Herndon.

The HDEIC will be comprised of 11 members from diverse backgrounds and professions. The Town Council resolution outlines membership as follows: seven town residents, two town business owners, one non-resident, and one councilmember, who will serve

as chair. Members will serve two-year terms to coincide with election terms, with the first term extended to end with the next Town Council's term in December 2024. The meeting schedule will be determined by the chair, with committee input.

"This newly-formed committee provides a strong voice to effect enhancement of town policies and programs, in a way that is equitable and inclusive," said Mayor Sheila Olem. "Herndon is known for our rich diversity of cultures and customs. This committee capitalizes on that asset and ensures that these cultures are fully heard and celebrated by their town government."

Applications to serve on the HDEIC are available on the town's website at <https://bit.ly/3Hs5ZGE>

capital solutions and transformation projects as a business advisor to senior management and has a proven track record of building, leading and managing teams across the globe.

Taylor serves on Guidehouse's ISO Audit Committee, Inclusion & Diversity Council and Compensation Committee providing management oversight for certain key functions including the Management Review and Leadership Commitment. She received both her graduate degree with a dual major in Human Resources and German and post-graduate degree in Human Resources and Labor Relations from Michigan State University.

Dunkin' to award \$100,000 in scholarships

Dunkin' and its DMV franchisees announced the launch of its inaugural Dunkin' Regional Scholarship Program, which will award \$100,000 in scholarships to high school and college students throughout the DMV.

In partnership with **Scholarship America**, Dunkin' will award 40 students throughout the DMV region with a \$2,500 academic scholarship to an accredited two- or four-year college, university or vocational-technical school of their choice in Fall 2022. Dunkin's DMV Regional Scholarship Program will be open to current part-time and full-time undergraduate students and high school seniors. Recipients will be selected based on their academic record, demonstrated leadership skills and overall commitment to their school and local community.

Applications for the Dunkin' Regional Scholarship Program will be accepted through April 15. Applicants must be high school seniors or current undergraduate students who plan to enroll in a part-time or full-time undergraduate course of study at an accredited two-year- or four-year college, university or vocational-technical school in Fall 2022.

Applicants must reside and/or be currently enrolled in college in one of the below regions to be considered. For more information or to apply, visit <https://bit.ly/3sy8nAB>.



COURTESY PHOTO
Jamila Taylor

Fairfax company appoints CHRO

Fairfax-based Guidehouse has appointed **Jamila Taylor** as Chief Human Resources Officer (CHRO), reporting to COO Charles Beard. In her role, Taylor will focus on human capital strategy, talent acquisition, performance management, leadership and cultural development, organizational design, and learning and development.

Taylor is an accomplished Global HR leader with more than 25 years of experience in both privately and publicly traded companies. Taylor joined Guidehouse in early 2019 to build the HR Operation functions (talent acquisition, HR technology, people analytics, payroll, and total rewards). Later that year, she was named Partner and lead of the newly Shared Services function. With a broad range of responsibilities at Guidehouse, a carve-out and highly complex organization, she has developed a deep expertise in identifying, evaluating and implementing human

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OBITUARIES

In loving memory

Wendy Graham Mathews

Wendy Graham Mathews, 60, of Vienna, VA and Pocono Lake Preserve, PA, formerly Chatham, New Jersey, passed away on December 31st, 2021 surrounded by family and friends after a courageous battle with breast cancer. Wendy was born on October 6th, 1961 in Abington, PA, the only child of the late Dr. Howard D. Graham and the late Judy Schadt Graham. Wendy attended Germantown Academy and was a 1983 graduate of Denison University where she received a B.A. in Spanish Language and Literature. Wendy spent her junior year abroad in Barcelona, Spain studying at the University of Barcelona. She later graduated with a master's in Spanish from Middlebury College Language School. Wendy embarked on a teaching career that spanned many years and was a source of great fulfillment within her life.

An adventurer and lover of the great outdoors, Wendy enjoyed birdwatching, hiking, swimming, sailing, and gardening. She loved yoga, playing games with her children, and Spanish films and music. Wendy was an active member of the Vienna Presbyterian Church. Her warm demeanor, charismatic energy, and beautiful smile were far reaching. A dedicated and loving mother and wife, and devoted friend of many, Wendy will be dearly missed by all.

Wendy was predeceased by her husband of 29 years, Charles P. Mathews. She leaves behind three children, Susanna, Charlotte, and Charles "Graham" Mathews.

A memorial service will be held on Saturday, June 4th at 10:00am at the Vienna Presbyterian Church in Vienna, VA. A reception will follow. In lieu of flowers, donations may be made in Wendy's name to Vienna Presbyterian Church or the Nature Conservancy.

PAID ADVERTISEMENT

New Hemp Technology Is 450% Better For Discomfort Relief Than Regular Hemp Oil

Next generation hemp technology soothes joint discomfort, aches and sore muscles 5Xs better than hemp oil.

Americans are rejoicing about a brand-new technology that gets the goods on the health benefits of hemp.

A next generation hemp technology is now available across the nation and can be purchased without a prescription.

And the best part, it comes with a new delivery system that's 450% more absorbable than oil.

So you can say good-bye to pills, oils and creams.

Canna LS contains pure "full spectrum hemp," which works to relieve joint discomfort, restore sharp memory, and support a healthy normal inflammatory response, to name a few. And since it has no THC, it heals without the "high."

Exciting new scientific research shows that hemp contains special molecules called cannabinoids which bind to receptor sites in the brain and body. When taken orally, hemp activates these receptors

Why This New Technology Is Better Than Hemp

Unfortunately, most hemp found on the market can't deliver a fraction of these results. "The problem is, most hemp formulas come in oil form," according to Chief Technologist Mi Hwa Kim of The Green Gardener. "Oil doesn't breach the cell membrane, which is where the real healing happens. Our body is 80% water, our cells 90%. And you know what they say about oil and water — they don't mix."

This is why Canna LS contains a unique "water soluble" system. The technology is shown to improve absorption in the cells by 450%, quickly boosting the body's cannabinoid levels.

"The other problem is that most of these formulas only contain a single compound extract," says Ms. Kim. "Hemp's full spectrum of cannabinoids are shown to work synergistically. In short, they work better together. It's called the "entourage effect." Most miss out on the full effects because they are missing some of the best rejuvenating compounds within the hemp plant. This is why we've made Canna LS with "full spectrum" hemp." "Finally, most hemp formulas are made on foreign farms with pesticides, or grown using non-organic seeds and processes. We've grown the hemp in Canna LS at a 100% organic American farm, under strict agricultural guidelines. It's grown without pesticides or GMOs. And it's grown to contain no THC."

How It Works

The key to hemp's health benefits is the Endocannabinoid System, a network of receptors in the cells. The system is there to maintain homeostasis (balance). In response to toxins in our body, it releases cannabinoids to set things back to their natural state.

"It's really an amazing God-given system that's been completely over-looked," says Ms. Kim. "Our bodies are practically designed to work with the compounds in hemp, which is why we needed a technology like Canna LS that unleashes its full potential."

Over time, with aging, the endocannabinoid system even-



tually burns out. Fewer cannabinoids are released, so the body's levels deplete. The result is, all sorts of symptoms of aging like age-related memory loss, blurry vision, joint discomfort, and much more.

"This is why there's almost nothing hemp can't do and no health concern it can't address," says Mi Hwa. "The trouble is, most hemp formulas are just not absorbable enough for the cell, so they fail to activate the endocannabinoid system. This is why they don't deliver anything close to the full range of potential results."

Fortunately, Canna LS is clinically shown to enter the cell membrane 450% more powerfully. This is how it boosts cannabinoid levels fast, helping to relieve joint discomfort... restore foggy memory... and support healthy blood sugar. And what most people really love is that the "pearl" gel is easier to take than taking a pill or oil.

Not Yet Sold In Stores

Full-spectrum hemp, like Canna LS, is available nationwide. However, several major pharmaceutical companies are currently testing hemp in clinical settings, which means it may require a prescription in the future. It's advised to get Canna LS while you can.

Taking All The Risk Off Consumers

A large percentage of men and women using Canna LS experience truly amazing results. That's why it's now being sold with a guarantee that goes way beyond the industry standard. "We can only make this guarantee because we are 100% certain our customers will be satisfied," says Ms. Kim. We want to take full risk off consumers. So in addition to offering substantial discounts for first-time customers, we also make them a huge promise that ensures they don't have to risk a cent."

Here's how it works: Take Canna LS exactly as directed, and you must be thrilled with the results! Otherwise, simply return the bottles and any unused portion within 90 days of purchase.

Where To Find Canna LS

This is the official nationwide release of Canna LS hemp technology. And so, the company is offering a special discount supply to anyone who calls within the next 48 hours. An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try Canna LS hemp extract. Starting at 7 a.m. today, the discount offer will be available for 48 hours. All you have to do is call TOLL FREE at 1-866-370-8606. The company will do the rest. Use Promo Code NP-0322CA82 when you call in.

Important: Due to hemp's growing popularity and recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

Governor Glenn Youngkin announces creation of nearly 200 jobs in Fairfax County

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

On Monday, Virginia Governor Glenn Youngkin made his first Fairfax County economic development announcement since taking office on Jan. 15. At Alarm.com's headquarters in McLean, Youngkin announced that the company would invest \$2.6 million to expand technology research, creating 180 jobs.

Alarm.com currently employs close to 700 workers and was recently named one of Fortune Magazine's 100 Fastest Growing Companies in 2021. They present smart solutions to help protect individuals while creating a service that protects home and business owners worldwide, including friends and families.

"I am so excited because a top priority of our administration is to grow," Youngkin said. "And one of the things that we know is when we grow, and we create jobs together. Governors don't create jobs; businesses create jobs. And together, we can foster an environment that creates opportunity across the Commonwealth opportunity that lifts all Virginians."

Youngkin also expressed how Alarm.com's growth over the past two decades demonstrated how no matter the size of the business, it can succeed with the right people in place. He also said that the company is at the forefront of technology's growth in a booming global industry.

Before turning over the mic to Alarm.com President and CEO Steve Trundle, Youngkin presented Trundle with a flag from the Commonwealth of Virginia that



has flown over the Capitol. Trundle accepted the flag with grace. Together, both men and the other leaders in attendance celebrated the new partnership between the company and the Commonwealth of Virginia.

"It's a great way for us to continue to build diversity in our labor force and our company as well," said Trundle. "We started the company in Virginia, a great place to start a business, had 5,000 square feet, and four or five, six employees when we got started, and now we have grown the business and now have 200,000 square feet, it's unbelievable."

The Virginia Economic Development Partnership worked with the Fairfax County Economic Development Authority to help secure the project for Virginia. Victor Hoskins, president, and CEO of the Fairfax County Economic Development Authority, said that Alarm.com is a prominent technology innovator and backs their decision to expand and create more jobs.

Hoskins also paid homage to Alarm.com's technical apprenticeship program, which takes individuals who don't have a technology background to come out of college

and ultimately mold them into tech individuals. The company has hired about 75 percent of all individuals that come through the program.

"This company is doing something right," Hoskins said. "What blew me away was that they had taken mechanics, musicians, and turned them into technologists. They have brought talent together like never before."

Fairfax County Board of Supervisors Chairman Jeffrey C. McKay said he was thrilled to see the partnership develop, as well the expansion of business within the state and counties like Fairfax County.

"We want everyone here to be successful," said McKay. "We have the department of economic initiatives in Fairfax County that identifies ways we can help businesses specifically be successful in Fairfax County. I want to congratulate Alarm.com and am so glad they're here expanding here in Fairfax County."

McKay concluded his thoughts by praising the Economic Development Authority for investing and helping provide the resources that help make up the environment that currently exists within Fairfax County and hopes to see the growth continue in the future.



FOOD COUNCIL

CONTINUED FROM PAGE A1

food insecurity.

Food wasn't the only thing needed, with supplies ranging from masks and hand sanitizer to reusable grocery bags for the deliveries. Supplies were not guaranteed for each month that FCHS would make deliveries from their food pantry. Moreno realized she could donate the grocery bags for the rest of the year, making it one less thing the FCPS food pantry organizers had to find.

Dotel and Moreno have known each other for years, but time is not a prerequisite for Moreno's help. "Whatever they need, [they] can call me and they know we will support them in that issue" she said.

The relationship between the school and Moreno was not confined to this one instance. The need for healthcare is as real as the need for food. Moreno would often be in the schools pre-COVID, participating in face-to-face outreach to educate families on healthcare.

With COVID, Moreno

said they "had to find ways to still support the school but not be exposed and also support the regulations." When she knew that Dotel and those with the FCHS food pantry had a need she could meet, she didn't hesitate to find a way-determined to "still [support] our families, community, and the school," said Moreno.

The foundation for these interactions is the Fairfax County Food Council, of which Moreno is a part. The Food Council houses the Food Access and Literacy Work Group. Their mission is centered around food.

Those involved are farmers, nonprofits, churches, and more-community members like Moreno. "The community gets together at that table and we are making a difference for our residents, together," Moreno said.

During the pandemic, the Food Council's concern was how the community would access the food they need. The council responded by expanding the food resources available to the community. "They brought the food to [the community]," said Moreno.

Food was dispersed to more locations for greater accessibility. Coordination with departments afforded them the ability to deliver food bank donations to households in need that had also tested positive for COVID-serving those families when they were unable to go out for their basic needs.

Some insurance companies similarly stretched their benefits to include supplying transportation to food resources, minimizing the gap between the food available and the means of obtaining it.

All the efforts that made it possible for Moreno to donate grocery bags to FCHS's food pantry in the first place were thanks to a community full of people supporting one another.

"I'm very proud to belong to Fairfax County because I have seen how much they have been able to do but it's because the community got together-we all got together and said 'we need to do something'," Moreno said.

For more information about food resources, please go to <https://bit.ly/3K8FdVy>.

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UKRAINIAN

CONTINUED FROM PAGE A1

family is doing, asking if there is anything we can do. I feel supported. You know who your friends are when trouble knocks on the door.”

Prior to the invasion, Ukrainian President Volodymyr Zelenskyy, a former actor and comedian, had middling approval ratings. But Zelenskyy has held firm and refused to retreat in the face of the Russian onslaught, inspiring Ukraine’s resistance and uniting the global community in response.

“He showed real loyalty that every president should have,” said Nataliya McLean, who came to the U.S. in 2004 and is from Sumy, which is at the forefront of the war. “I feel proud to have a president like him over there. He showed real care for the people and the motherland.”

The U.S. is currently ramping up humanitarian and military aid to assist with Ukraine’s defense and the relocation of refugees, hundreds of thousands of whom have fled to neighboring states like Poland.

The EU and NATO as well have pledged additional support. With Russian troops advancing every moment, their assistance cannot come quickly enough. “If you help Ukraine, you help yourself,” Anderson said, adding that this issue “affects everyone.”

Several countries have imposed crippling economic sanctions on Russia’s economy, causing a crash of the Russian ruble and runs on banks throughout the country. However, sanctions have largely carved out commodity imports to allow for the continued trading of energy resources like oil, which several European countries, in particular, rely heavily on Russia for. It is an exception that several have criticized.

“Cut the purchase of oil, don’t give them money, because this money is helping Putin invade Ukraine,” Anderson said. “This will help Europe be independent of Russia. How do you sanction someone you get energy from?” She asked. “We need to cut those ties to help Europe fight.”

The Ukrainian military has so far defied expectations. But with each day as increasing numbers of

Russian troops flood the country, the odds of success for the Ukrainian military continue to slim.

“I don’t let my mind even try and go to what would happen if Ukraine doesn’t win,” Wynn remarked. “I’m hopeful for our military. They will stand until their last breath.”

Many are eager for a diplomatic solution to succeed that will end the fighting. “My hope is as soon as possible to get an agreement to keep Ukraine safe,” Anderson said.

In the end, for lasting change to be achieved, Russia will have to be transformed from within. “If they wake up and start to speak out and not be scared to go to jail,” Koch said of Russian citizens, “that will change the world.”

Anderson is collecting donations to send to Ukraine. “We update the list of current needs every week on our social media on Instagram @alyasalonna for what Ukrainians need at the moment so we can ship it,” she said. AlyaSalon is located at 139 Park St. SE in Vienna. For more information, you can call them at 703-281-2592.

Governor Glenn Youngkin signs eight bipartisan bills into law



Governor Glenn Youngkin signed eight bills into law March 2. The legislation signed addressed taxes, economic development, the Virginia Retirement System and higher education construction.

“I am honored to sign these bills into law to address bipartisan priorities. In the coming days, we will continue to review bills and I’m looking forward to signing more legislation into law that will ensure Virginia is the best place to live, work and raise a family,” said the governor.

One of the bills signed into law was patroned by Delegate David Bulova, D-Fairfax. **HB 473**, reduces the administrative burden on VRS and employers through increasing operational efficiency by easing reconciliation efforts with the hybrid retirement plan by separating existing blended defined benefit and defined contribution rates. This also allows more flexibility for individuals to change their voluntary contributions monthly instead of quarterly, making government work better for them. This has a delayed implementation date of July 1, 2024.

Other gills the governor signed include:

HB 269, patroned by Delegate Kathy Byron, R-Bedford, which supports economic development by extending the sunset to the

Major Business Facility Job Tax Credit from 2022 to July 1, 2025. Qualified companies locating or expanding in Virginia are eligible to receive a \$1,000 income tax credit for each new full-time job created over a threshold number of jobs beginning in the first taxable year following the taxable year in which the major business facility commenced or expanded its operations. The Governor and Delegate Byron were joined by Secretary of Commerce and Trade Caren Merrick.

HB 518, patroned by Delegate Christopher Head, R-Botetourt, which streamlines the collection and remittance process for travel intermediaries.

HB 324, patroned by Delegate Angelia Williams Graves, D-Norfolk, which supports economic development by updating provisions of the Shipping and Logistics Headquarters Grant Program that was originally established in 2021.

HB 148, patroned by Delegate Chris Runion, R-Rockingham, will make government more efficient by allowing localities to self-certify pollution control equipment for the exemption of sales & use tax already permitted. Under current law, the state certifying authorities are the State Water Control Board or the Virginia Department of Health for water pollution and the

Virginia Waste Management Board for waste disposal facilities.

HB 462, patroned by Delegate Terry Austin, R-Botetourt, which supports the aviation industry in Virginia by extending the aviation materials and tools sales and use tax exemption for both state and local taxes to July 1, 2025. This bill also narrows the definition of aircraft covered by this exemption to those with a minimum takeoff weight of at least 2,400 pounds.

HB 3, patroned by Delegate Lee Ware, R-Powhatan, which extends for another three years the current Retail Sales and Use Tax exemption for sales of \$1,000 or more of gold, silver, and platinum bullion and legal tender coins.

HB 165, patroned by Delegate Barry Knight, R-Virginia Beach, which authorizes issuance of bonds for James Madison University and Virginia Tech. This is a routine 9(c) bond, these bonds are typically for dorms or dining and occur routinely and yearly. These bonds do not impact general funds, are in the budget and have no debt impact. The debt does not impact Virginia’s debt capacity since the debt service is paid from project revenues as students pay for rooms throughout the semester.

TJ ADMISSIONS

CONTINUED FROM PAGE A1

almost two years: Fairfax County Public Schools engaged in systemic racism against Asian students,” said the Coalition for TJ, a group of parents, students, alumni and community members that filed the lawsuit on behalf of local parents and students. “The Coalition for TJ is thrilled that Judge Claude Hilton has ruled in favor of our parents, students, families and communities. For almost two years, the Fairfax County School Board has turned a blind eye to the pleas of Asian parents, students to end their anti-Asian racism.” The local organization said that Hilton’s ruling is a “victory for all of our northern Virginia families – no matter your identity – because it’s a win against racism and discrimination.”

Until last year, admission to TJ was race-blind and merit-based. Requirements included a standardized test, grade-point average, completion of certain math classes and teacher recommendations. In December 2020, FCPS board and superintendent adopted an admissions policy aimed at balancing racial groups by eliminating the test and guaranteeing seats for 1.5 percent of each middle school’s eighth grade class, according to a press release by the Pacific Legal Foundation (PLF), who represented the Coalition for TJ free of charge. The foundation also said that FCPS awarded “bonus points” for various factors such as attendance at a middle school previously underrepresented at TJ.

According to FCPS officials, the \$100 application fee was also eliminated and the freshman class was expanded by 70 students from 480 to 550 slots.

A year ago, Coalition for

TJ filed the lawsuit in the U.S. District Court for the Eastern District of Virginia, Alexandria Division, challenging the changes.

“This is a monumental win for parents and students here in Fairfax County, but also for equal treatment in education across the country,” said PLF Attorney Erin Wilcox. “We hope this ruling sends the message government cannot choose who receives the opportunity to attend public schools based on race or ethnicity.”

Kofi Annan, former NAACP Fairfax Chapter president, who said he went on record before the new approach was implemented to voice his disagreement said his feelings remain unchanged now.

“The lack of diversity at TJ is emblematic of systemic discrimination in FCPS and the surrounding area school districts that consistently fail to educate African-American students at the same levels at white students, and TJ’s demographics is just one of the ways that discrimination is manifested,” he said. “Some have compared the admissions test at TJ to the SAT, but it’s not the same thing. For starters, TJ is an advanced math and science school so it makes sense that the students there come in with an advanced understanding of the subject matter, whereas the SAT is a general test that is scientifically proven to have no impact on students ability to perform in college. Secondly, colleges don’t have any control over high school curriculum. On the other hand, FCPS has the power to level the playing field. In other words they control the pipeline into TJ. So if no majority black schools are funneling students into TJ, they have the ability to fix it. Black students can reach any bar if provided the same tools.”

Cofounder of Coalition

for TJ and an alumni parent of a TJ 2021 graduate, Asra Nomani, said she’s thrilled with the judge’s clear renunciation of racism and discrimination and his powerful defense of equality. “For almost two years, our courageous families have battled an incalitrant and racist school board, superintendent and principal intent on using ‘social justice,’ ‘equity’ and ‘anti-racism’ to perpetuate racism and discrimination against Asian students and families,” she said. “We are so grateful to the team at Pacific Legal Foundation for being relentless defenders of justice. This is a win for America”

FCPS said it “will consider” asking a federal appeals court to review the decision, according to FCPS Division Counsel John Foster, who said he believes the ruling is “not supported by law.”

“The current freshman class selected under the new process has a majority of students who are Asian-American, but the plaintiffs have contended, without evidence, the School Board intended to discriminate against Asian-American students,” said Foster. “The new process is blind to race, gender and national origin and gives the most talented students from every middle school a seat at TJ. We believe that a trial would have shown that the new process meets all legal requirements.”

However, Judge Hilton agreed with the Coalition for TJ on almost every count and concluded that FCPS board members, Superintendent Scott Brabrand and TJ Principal Ann Bonitatibus made clear that their goal was “to have TJ reflect the demographics of the surrounding area, described primarily in racial terms.” Hilton concluded that this aim amounts to “racial balancing for its own sake” and is “patently unconstitutional.”

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It's time to get your garden ready for spring

By Gioia Caiola Forman
GREEN SPRING MASTER
GARDENER • FRIENDS OF GREEN SPRING
(FROGS) BOARD MEMBER

Now is the time to prep your garden so you'll be ready for planting. Throughout the fall and winter the garden can be exposed to the elements and the mess left behind by wind and storms. The weather will slowly begin to warm but plants are still dormant. It's the perfect time to clean up. If you wait too long you might step on spring bulbs and plants that will soon be popping out of the ground.

- Clear away and compost the dead stalks of perennials. They provided winter seeds for the birds and wildlife but now it's time to clear away.
- Clean-up also applies to trees and bushes. Prune to maintain shape and good form.
- Rake lawns to remove fall and

winter debris. This also helps get air to the root zone.

- Get out the pitchfork and turn over your compost pile. The bottom has the best organic matter.
- Give your soil some care. You should add compost or manure a couple of weeks before planting. You want to give it time to mix well with your soil to avoid burning the roots of the new plants.
- Make a plan for the garden. Be certain you know your planting zone. Learn about native plants and utilize them in your plan.
- Clean out bird boxes to avoid disease and pests and to encourage pollinators to the garden.
- Prep your garden tools. Clean with soap and water and apply mineral spirits on wood handles.

The time you spend now will ensure healthy plants and shrubs. You'll be ready for spring and everything blooming.



The best time to replace a tree is now!

By Martha Wilson
GREEN SPRING MASTER
GARDENER

From time to time, many of us have had to take down trees. But did you know it's important to replace them? The canopy from these majestic giants can lower neighborhood air temperatures by as much as 9 degrees Fahrenheit. Trees can lower some surface temperatures (like asphalt) between 20-45 degrees.

Also, large trees in the front yard, (street trees) can increase property values up to 19 percent.² Given these benefits, let's consider some wonderful options for replanting. It's important to consider a wide variety of native species because they support local wildlife, bees, birds, moths, and butterflies. All of the suggestions below can also tolerate clay soil common in this area.



COURTESY PHOTO
American Beech
Large trees (Mature height 70 to 100 feet):
These trees take full sun to part shade. If you own a

bare corner lot at a cross-street, you have a hot spot microclimate. If you back up to one of the Accotink tributaries, you may have boggy soil in the back. Both conditions are opportunities. You may have room for one or more of these gentle giants:

- **American Beech**, Slow grower. Medium moisture (not boggy.) Smooth, light gray bark. Dense canopy, copper fall leaves,

with the papery remnant in winter. Beechnuts support birds, squirrels, more than 100 species of butterflies and moths.

- **Sycamore**, Medium/fast grower. Prefers near streams, but can tolerate dryer soil. Gorgeous gray bark, peels to white in the upper canopy. Note - seed balls. Supports 300 to 500 species of insects and wildlife.
- **White Oak**, Slow grower. Can tolerate dry sites. A stately specimen is as wide as it is tall. Dark red/wine colored fall foliage. Supports 80 species of birds and mammals and up to 534 species of butterflies and moths.

Narrow 10 to 25 feet wide, 20 to 50 feet tall. Waxy, lily-of-the-valley tiny white flowers clustered on tendrils in June, turning paper tan in fall against brilliant scarlet leaves in Fall. The best source of pollen for sourwood honeybees. Larval host for the Luna moth.



COURTESY PHOTO
Red Oak



COURTESY PHOTO
Black Gum or Black Tupelo

Medium trees (Mature height 35 to 70 feet):
All of these also trees take full sun to part shade, except the Red Oak, which wants full sun only.

- **Black Gum, Black Tupelo**, Slow grower. Prefers a moist site, but deep taproot makes it somewhat drought tolerant. Glossy dark green oval leaves, brilliant scarlet in fall. Blue-black fruit is loved by many birds.
- **Red Oak**, Fast grower. Prefers moist acidic soil, tolerates dry conditions. Not massive. 50 to 70-foot height and width. Good Street tree. Lovely russet, red fall foliage. More than 100 mammal and bird species eat acorns.
- **Sassafras**, Medium-fast grower. Tolerates dry conditions. Charming "mitten-shaped," leaves turning brilliant orange, crimson, purple. Single or multi-stemmed irregular trunk, (prune base suckers) Wonderful aroma. Larval host for Easter Tiger and Spicebush Swallowtail butterflies.
- **Sourwood or Sorrel Tree**, Medium-fast grower. Prefers moist to wet soil.

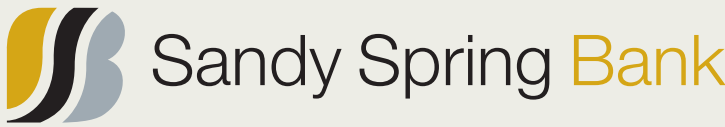
Small trees (Mature height 13 to 35 feet)
These small trees tend to have beautiful bark, flowers, or excellent fall foliage right at eye level. If you love your sunshine and don't want more shade, then pick a slow-growing tall tree or one of these exquisite small trees. They will improve your property value and it is an investment in the future value of your neighborhood.

- **American hornbeam (Muscletree)**, Slow grower. Part to full shade. Moist site. Smooth, sinuous, light gray bark, usually multi-stemmed. (Not to be confused with American hophornbeam, Ostrya virginiana, which has a shaggy bark).
- **Fringetree**, Slow grower. Sun, part-shade, or shade. Needs a moist site. Multi-trunked. Fragrant, creamy-white, feathery flower clusters in May, June. Yellow fall foliage. Attracts bees, birds, and larval host to Sphinx moth.
- **Serviceberry**, Medium grower. Full sun to part shade. Can tolerate dry conditions. Single or multi-stemmed. Early Spring bloomer, white flowers give way to delicious, edible blue-black fruit, which tastes like blueberries. Orange, red fall foliage. Attracts hummingbirds.
- **Sweetbay Magnolia**, Medium-fast grower. Full sun to part shade. Moist to botty sites. Single, smooth but branching trunk. 2-3" classic creamy white, fragrant magnolia blossoms. Semi-evergreen. Attracts bees, birds, and larval host to Sphinx moth.

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Herndon resident named Virginia Gatorade Volleyball Player of the Year

She heads to Auburn while leaving behind a remarkable legacy

By **Sravan Gannavarapu**
FAIRFAX COUNTY TIMES

At one point in time, the Herndon High School Volleyball Program was a program that could never achieve postseason success, often being eliminated in the first round of the playoffs. That changed this past season.

For the first time in their history, the Hornets played for the state championship at the Siegel Center of Virginia Commonwealth University, but a loss to Colgan in four sets in November denied them the glory of hoisting first-place hardware. Still, the run was remarkable, as was their leader, senior Akasha Anderson.

The Auburn University commit was named the 2021-22 Gatorade Virginia Volleyball Player of the Year, recording more than 600 kills and 300 digs. She was also named first-team all-district and crowned Liberty District player of the year. Anderson was also crowned the Region 6D Player of the Year and the Washington Post AllMet Player of the Year, concluding her prep volleyball career with 1,076 kills and 474 digs.

Anderson is the first Gatorade Virginia Volleyball Player of the Year to be chosen from Herndon High School. She is also the first

volleyball player from Fairfax County to receive this honor since Sydney Reed of Flint Hill School in 2019-2020.

She's also incredible on the academic level, maintaining a 3.70 GPA. However, it's not just her accomplishments that separate her from the competition. It's how she interacts off the field and how she is willing to make others around her better. She has volunteered locally as part of voter registration drives, and she has donated her time at local food pantries.

"Akasha is so reliable and so trustworthy ... she just embraces everyone, is confident in herself and the girls around her," said teammate and Herndon senior Lexi Ruffin.

From starting the sport at 7 years old to joining an elite class of recruits heading to Auburn, Anderson has matured into a sharp athlete with compassion and intellect that will help her transition to life off the court when she hangs up her shoes.

Herndon coach Jessica Tramontozzi said Anderson is the individual who deserves the accomplishments that she has received, and that her leadership helped guide this team to a place where they could not have ever imagined.

Tramontozzi also brought up how it was apparent from the time Akasha arrived on campus as a freshman that she was somebody who would be



vital to the program.

"Akasha's skill set is really unparalleled, statistically, in the state," Tramontozzi said. "If you look at any player in any position, in terms of having an impact on their team, statistically, she is unmatched."

Tramontozzi also said you can't overstate Anderson's influence on her teammates. In her eyes, Anderson sees the game as an opportu-

nity to make a difference for her peers and everyone else outside of the program.

"This past season, we had little kids coming that looked up to us," Anderson said. "We had parents of kids that didn't play volleyball, teachers, the whole school, and just so many people come to our games."

Though the season didn't end the way the team wanted it to, Anderson is still proud



of what they accomplished, mainly because of how far they had come as a group since the beginning of the season.

"We exceeded our dreams," said Anderson. "It is easy to become unmotivated on a team that is okay with being average; it is so much easier to work hard and want to chase that dream on a group of girls who all want the same just as much as I did."

As it pertains to what she hopes to leave behind as she trades in red and black for orange and blue, Anderson wishes this run from this team inspires a future generation of players to come through Herndon and capitalize off what she and her teammates accomplished.

"I want to leave behind the importance of community and how powerful sports can be in bringing everyone together," said Anderson. "How empowering it is for little girls to see other girls in their community doing great things that end up bringing so many together. A legacy of empowering young women and bringing communities closer!"

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport.

The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media, and others as sources to help evaluate and determine the state winners in each sport.

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Light pollution needs to be addressed in residential neighborhoods

Dear Editor,

Light trespass in residential neighborhoods is becoming an exponential problem and is already a private property rights issue. Shining into homes, yards and parks, blinding drivers, and pedestrians. It is a simple and easy problem to solve by adopting lighting practices that provide better visibility.

Increases in population and development account for a percentage of increasing light pollution but it is exacerbated by the sheer number and styles of lights added to homes and buildings. Examples are porch, lamp post, and riser lights where the bulb or light

source can be seen from another property rather than tucked up in the fixture, accent lights directed upward rather than downward, and clusters of lights or high output lights used instead of low light levels that allow the human eye to see better after dark. White and light-colored homes and structures further increase the effects of the light as it reflects off the surfaces. All these practices cause glare, reducing our ability to see and often light trespass.

An additional issue is the use of bright white colored light. This is indicated by a light's Kelvin rating. It may be expressed in terms of cool or warm lights. Warm lights, with a lower

Kelvin rating, at low light levels have been shown to improve nighttime visibility. We all want to see better. These cool lights have excessive amounts of light in the blue wavelength. Blue light emissions are particularly damaging to human health, animals, and the environment by disturbing the natural circadian rhythms established long before the invention of electric lights. For those of us who enjoy sitting out under the stars, they severely reduce our ability to enjoy the view of our universe.

Steps to solve this problem of light pollution are: 1. All lights should have a clear purpose. 2. Lights should only be on when

needed. Use motion detectors and timers to control them. 3. Use shielding and careful aiming to target the direction of the light beam so that it points downward and does not spill beyond where it is needed nor cause light trespass. 4. Lights should be no brighter than necessary. Use the lowest light level required. Be mindful of surfaces as light-colored surfaces reflect and intensify the light. 5. Minimize blue light emissions, use warmer colored bulbs, whiter LEDs cause more glare, use lights rated no higher than 2700 Kelvin.

Light trespass is a private property issue. Each resident should be free to illuminate their own proper-

ty with lighting that stays on their property and does not go above the structures on their property to damage our common view of the night sky.

Our property rights should be protected so that no one has unwanted artificial lights intruding onto their property. Artificial lighting from off-site can destroy a person's ability to enjoy their property. This unwanted light trespassing onto another's property is a nuisance.

Particularly as the trend of over illumination encroaches upon quiet and historically dark suburban neighborhoods, the answer is stopping light pollution, not installing more blackout

curtains.

Fairfax County has made light pollution one of its environmental goals for years, is becoming a leader among municipalities that recognize this problem, is addressing it and beginning to solve the issue.

However, the current residential outdoor lighting ordinances in this county do not protect the majority of residents from light trespass. This must change. It is time to enact outdoor lighting ordinances that protect every neighbor, be they human, animal, insect, plant, or celestial object.

E Kragie
Vienna

Patients and doctors not politicians should decide reproductive health care

Dear Editor,

Last week, the Virginia House of Delegates passed two bills that will interfere with the patient provider relationship and the ability of people to make their own personal health care

decisions. HB212 would require medical providers to give abortion patients potentially inaccurate information and go through an "informed consent" process aimed at shaming, not informing, them. Once someone has decided to get an abortion, they deserve

to be treated with dignity and respect, not forced to listen to a script created by politicians with the sole purpose of telling them that their personal decision is wrong. Shame has no place in a medical setting and will only lead to distrust. HB304 or the so-called "born alive"

bill is aimed at a nonexistent problem. Doctors already have an obligation to provide appropriate medical care. It is insulting to doctors and harmful to patients to imply otherwise. HB304 puts politics between patients and their doctors. Doctors would be forced to ignore medical

practices and administer futile treatment against the wishes of the family or risk criminal prosecution. The bill would take away the ability of a family to decide to end a pregnancy early in instances where there is a fatal diagnosis and the baby would only have a short

time to live. Families in this situation want to spend this very limited time comforting their infant. This bill would deny them those moments of peace. The Senate must not allow these horrible bills to become law.

Kelli Garcia
Burke

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School choice = equity

Dear Editor,

I have written to both of my state representatives numerous times on this topic, a very similar letter, and not once have I received a response of any kind, very disappointing of any elected official. Here is my letter sent to both my state elected representatives with the hopes they are at least reading the paper:

I am reaching out to request that you support the School Choice initiative. As we have seen through the pandemic many families were given the gift to have a deep dive into their child's education like never before. I am in awe of the teachers who really adapted and excelled in this tough environment when everyone faced new challenges. For many it was a wake up that schools are not meeting the needs of all of our children. As equity has been at the forefront of discussion, School Choice is the surest of ways to ensure educational equity.

Equity described from the United Way of National Capital Area

"Equity, in its simplest terms as it relates to racial

and social justice, means meeting communities where they are and allocating resources and opportunities as needed to create equal outcomes for all community members."

This is what School Choice is, allowing EVERY parent, regardless of any bias, access to the education they feel best meets their student's needs. For most that remains the fabulous community public schools Virginia is known for. For those who feel their child's needs are being met, an option is to send their child to a school that can best meet those needs. School Choice benefits most those who do not have the economic choice for private school.

By denying School Choice you are failing the very definition of equity. Only having once choice, public school, does not provide ALL community members with the opportunities available to them. We all pay taxes, why should our taxes not follow our students to the academic learning environment that best suits them?

One example is a segment of children who are bright AND have academic challenges. Their needs are

most often not met, they are lost between academic support and advanced academic challenge. Since they often do not fall below the national, state and local guidelines required to access academic support, but can be unconventional learners and not fully challenged academically or recognized through traditional testing as gifted.

These students are capable of so much more but need and deserve the right learning tools. When those tools are not made available, and they become discouraged, never getting to understand or explore their true learning potential. It is so common these kids become bored and discouraged and by high school are tuned out of learning as they don't fit in the mold. We have failed them. School choice allows ALL parents the opportunity to access the school that can best meet their child's needs.

Thank you for your consideration and as a constituent I welcome an update to where you stand on this issue.

Ali Wills
Fairfax



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[FairfaxCountyTimes.com](https://www.fairfaxcountytimes.com)



The Oak Ridge Boys

off the front porch

The country legends are headed to The Birchmere



COURTESY PHOTO

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

With a catalogue of hits that includes country classics such as “Elvira,” “Bobbie Sue,” “American Made” and “Y’All Come

Back Saloon,” the Oak Ridge Boys have one of the most distinctive and recognizable sounds in the music industry thanks to their incredible four-part harmonies.

Over a career that has lasted decades, the Country Music Hall of Fame members

have amassed 12 gold, three platinum, and one double platinum album, plus a double platinum single, and more than 30 chart-topping hits.

Although the Oak Ridge Boys began way back in the ’40s as a Southern gospel band, the group changed its

focus to country in the ’70s, and Duane Allen (lead), Joe Bonsall (tenor), William Lee Golden (baritone) and Richard Sterban (bass) have comprised the band since 1973, and continue to record and tour today.

The Oak Ridge Boys will

be performing at The Birchmere March 10, as part of their Front Porch Singin’ Tour.

“The one obvious thing from the night is people are going to hear our hit songs,” Sterban said. “You’re going to hear ‘Elvira’ and me doing,

‘Giddy Up, Oom Poppa Mow Mow.’ It’s our signature song and people still love it.”

He noted that the night will also include all the favorites and some of the tunes off its latest recording.

See OAK RIDGE, Page B4

NextStop’s *Evan Hoffmann* takes to the stage



COURTESY PHOTO

The theatre’s artistic director stars in the one-man show, **“Every Brilliant Thing”**

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Before becoming producing artistic director of NextStop Theatre Company in 2012, Evan Hoffmann had established quite the acting resume in the Washington, D.C. theatre scene.

A graduate of Herndon High School, where he became the first-ever Best Actor in a Musical winner at the CAPPIE Awards for his portrayal of Don Lockwood in “Singin’ in the Rain” in 2000, Hoffmann went on to study theatre at William & Mary.

After graduating, he went on to work at a multiple of theatres in the area, including Signature Theatre, Ford’s Theater, Roundhouse Theatre, Imagination Stage, Olney Theatre Center, Centerstage in Baltimore and Toby’s Dinner Theatre. He also toured with the American Shakespeare Center in the title role of Henry V.

But since coming to NextStop, Hoffmann has mostly served be-

hind-the-scenes as a director.

“It’s been a minute since I’ve been in a show; I haven’t been on stage really in about 10 years,” Hoffmann said. “Prior to taking over NextStop, that was most of what I did and what I was known for. A lot of what I did was understudy leading men they brought in from New York at a lot of the larger theatres, and occasionally go on. I got to do a lot of cool stuff doing that.”

Until now. Hoffmann is currently starring in “Every Brilliant Thing,” a one-man show by Duncan MacMillan and directed by Nikki Mirza, which is being staged through March 13.

“When I am looking at building seasons, I look at it in terms of directing, but I read this show a few years ago and immediately loved it, and it was a rare instance where I could presume seeing myself doing this show,” he said. “That was surprising to me. I have been looking to do a show for a few years.”

In the show, a young boy at-

tempts to cure his mother’s depression by creating a list of the best things in the world. It’s here that Hoffmann’s character travels through memories of childhood, adolescence, college and marriage, offering all the good things about each time period, whether it’s ice cream, Star Trek or falling in love.

“This seems like a show that is timely right now,” Hoffmann said. “It’s acknowledging the fact that a lot of bad things happen in this world and we all get down sometimes, but there are ways to combat that if you focus on the positives. I felt it was a message that people needed to hear right now.”

He also felt that his performing the role would be well received.

“This is an incredible and intimate story so for the concept of me doing it, I had hoped and suspected that because so much of NextStop’s audience knows me—so many patrons have seen me get

See HOFFMAN, Page B4

HOT LINKS

BY COLLIN COPE



Woodlawn Site hosts ‘Common Threads’ through March 31

Woodlawn Historic Site hosts “Common Threads,” which focuses on the threads in life that connect us as a community and the commonalities that exist among all

people, as demonstrated through the pursuit of craft through March 31. As a skill that spans generations, learn more about the joyful and precise skill of needlework, while getting an in-depth look at the usefulness of this artform in expressing love, passion, and skill. The event will run from 10 a.m. until 4 p.m. on each day it is held. Adult tickets are \$15 per ticket. For more information, visit <https://bit.ly/35lxJ2v>.



Maple syrup boil At Colvin Run Mill • March 6

Colvin Run Mill in Great Falls is hosting a maple syrup boil-down event to celebrate the tapping of maple trees in the park on March 6. Served with a side of cornbread, guests will have the ability to taste freshly tapped maple syrup after experiencing the extraction process.

The event is appropriate for the entire family and will run between noon and 2 p.m. Tickets are available for \$10 per person and more information can be found at <https://bit.ly/35lxJ2v>.

Ceylon Mitchell at Workhouse Arts Center • March 6

Contemporary classical flutist Ceylon Mitchell is coming to Lorton’s Workhouse Arts Center on March 6 for a performance as a part of the center’s OnStage Music Series. With an appreciation of the music produced by various Black and Latinx artists, Mitchell always aims to uplift these voices in the craft. The performance will start at 2 p.m. and will run until about 3:30 p.m. Tickets are \$20 per person, with more information available at <https://bit.ly/3suFrjO>.



COURTESY PHOTOS

Celebrating Women’s History in Fairfax

What to do in Fairfax County for Women’s History Month

By Collin Cope
SPECIAL TO THE FAIRFAX
COUNTY TIMES

During the month of March, Fairfax County residents have many opportunities to celebrate the national observance of Women’s History Month.

From events with the Fairfax County Park Authority and Library system to the recognition of female bravery at the recently constructed National Museum of the United States’ Army, there is no shortage of events in the county to recognize the efforts of various strong women throughout history.

Green Spring Gardens hosts an afternoon exploration of the Femme Fatale archetype with a thorough and historical analysis of the character’s occasionally “deadly” methods to control men throughout time. Starting at 1 p.m. March 6 with an analysis of the inclusion of this archetype in mythology, literature and film, the event encourages audiences to view this archetype as a powerful, independent and empowering figure. For tickets, visit <https://bit.ly/3IHvXre>.

For a more family-oriented event in the parks, Herndon’s Frying Pan Farm Park hosts “A Woman’s Life (or Not).” Those attending the event will have the ability to learn more about the many ways women of the 1930’s found a way out of their traditionally expected roles while taking a wagon tour of the park. To find more information, visit <https://bit.ly/3MdHMaG>.

Alongside these events in nature, there are many events highlighting the efforts of women across society.

Vienna’s Patrick Henry Library will host a conversation with author Joyana Peters March 8 to discuss her recent book “The Girl in the Triangle” at 7 p.m. The book centers the experience of a fictional woman who recently immigrated to the United States and was involved in the Garment Workers’ Uprising of 1909 and later involved in the Triangle Shirtwaist Factory Fire.

This 1911 fire claimed the lives of 146 workers and led to the eventual creation of the Ladies Garment Workers’ Union, a



group which fought for fair labor practices in the 20th century. Through Peters’ discussion, audiences are encouraged to recognize the work of women in the fight against unjust labor practices. More details can be found at <https://bit.ly/3vvyJf7>.

In addition, author Kaia Alderson will host a virtual book talk at 7 p.m. on March 9 prompted by her 2021 work “Sisters in Arms: A Novel of the Daring Black Women Who Served During WWII”. In the book, readers learn about the African American women on the front lines of the Army during World War II. To register for this event, visit <https://bit.ly/3MhGrjd>.

Other library virtual events include a book talk by Irving Lubliner who wrote about his mother’s World War II stories including her time in the Polish ghetto and two Nazi concentration camps. He’ll share

excerpts from the book “Only Hope: My Mother and the Holocaust Brought to Light” March 16 at 7 p.m. For more information visit <https://bit.ly/3HzDiHG>.

Learn about the 350,000 women who joined the military during World War II in “Those Plucky Women of World War II” March 17 at noon with Author Kayleen Reusser. For more information visit <https://bit.ly/3pueE5n>.

“Failure is Impossible” is a reader’s theater play about the 19th Amendment and includes historical figures such as Abigail Adams, Elizabeth Cady Stanton, Susan B. Anthony and others. It will be March 19 at 10:30 a.m. at the Patrick Henry Library in Vienna. To learn more visit <https://bit.ly/3tleue>.

Rounding out the month of library events, join in an evening of quilts and storytelling in a virtual event exploring the creative, cultural expressions tied to community and the complex stories of skilled artisans with Diane Macklin March 31 at 7 p.m. Register at <https://bit.ly/3hxSnPq>.

For more on the history of Women during wartime, The National Museum of the United States Army hosts its first Women’s History Month events since its recent opening.

“It really is an American history museum through the eyes of the American soldier. You don’t have to be familiar with the Army to be able to enjoy this museum.” said the museum’s Public Affairs Officer Susan Smullen.

Located just off of Fairfax County Parkway on Liberty Drive on Fort Belvoir, the museum highlights various facts about the U.S. Army, as well as its rich history. This month, the site shines a light on the sacrifices and strengths of the women who helped to build the Army’s rich history.

The museum hosts an online session led by Dr. John Maass at 7 p.m. March 1 surrounding the wartime efforts of Clara Barton during the American Civil War. Maass will follow up this event on March 8 with a noon presentation that will be available in person, as well as virtually.

Additionally on March 9, 16 and 23, the museum will host a virtual field trip titled “Our Girls Over There: The Hello Girls of World War I.” The field trip will take viewers through the history of ‘hello girls,’ women who worked tirelessly during World War I to connect calls for the Army.

These online events require registration, which can be found online at <https://bit.ly/3sx7D5n>.

“Information sharing and storytelling, particularly the virtual events, are a great way to engage with the museum from the comfort of your own computer,” added Smullen.

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THE REQUESTS ONLY TOUR
APR 2 | 8 PM

TOM PAXTON
& THE DONJUANS
APR 13 | 8 PM

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King Crossword

ACROSS

1 Offend

5 Vegas lead-in

8 Biting remark

12 Jacob's twin

13 Antlered animal

14 Latin love

15 Printout

17 Earring site

18 Roscoe

19 More slothful

21 Filled fully

24 — colada

25 Cupid's alias

26 Street vendor's vehicle

30 Sawbuck

31 Attorney's load

32 Bee follower

33 Barber's offerings

35 Panache

36 Aachen article

37 Utter impulsively

38 Architectural style

41 Hero sandwich

42 Actress Perlman

43 Ski lodge cupful

48 "A Room of — Own"

49 Prior night

50 Not so hot?

51 "Holy cow!"

52 Enervate

53 Trade

DOWN

1 "I'm not impressed"

2 "This — recording"

3 Distant

4 Fakes, as figures

5 Author Uris

6 Jungfrau, for one

7 Urban silhouettes

8 French novelist

9 Mine, to Marcel

10 Judicial garb

11 Rabbit's title

16 Cow's chaw

20 &&&&

21 Actor Rogen

22 Location

23 Singer Braxton

24 Stickum

26 Hindquarters

27 Rights advocacy org.

28 Bring up

29 Bivouac shelter

31 Roman 202

34 Go over again

35 Macaroni shapes

37 Tampa Bay NFLer

38 Pirate's drink

39 "It can't be!"

40 Golf props

41 Dance move

44 Eggs

45 Cornfield noise

46 Mouths (Lat.)

47 Music booster

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ZED by Duane M. Abel

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WHAT DO WE GIVE THEM?

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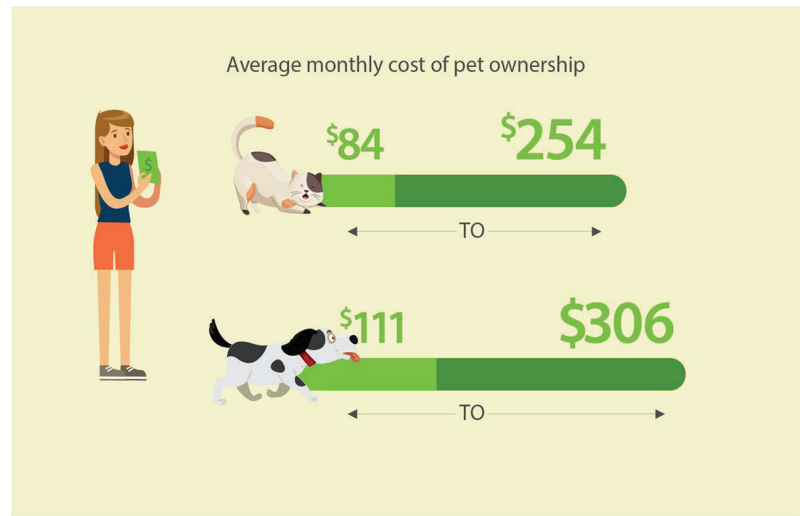
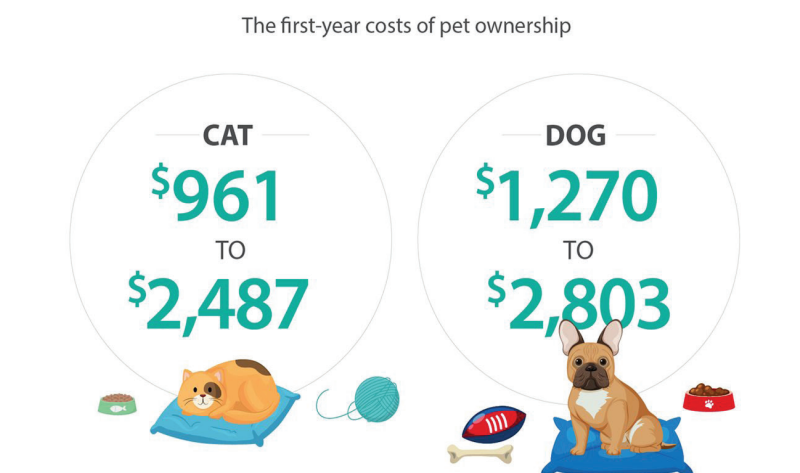
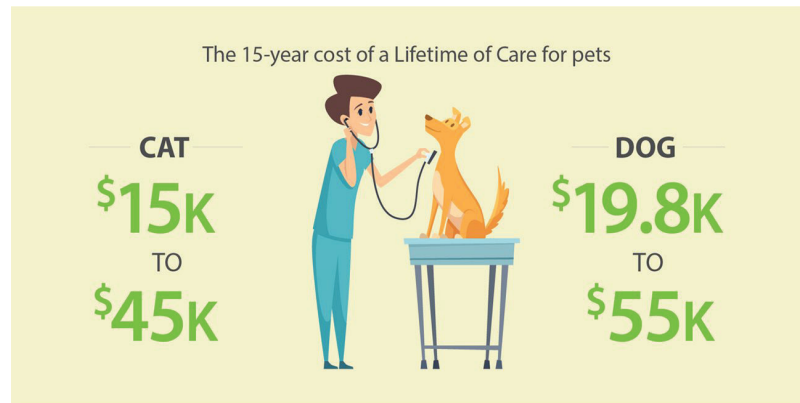
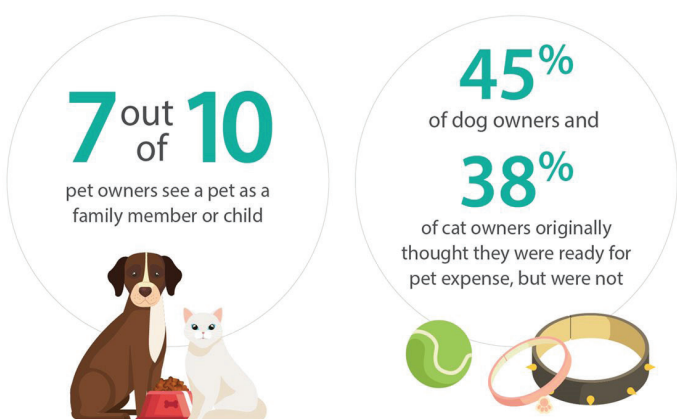
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FROM THE DOG'S PAW

What you should know about pet theft



By Abby!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Woofs, with warmer weather arriving soon, more and more humans and dogs will be wanting to get outside, so I want to paw to your attention about pet theft. Though it is a year-round problem, not just the warmer months, pet theft isn't always something we think about when taking Rover or little Fluff-fluff for an outing.

WOOF! WOOF! BARKS! Why in the dog paw would someone want to steal someone's pets?

Barks, purebred dogs can bring a paw full of money to a thief by re-selling it, or some are stolen hoping to get an enormous reward from the owners. Barks, paws, in some cases, pets are stolen by neighbors who have found your dog to be a nuisance or growls by a family member who is unhappy with you and thinks you do not deserve your pet. Barks, there have been cases where bitter divorces have caused pets to be taken. Woofs, though a felony, some dogs are stolen to be used in some manner related to dog-fighting. Barkingly, I can't forget to mention that some humans do it just to be mean. Paws, some good samaritans may take your dog with good intentions in mind. They see your dog chained up unattended or looking like it isn't adequately cared for and take it to help the animal.

Paws, before going anywhere with our humans, Dad makes pawisitively sure Noah and I have our identification tags securely attached to our collars. He has already updated them with our contact information. A microchip is another excellent way to identify your pet. Though these items will not necessarily reduce the chances of your pawsome pal getting stolen, they help identify them should they get stolen or lost.

Woofs, when we go pawlaces with our humans, we are seat-belted in the backseat so we can have the mostest safest, fun ride. Paws, Dad usually does not take us with him if he pawlans to stop at a store and go inside where he cannot pawssibly see us from the store the entire time he

is shopping. Even at that, the safest thing is to only take your pets with you to dog-friendly stores, especially those pawsome garden centers where we can shop 'til we drop. If you leave your pet inside your car or tie them up outside the store, you run the risk of someone pawssibly stealing them. Paws, not to mention the dangers of leaving pets inside cars during freezing or hot weather. Woofs.

Woofingly, one way to make it less likely for your pet to be stolen is to have them spayed/neutered. Barks, thieves are more likely to steal a pet that hasn't been spayed/neutered to re-sell to a backyard breeder or a puppy mill. Bark.

Barks, when Noah and I go out in the backyard to pawlay, I've wondered why Dad is always paying close attention to what we are doing and where we are in the backyard. Barks, when we run and pawlay outside the fence with our bestest dog friends, I have wondered why Dad pays so much attention to what's going on and where we are. My dog friends' humans pay attention too. Why? Barks, thieves have been known to go into backyards, onto private pawperty, and the like to steal dogs. Paws, since all five of us dogs are incredibly pawsomely great, our humans don't want to lose us, so they pay attention when we are outside.

A few tricks to keep your pets safe are: lock doggie doors whenever someone is not home, put a fence around your yard with a gate and combination or key lock, keep photos updated with a particular focus on any unique markings, keep a folder of your pet's information including photos handy, and pawssibly install cameras around your pawperty as these can help deter crime. Paws, consider putting a GPS Activity Tracker on your pet. Barks, this will alert you to when your pet has strayed off your pawperty willingly or not. Woofs.

Woof, er mcows? What about cats? Samson, the cat-in-charge of us all, you know, doesn't have to worry about getting stolen since he stays indoors.

Barks, knowing your pet can be stolen, taking preventive measures is an excellent way to protect you from being a victim.

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.facebook.com/fromthedogspaw.



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Art News

Improv Show Join the professional teen improv troupe, Unruly Theatre Project, for a hilarious night of comedy, food and more. 7 p.m. March 4. Free. Old Firehouse, 1440 Chain Bridge Rd., McLean. For more information visit <https://bit.ly/3MaFqcJ>.

A Delightful Quarantine When aliens land to take soil samples, the residents of the suburban middle-class community of Susqua Creek Acres (plus a few unlucky visitors) find themselves suddenly and unexpectedly quarantined in place for three days for their own protection. 8 p.m. March 4 and 5. 2 p.m. March 6. Tickets start at \$25. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3hsMH9B>.

Watercolor Workshop Learn various ways to draw with ink. Bring in a drawing or watercolor painting that you do not like and see how to improve it by adding ink. 9:30 a.m. to 3:30 p.m. March 5. Cost is \$105. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/36UIwRS>.

Taisha Estrada Enjoy the rhythms of salsa, bomba, and plena. Estrada’s style blends Latin jazz, R&B and pop and influenced by the sensory experience of the Caribbean. 7:30 p.m. March 5. Tickets are \$20. Workhouse Arts Center McGuire Woods Gallery W16, 9518 Workhouse Way, Lorton.

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

Ceylon Mitchell is a contemporary classical flutist, educator, and entrepreneur whose mission is to celebrate Black and Latinx voices in music. 2 p.m. March 6. Tickets are \$20. Workhouse Arts Center McGuire Woods Gallery W16, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hMLs5n>.

Girls of Madison Street A tight-knit family of African American sisters confront hidden truths and well kept secrets as they come together for their mother’s funeral. In person at 7:30 p.m. March 4, and 5. 2 and 7 p.m. March 6. Livestream March 6 at 7 p.m. Tickets are \$35. Creative Cauldron, 410 S.

Maple Ave., Falls Church. For more information visit <https://bit.ly/3HzHwPB>.

Sweet Tooth is a group exhibition that is all about decadence, desire, and craving. Some of the work will represent these themes through a more conceptual connection such as explorations of coveting, gluttony, greed, and yearning. Exhibit runs through March. Target Gallery in the Torpedo Factory, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3IFoN67>.

Night Walks is a solo exhibition of new photography by Tim Hyde. The exhibit continues through March 19. Multiple Exposures Gallery, Torpedo Factory Art Center, 105 N.

Union St., Alexandria. For more information visit <https://bit.ly/3rC2xEA>.

In-Between Places Experience the work of artist Ju Yun which reflects the transition between traditional Korean art to contemporary subjects and methods using cultural imagery and iconography and rich layers of colors. Through March 20. Free. Vulcan Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3G2Bkiw>.

Near and Far Celebrate 61 images from 36 photographers who have interpreted the world around them by capturing minute details of macro photography and scenic vistas around the globe and beyond our solar system. Exhibit continues through March 20. Free. Falls Church Arts Gallery, 700-B W.

Broad St., Falls Church. For more information visit <https://bit.ly/35G37IW>.

Silent Towers Experience a collection of photographs that present a look back 20 years to various sites in the 3,500-acre correctional complex. On exhibit through May. 9. Muse Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3tnl1bK>.

Mother Line is an exhibition of works by photographer, filmmaker, video and performance artist Laurel Nakadate. Continues through May 29. Tephra Institute of Contemporary Art, 12001 Market St., #103, Reston. For more information visit <https://bit.ly/3GICKF1>.

Community Information

Tyson’s Library Book Sale Proceeds benefit the Tysons Library and related activities. Donations of books and media are appreciated, volunteers to assist with the sale are welcome and needed. 10 a.m. to 5 p.m. March 4. Free. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. For more information visit <https://bit.ly/3pw7761>.

Addiction: The Epidemic within the Pandemic Speakers will shed lights on how addiction impacts the addict, their families and society. 9 a.m. to 1 p.m. March 5. Free. Reston Bible Church, Room 250, 45650 Oakbrook Court, Dulles. For more information and registration visit <https://bit.ly/3C2sINS>.

Farmers Market This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs, and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. March 5. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujvsiK>.

Tax Help The AARP Foundation Tax-Aide program offers free, individualized tax preparation for low to moderate income taxpayers – especially those 50 and older. Appointments are required. 10 a.m. to 2 p.m. March 5. Free. Herndon Fortnightly Library, 768 Center St. Herndon. For more information visit <https://bit.ly/3vwwvWC>.

this signature shrub with a master gardener docent-led tour featuring a collection with more than 200 specimens. 10 a.m. March 5. Cost is \$15. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3pwR2gf>.

NOVA Central Farm Market features fresh local pork, chicken, fish, cheeses, produce, dairy, baked goods, flowers, and ice cream. 9 a.m. to 1 p.m. March 6. Free. Marshall High School, 7731 Leesburg Pike, Falls Church. For more information visit <https://bit.ly/3GUNBpm>.

The Femme Fatale She has used her “deadly” charms to lure and entrap men throughout the ages. Explore how this dangerous siren is

depicted in mythology, literature, and film. 1 p.m. March 6. Cost is \$15 to \$38. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3toBPPP>.

Regenerative Agriculture Explore the five parameters of what makes a food system truly green: Sustainability, Security, Sovereignty, Safety, and Shareability. 1 p.m. March 6. Cost is \$9. Riverbend Park, 8700 Potomac Hills St., Great Falls. For more information visit <https://bit.ly/3pvWRKO>.

Qigong Join Nevin Turk for this virtual Chinese meditation and healing practice as he focuses on movents, self-applied massage and more. Noon. March 7. Free. For more information visit <https://bit.ly/3KcbKdp>.

Dementia Friendly Information Session Learn how to become a dementia friend and turn your new understanding of dementia into a practical action that can help someone living in your community. Noon. March 8. Free. Webinar. For more information visit <https://bit.ly/35Gsw57>.

Exploring the Moon The moon is as old as the Earth, and its surface is marked by craters and lava flows billions of years old. 7:30 p.m. March 10. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3HB0S6S>.

ONGOING Golden Girls Senior


Women’s Softball is looking for players of all experience levels for games on Wednesdays and Saturdays in Vienna. For more information visit goldengirls.org.

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.

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OAK RIDGE

CONTINUED FROM PAGE B1

“The thing we are most excited about right now is our latest project, ‘The Oak Ridge Boys Front Porch Singin’” Sterban said. “It’s produced by a brilliant producer from Nashville, Dave Cobb, who is really hot right now.”

The recording was done during the pandemic. Sterban explained that while most of the studios were closed down, Cobb got in touch with the group and found them a great studio where they could record safely.

“What he wanted to do was create a feeling of four guys just gathering on a front porch in a very informal way,” Sterban said. “We were able to capture that feeling. We found some old songs, some familiar songs that people would recognize that they could sing along to. And Dave has a relationship with some of the best young songwriters in Nashville and they wrote some new country songs for us too.”

The deep-voiced singer

HOFFMAN

CONTINUED FROM PAGE B1

up to thank the audience or sponsors and stopped to talk with me—I thought that could help because it’s such a personal story,” Hoffmann said. “While it is very much a play and I am acting, it’s a play that I feel is served by familiarity and feeling like it is just someone talking to you. It doesn’t feel like there’s anything false about it.”

Several people have come up to Hoffmann or members of the staff after the opening weekend thinking it was a true story.

“They thought I was sharing my personal experience, which I take as the highest compliment,” he said. “It is not true. It is a scripted show.”

Because it had been so long since he acted, flexing his muscle memory to remember the script was somewhat nerve-wracking

described the songs as “very inspirational” and “healing in nature.”

“This is the kind of stuff I think we need to hear right now,” Sterban said. “In general, the show will be a great night of country entertainment and family entertainment.”

While the Oak Ridge Boys were able to put this project together during the pandemic, for the most part, it was a very difficult time.

“We’re used to spending a lot of time around each other and for us to have to be sequestered at home was a strange feeling,” Sterban said. “We got together a few times to take care of some business and keep things going, and finally Dave reached out.”

As members of the Grand Ole Opry, which stayed open throughout the pandemic, the Oak Ridge Boys did get to perform a show without an audience which was streamed live.

“We performed with no people in the house, and that was rather a strange thing,” Sterban said. “We realized

when we saw that how important a live audience is to a show. And when they were back to full capacity, they booked us and I’ll never forget the feeling of walking out on stage and seeing the house packed.”

The Oak Ridge Boys started touring again at the end of last year and are seeing a lot of enthusiasm from their crowds.

“I think people are ready to get out and people want to hear live music again,” Sterban said. “We’re definitely happy to be doing it again. We love performing and missed that, but what we missed more was the feedback we get from fans. It’s what performers live for.”

One thing all the members agree on after taking such a long hiatus is that there’s no plan to retire anytime soon.

“We plan to work hard and have well over 100 dates this year,” Sterban said. “We’re going to be busy taking our music to all over the country. We’re looking forward to coming back and we’ll do our best to make it a great night.”



COURTESY PHOTO

to Hoffmann, but his experience with large roles in the past—especially Henry V—prepared him well.

“It’s 70 minutes of monologue,” he said. “I learn lines backwards. I start at the end of the speech and learn it, and then learn the line before that. So, once I learn a monologue, it’s the end I know best, so I am always moving towards the thing I am most confident about.”

NextStop Theatre is already known as being an

intimate theatre, but for this show, it went even further, placing seats on the stage so audience members are immersed in the show.

“We’re doing it in the round and I am surrounded on all sides by audience members,” Hoffmann said. “This was certainly a great challenge and I was reminded a lot of what I put actors through when I am directing. It’s been nice to get back to acting.”

Add the top foods for eye health to your meal plans

KEYS TO BETTER HEALTH CINDY SANTA ANA

Eating a nutrient-dense whole foods diet is essential for overall health, but there are certain foods that can support eye health as well. Some eye conditions may even be prevented with a healthy diet. They are dry eyes, cataracts, which cause cloudy vision, age-related macular degeneration, and poor night vision. Your eyes need specific nutrients and antioxidants to function best.

Nutrients we need: Lutein, zeaxanthin, Vitamins A, C, and E, beta-carotene, omega 3 fatty acids, and

zinc Nutrients that support eye health:

Vitamin A It helps the retina convert light rays into the images we see. Eat orange vegetables like sweet potatoes, carrots, and fruits like cantaloupe and apricots.

Vitamin C Helps repair and grow new tissue cells; prevents or delays age-related macular degeneration and cataracts. Eat grapefruit, red bell peppers, berries, pineapple, and goji berries.

Omega 3's Help with tear function; may help ease dry eye and improve retinal health. Eat coldwater and fatty fish (salmon, skipjack tuna, sardines, anchovies, mackerel,

& halibut), walnuts, and chia seeds.

Lutein & Zeaxanthin Protects the area of the eye known as the macula; dietary intake has been shown to improve pigment density. Eat broccoli, collards, pasture-raised eggs, kale, peas, romaine, lettuce, spinach, and squash.

It's important to take care of your eyes just like the rest of your health. Not only can you eat these healthy foods for eye health, but also get regular eye doctor visits, wear polarized-lens sunglasses, manage your blood sugar levels and maintain a healthy weight. For more support, please visit www.UnlockBetterHealth.com.



How Lama Hamideh transformed her fitness – and her life

By Michael Marrow FAIRFAX COUNTY TIMES

In March 2020, as the pandemic hit and the world adjusted to a new normal, Lama Hamideh, a 31-year-old single mother from Centreville, decided it was time to make a dramatic change.

“One day, I woke up and said enough is enough,” Hamideh said. “I have to take control of my life.”

The pandemic alongside other events, such as a difficult divorce, prompted her to take her power back. She resolved to adopt a healthy new lifestyle, one that made her stronger and more confident than she had ever been before.

It took over a year of patience, persistence, and hard work to achieve it, but now she has obtained her goal. Through a dedicated fitness regimen, she reached the best shape of her life, dropping nearly 100 pounds in the process.

Her improvement was not only physical. Mentally, she has a whole new outlook as well.

“My mental health got stronger,” Hamideh noted. “It was mental and physical.”

Hamideh started with a number of fitness routines. She tried going to the gym in her apartment complex, as well as taking a stab at yoga. Through each, the programs failed to draw her in and provide the results and commitment she was looking for.

“I just got so bored so easily,” she observed. “I was distracted, being on my phone, just looking at the time constantly. It was the same old thing and it wasn’t motivating or doing anything for me.”

Dietary changes also did not seem to cut it.

“I tried every single diet you can think of. From Keto

to Atkins, I realized life is about balance,” Hamideh said. “It was mostly just a lifestyle change. I focused on portion control, health, and fitness and water intake,” she said, adding that “it was the first time I noticed a healthy change. Before it was drastically lost and then gained all back.”

After more than seven months of different fitness approaches, she discovered the workout she had been searching for. She tried out a boxing class at a local club. Immediately, she was hooked.

“I took one class and felt like I was in another world,” she said. “I felt like all my troubles went away for that hour.”

Alongside her new approach to dieting, she committed to the program. She underscored that the community and environment kept her coming back. “The space was intimate. The atmosphere, lights, people, I felt like I was in another world,” she said. “I loved it. It was an empowering moment for me.”

Above all, however, she stressed it was the fun she had that made boxing so appealing and helped her focus on her fitness. Whereas she would previously search for excuses not to go to the gym in the past, boxing now takes priority, even causing her to skip one of her favorite pastimes, Monday night football.

Her boxing classes last about an hour, consisting of a full-body engagement. Starting with a seven-minute cardio warm-up, Hamideh and others in her class then strap on gloves for 45 minutes of boxing intervals that last for three minutes, which go eight rounds with rests in between. To finish it out, they conclude with seven minutes of core.

It took a few months before she could visibly observe progress. But after that, changes became apparent.



“Things I didn’t even know could tone were toning,” she said laughing.

Through boxing, she was able to overcome barriers that had plagued her previous fitness attempts. Thoughts that she couldn’t achieve her goals were quickly banished. In the place of previous doubts, she began to believe, “I am worthy, I am strong. Overcoming that was huge.”

She attends boxing classes four to five times a week with her young daughter, Naya, in tow, who is just shy of 4 years old. “It’s a way of bonding together,” Hamideh noted. “She comes with her iPad and sits on the ring and says ‘look mom, I’m strong like you,’ and I know she means mentally and physically.”

Hamideh is now focused on staying in shape and launching a new homemade

baking business, which she plans to call Lamazing Cakes and Desserts.

Ahead of International Women’s Day, which falls on March 8, Hamideh said her experience is one example that shows not just that women can get involved in a male-dominated sport like boxing, but also that mothers, in particular, can reclaim a lost sense of confidence that comes after childbirth.

“I know a lot of women who feel how I felt. That’s it I had a baby, I’m damaged. I’m never going to snap back or feel pretty again,” she said. But after improving her fitness, she noted, “For me, I felt pretty, I felt strong.”

“My advice is definitely go for it,” Hamideh emphasized for all women considering taking on a new fitness routine. “Don’t be scared



or intimidated. Women can strong, and we can do anything. We are just as thing we set our minds to.”

King Crossword — Answers

Solution time: 23 mins.

P	V	W	S		P	V	S		H	S	O	G
A					A							
M		W	A	R	M		E	V	E	S	N	O
	O	C	O			O	T	O	H	A	H	R
					B	S		C	I	H	T	O
					B	L		E	N	E		
					E	L	A	N		S	T	
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					E	C	E		S	E	S	
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									L	A		
									L	O	B	E
									A	M	O	R
									B	A	R	B

ITALIAN SAUSAGE SPINACH AND TOMATO RIGATONI

Prep time: 10 minutes • Cook time: 20 minutes

INGREDIENTS

- Water
- 1/2 box rigatoni pasta
- 1 tablespoon olive oil
- 1/2 cup onions, chopped
- 4 cloves garlic, minced
- 1/2 cup mushrooms, sliced
- 16 ounces sweet Italian sausage
- 1 jar Bertolli d'Italia Marinara Sauce
- 2 cups fresh baby spinach
- salt, to taste
- pepper, to taste
- Parmesan cheese, for garnish

INSTRUCTIONS

1. Bring large stockpot of water to boil. Boil rigatoni pasta until al dente. Drain and set aside.
2. In saute pan over medium heat, add olive oil. Add onions, garlic and mushrooms. Saute until vegetables start to brown. Add Italian sausage and cook until done, breaking into small pieces. Add sauce and bring to low boil.
3. Add baby spinach. Cook until spinach is mostly wilted. Season with salt and pepper, to taste.
4. Add drained pasta to pan with sausage and sauce. Toss and divide between plates. Garnish with Parmesan cheese.



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TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the of the Town of Herndon will hold a work session on Wednesday, March 2, 2022 at 7:30 p.m. in the Town of Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, March 16, 2022, at 7:30 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR BUILDING ALTERATION, ARB #22-003, to consider an application for a modification to existing structure located at 560 Florida Avenue, Herndon Virginia, further identified as Fairfax County Tax Map 0162 02 0123A and located approximately 200 feet northeast of the Florida Avenue and Alabama Drive intersection. This property is zoned as RM (Residential Multi-Family) and consists of 102,932 square feet of land. Owner: Parkridge Gardens LLC. Applicant/Agent: Michael Asbacher, Consulting Design.

APPLICATION FOR SIGNAGE, ARB #22-004, to consider an application for a business identification wall sign located at 510 Spring Street, Herndon Virginia, further identified as Fairfax County Tax Map 0162-02-0156J and located on the west side of the Spring Street and Van Buren Street intersection. The property is zoned as O & LI, Office and Light Industrial, and consists of 196,100 square feet of land. Owner: Nova Realty Holdings INC. Applicant/Agent: Betsy Marino, Service Neon Signs.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning February 25, 2022 after 3:00 p.m.

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 25 and March 4, 2022

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon will hold a work session on Wednesday, March 2, 2022, at 7:00 p.m. in the Town of Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, March 16, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR SIGNAGE, HDRB #21-016, to consider an application for an exterior wall sign located at 702 Elden Street, Herndon Virginia Suite A, and further identified as Fairfax County Tax Map 0162 52 0010. The site is located within the Junction Square development and is situated approximately 90 feet west of the intersection of Elden Street and Monroe Street. This property is zoned as PD-TD, Planned Development – Traditional Downtown, and consists of 461 square feet of floor area. Owner: Kavitha Maddi, Skyvish Square 702 Elden St A LLC. Applicant/Agent: Clay Downing, Signs by Clay Downing. **Continued from February 16, 2022, HDRB public hearing.**

APPLICATION FOR A CERTIFICATE OF APPROPRIATENESS FOR AMENDMENTS TO AN APPROVED APPLICATION, HDRB #22-002, to consider an application for a Certificate of Appropriateness for amendments to an approved addition on the single-family residential property at 764 Grace Street, Herndon, Virginia, located at the southeast corner of the intersection of Grace Street and the Washington and Old Dominion Trail, and further identified as Fairfax County Tax Map 0104-02-0017. The property is zoned R-10, Residential, Single Family; and consists of 16,074 total square feet of land. Owners/Applicants: Bryce A. Perry and Phuong T. Pham.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning February 25, 2022 after 3:00 p.m.

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 25 and March 4, 2022

Legal Notice

Legal Notice

[(Full name(s) of owner(s))]:
The Sea Restaurant LLC

Trading as:
The Sea Restaurant
3238 Old Pickett Rd
Fairfax, Fairfax County, VA 22031

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

Christopher L. Aguilar, 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.

3009246 (02-25-22, 03-04-22)