

THIS WEEK INSIDE:



COURTESY PHOTO

Suspect arrested in string of 7-11 robberies

SEE PAGE A2



THEVIRGINIASTAR.COM

Sears' American Dream includes education and economic prosperity for Virginians

SEE PAGE A5



UNSPASH

Fairfax County School District could see change in boundary policy

SEE PAGE A7



COURTESY PHOTO

Reston Multicultural Festival invites attendees to "Discover the World"

SEE PAGE B2

INDEX	
Public Safety	A2
People and Places	A3
Health & Wellness	A8
Sports	A9
Opinion	A10
Arts & Entertainment	B1
Pets	B3
Arts Calendar	B4
Community Calendar	B4
Classifieds	B6

25¢
NEWSSTAND
PRICE

FCPD warns of fentanyl-laced narcotics in Fairfax County

Falls Church overdose victims recovering

By Heather Zwicker
FAIRFAX COUNTY TIMES

Earlier this week, Fairfax County Police responded to a scene where six people had overdosed. The mother of one of the victims noticed the overdose signs and called 9-1-1.

Detectives from the Organized Crime and Narcotics Division and the Major Crimes Bureau continue to investigate after the individuals were found unresponsive at 3 a.m. September 20 in an apartment in the 5500 block of Seminary Road in Falls Church.

“One man is clinging to life right now and four others are recovering after a lethal overdose in Falls Church,” said FCPD Chief Kevin Davis. He said that police and rescue personnel administered life-saving Naloxone, or Narcan, the antidote to a fatal overdose to the six patients. “Having this treatment available



COURTESY PHOTO

undoubtedly saved their lives.”

When officers arrived, they discovered one woman unconscious on the sidewalk and immediately rendered aid, according to the FCPD. As additional officers arrived, four men and a woman were found

unconscious inside the apartment. The six individuals were adults ranging in age from 23 to 35 years of age. They were taken to local hospitals and four remain hospitalized.

“We believe that there is a fatal batch of cocaine laced with fentanyl in our

community,” said Davis. He said the individuals were at a club in Alexandria earlier in the evening called Babylon Café. “We know they came from Babylon Café back to their apartment dwelling and that’s where we believe they ingested the cocaine laced with fentanyl and then overdosed.” The chief clarified in a news conference they preliminarily believe the substance is cocaine, but samples have been sent to the lab for testing.

Fentanyl is a powerful opioid used as a pain medication and together with other medications for anesthesia. When laced with recreational drugs it has potentially deadly overdose effects.

Davis said just last week police responded to five overdoses. “Thankfully none of those people died,” he said. FCPD has responded to 201 overdoses so far this year, up from 185 overdoses responded to at this time last year. The chief said that the

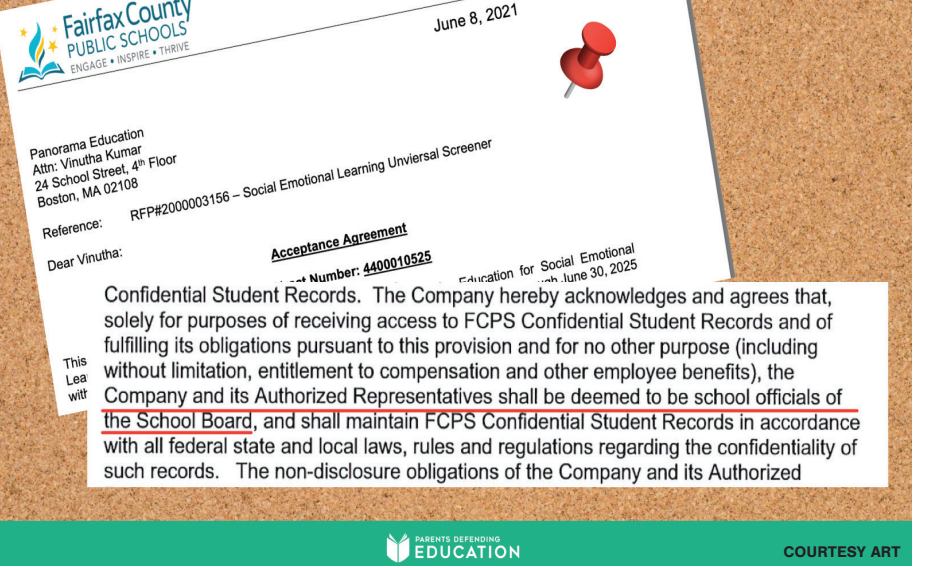
number of overdoses to which FCPD responded went up 50 percent in 2020 from the numbers in 2019. Davis said there has been a slight decrease in fatal overdoses so far this year.

“This is a homegrown problem, as 80 percent of the fatal and non-fatal overdoses from last year were Fairfax County residents,” said Davis. “The youngest overdose was from a 14 year old child, the oldest victim was 63.” More than 150 search warrants were executed related to opioid investigations and nine suspects were charged with drug offenses related to these investigations, according to the chief.

Although Davis talked about the intervention and resources for the overdose victims, he emphasized that education continues to be the best combatant in this fight to save lives. “Fairfax County offers free Narcan training,” he said. “Take advantage of this training.”

See NARCOTICS, Page A5

Parents question screening by group funded by Facebook founder



COURTESY ART

By Asra Q. Nomani
SPECIAL TO THE FAIRFAX COUNTY TIMES

Fairfax County Public Schools quietly signed a five-year contract to pay an out-of-state consulting firm, Panorama Education, \$1,845,600 from COVID emergency funds for a “Social Emotional Learning Universal Screener” program that will collect personal and private data on 190,000 students districtwide and implement “interventions.”

Facebook founder Mark Zuckerberg and his physician wife Priscilla Chan are investors in Panorama Education, raising concerns among northern Virginia parents about the consulting firm collecting confidential student information and engaging in the controversial practice of “data mining,” on the pretense of “social and

emotional learning,” known as “SEL.”

What’s more, in fine print in the contract, Fairfax County Public Schools says that Panorama Education, listed as “the Company,” has special status with the school district, stating: “...the Company and its Authorized Representatives shall be deemed to be school officials of the School Board, and shall maintain FCPS Confidential Student Records in accordance with all federal state and local laws, rules and regulations regarding the confidentiality of such records.”

The news of the “SEL Screener” has angered parents, already struggling with COVID-19 challenges. “It’s outrageous FCPS is collaborating with a for-profit company funded by Mark Zuckerberg – a fact not transparently

See SCREENINGS, Page A5



By Laura Scudder • FAIRFAX COUNTY TIMES

Local au pair volunteers with Homeward Trails Animal Rescue

Max Kaus spends most of his time with children and dogs

Being an au pair is something that made sense for Max Kaus, who has always been surrounded by children. He grew up with three younger siblings, as well as coached soccer — noting that watching kids grow and learn something new has always been really rewarding.

Kaus is originally from Germany, and after graduating high school in 2015, he began a dual program where he worked and went to school at the same time.

When he realized that his apprenticeship wasn’t the right fit, he decided to apply to be an au pair. Kaus had a friend who worked as an au pair, so they helped him begin the process.

“This is really something I like, because those kids — I mean, they show you their love in so many different ways,” Kaus explained.

Before settling in Virginia, Kaus began his work in Connecticut and then Oregon. Now, he is in Fairfax Station and

See AU PAIR, Page A4

Labor Day Special!

28% OFF
Basic Installation

Limited Time Only
September 1st - 30th

HARDWOOD FLOORING

STARTING FROM
\$1.99
SQ.FT

LUXURY VINYL FLOORING

STARTING FROM
\$0.89
SQ.FT

WATER PROOF

GET MORE FLOOR WITH

0% APR
SPECIAL FINANCING

PROFESSIONAL SERVICES

Professional Installation
Revive, Restore & Refinish

DISTRICT FLOOR DEPOT

Quality Hardwood Discounters

www.districtfloordepot.com

703-665-7955

While supplies last. Product prices & availability are subject to change. See store for details. Basic install wood or vinyl only.

PUBLIC SAFETY



COURTESY PHOTO
Ronald Hill Jr.

Suspect arrested in string of 7-11 robberies

Detectives from the Fairfax County Police Department Major Crimes Bureau Robbery Squad have charged a 32-year-old man for a series of robberies that occurred at the 7-Eleven located at 9511 Blake Lane in Fairfax.

Detectives have been investigating four robberies at the business that occurred July 15, August 22, August 29, and September 6. In each of these robberies, the suspect entered the store, assaulted an employee, stole merchandise and cash from the register.

Detectives received information September 9 from a source that the suspect was involved in a trespassing incident and identified as Ronald Hill Jr., no fixed address. Detectives reviewed surveillance footage, confirmed that he was the suspect in the robberies and obtained warrants for four counts of robbery.

Hill was arrested September 11 by the City of Falls Church Police Department following a robbery that occurred in their jurisdiction and served with the four robbery warrants. Hill is currently being held in the Arlington County Adult Detention Center.

Virginia doctor charged with unlawful distribution of controlled substances

A criminal complaint was unsealed last week in the District of Columbia charging a doctor with unlawful distribution of a controlled substance outside the scope of his professional practice. As detailed in court documents, the case relates to defendant Dr. Robert M. Cao prescribing various narcotic pain medications in the months and days leading up to a man's May 31, 2021 overdose death.

Cao, 38, of Falls Church, was arrested September 14 and made his initial appearance the following day

before Magistrate Judge Zia M. Faruqui in the U.S. District Court for the District of Columbia. His next hearing is scheduled for Oct. 28. The charge carries a statutory maximum of 20 years in prison and potential financial penalties.

According to court documents, Cao is a physician who is licensed to practice medicine in the District of Columbia and Virginia. Between in or around at least Jan. 9, 2021, and continuing through in or around May 30, 2021, the documents allege, Cao knowingly and intentionally wrote a man identified in court documents as "V.C." at least five prescriptions for oxycodone and hydrocodone, Schedule II controlled substances with a high potential for abuse.

On May 31, 2021, first responders were dispatched to a Fairfax, Va. residence in response to a 911 call for assistance regarding "V.C.," after his girlfriend found him cold and non-responsive. He was pronounced deceased under suspicious circumstances.

A subsequent autopsy report documented the cause of death as acute combined oxycodone and ethanol poisoning. On the nightstand next to where "V.C." was found were prescription bottles, including one containing Percocet (a brand name of the narcotic analgesic oxycodone/acetaminophen) pills filled May 23, 2021. Cao was the prescribing doctor listed on the bottle.

Court filings also detail text message exchanges between Cao and "V.C.", including discussions about Cao prescribing narcotic pain medications to "V.C."; "V.C." agreeing to give Cao a kickback on some of those pills; and meetings between the two, including a meeting in a parking lot on the night before the man's death.

The charges in criminal complaints are merely allegations and every defendant is presumed innocent unless and until proven guilty beyond a reasonable doubt. If convicted of any offense, a defendant's sentence will be determined by the court based on the advisory U.S. Sentencing Guidelines and other statutory factors.

The case is being prosecuted by Assistant U.S. Attorney Anne P. McNamara of the U.S. Attorney's Office for the District of Columbia. The investigation into this matter was conducted by the FBI's Washington Field Office in partnership with the Fairfax County Police Department.

Imam charged with indecent liberties

A 36-year-old imam has been charged with indecent liberties by custodian for a sexual assault that occurred in 2015.

Detectives from the Fairfax County Police Department Major Crimes Bureau Sex Crimes Squad began their investigation in May after a victim disclosed the unlawful sexual contact with the imam. Detectives determined Said Shirzadi, of Maryland, served as a counselor and spiritual leader at the Mustafa Center, 6844 Braddock Road, Annandale, at the time of the assault.

The juvenile victim, sought Shirzadi's assistance in his position in the mosque. Shirzadi would meet the victim at locations throughout the county. He would invite the victim into his vehicle, where he would then sexually assault her. After a thorough investigation, including multiple interviews and reviewing digital evidence, detectives obtained a warrant for indecent liberties by a custodian, and Shirzadi was arrested September 21. He was released on his personal recognizance from the Adult Detention Center.

Shirzadi has served as an imam at the mosque for the past nine years. Detectives are asking anyone with information about this case or believe Shirzadi had inappropriate contact with them or their child to please 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
Terence Butler

Man arrested in August murder

Terence Butler, 40, of Alexandria, was arrested September 17 in Washington, D.C. by detectives from the Fairfax County Police Department Fugitive Track and Apprehension Unit after a manhunt that spanned more than a month.

Since the night of the fatal shooting of Raphael Pierce, 23, of Alexandria, detectives have executed more than 30 search warrants, conducted numerous interviews, and combed through extensive amounts

of data in the efforts to find Butler.

FCPD detectives alongside our federal partners received information September 17 about Butler's whereabouts and safely took him into custody. Butler was taken to the Central Detention Facility in Washington, D.C. He will remain in their custody until he is extradited back to Fairfax County to face charges of second-degree murder, use of a firearm in the commission of a felony and possession of a firearm by a convicted felon.

"Our detectives obtained warrants the night of this tragic death and have not stopped working to bring Butler to justice and today, they did just that," said Maj. Ed O'Carroll, Major Crimes, Cyber and Forensics Bureau chief. "No matter how far someone tries to run or how long they try to hide, we will find them. I'd like to thank all of our detectives with our Major Crimes Bureau, our Fugitive Track and Apprehension Squad as well as our federal partners with the U.S. Marshals Task Force and officers of the Metropolitan Police Department who assisted in tracking down this killer."

Detectives have made 11 arrests related to 15 homicide incidents.



COURTESY PHOTO

The fire caused damage in the store's warehouse.

Combustion of sawdust causes fire in Springfield

Units from Fairfax County Fire and Rescue Department and the City of Alexandria Fire Department were dispatched for a reported building fire in the 5500 block of General Washington Drive in the Springfield area of Fairfax County at approximately 9:03 a.m. September 14.

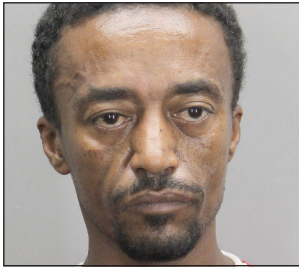
Crews arrived on the scene of a two-story, commercial building with smoke evident in the showroom of a furniture store. Firefighters quickly located the remnants of a fire in the warehouse section of the store. The fire sprinkler system extinguished the fire prior to fire department arrival. One firefighter sustained a minor injury. No civilian injuries were reported.

There were no occupants

in the furniture store at the time of the fire. The fire was discovered by the chief building engineer, who was working in a second-floor suite, when he smelled an electrical odor. Upon further investigation, the engineer observed smoke through the windows of the furniture store and called 9-1-1. The building's fire alarm system then activated and alerted occupants of other businesses.

Fire investigators determined that the fire was accidental in nature and started in the warehouse section of the furniture store. The cause of the fire was the combustion of accumulated sawdust from a milling machine.

No one was displaced because of the fire. Red Cross assistance was not needed. Damages as a result of the fire were approximately \$327,000.

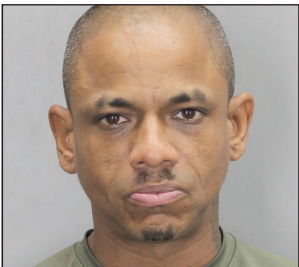


COURTESY PHOTO

Alexandria man arrested at closed construction site

Officers were called for a man was seen entering a closed construction site in the 6300 block of Richmond Highway September 10 at 4:27 a.m.

When officers arrived, they located Bruk Gudissa, 43, of Alexandria, trespassing on the property. Gudissa was arrested for trespassing and falsify identify self to law enforcement.



COURTESY PHOTO

Alexandria man arrested after vehicle theft

A man stole the victim's GMC Canyon truck. Officers located the truck in the 3100 block of Lockheed Boulevard September 14 at 8:04 a.m. and Jonathan Chambers, 40, of Alexandria was arrested. Chambers was charged with grand larceny and falsely identify self to law enforcement.

Alexandria Police investigate shots-fired incident on Edsall Rd.

The Alexandria Police Department is investigating a shots fired incident on Edsall Road that occurred on September 14.

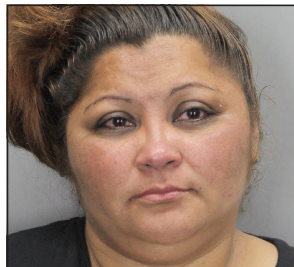
Officers were dispatched to the 6100 block of Edsall Road for a report of gunfire at approximately 9:35 p.m. They located shell casings and discovered property damage to units at the South Port Apartments and vehicles in the parking lot. No injuries were reported. A helicopter assisted the investigation.

This is an active investigation. Anyone with video or information about the incident is urged to contact Detective Stephen Riley at 703.746.6225 or email Stephen.riley@alexandriava.gov. You can also call the police non-emergency line at 703.746.4444. Tips can be shared anonymously.

Springfield woman charged after stun gun incident

A child brought a stun gun into school in the 6200 block of Charles Goff Drive at 10:31 a.m. September 16 and used it on three classmates. No injuries were reported.

A relative of the child, Jacqueline Galeas Flores, 27, of Springfield, was charged with contributing to the delinquency of a minor for allowing access to the stun gun.



COURTESY PHOTO

Falls Church woman charged after assault

During an investigation in the 3300 block of Glen Carlyn Drive, Sandra Rios Ramos, 26, of Falls Church, became upset and assaulted several officers at 9:50 p.m. September 12. Ramos was charged with three counts of assault on a law enforcement officer.

Visit our Showroom!



Call Today! (703) 743-7293 on schedule online at FosterRemodeling.com



You'll get inspired when you visit our 3,500 square foot showroom in Lorton, VA. We showcase all the interior and exterior elements your remodeling project requires. From high-end custom cabinetry and marble countertops to luxury tile and flooring options, our vignettes inspire your design and product selections. Come hang out with our designers and office staff, grab a cup of coffee at our coffee bar and browse through our displays to find the perfect products or your project. Give us a call today! (703) 743-7293.

Additions | Kitchens | Master Suites | Bathrooms | In-Law Suites | Whole Home Remodels | and much more!

Call (703) 743-7293 FosterRemodeling.com

Established 1965
fairfaxtimes.com

FAIRFAX COUNTY TIMES
Publisher
Rich Whippen, 703-439-1867
rwhippen@wspnnet.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

Rick Horner
rshorner2012@gmail.com

Positive Vibes Column
Noelle Riddle
Nriddle@fairfaxtimes.com

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

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

National Advertising
Simmy Murdock, 703-463-9228
simmy@wspnnet.com

Local Advertising
Marcia Patch, 703-994-4940
marcia@wspnnet.com

Simmy Murdock, 703-463-9228
simmy@wspnnet.com

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

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

Angie Wyatt, Creative Designer
angiew@wspnnet.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@wspnnet.com

Send event information to:
ffxtimesevents@gmail.com

PEOPLE AND PLACES



COURTESY PHOTO
Jai Cole

New Park Authority executive director named

The Fairfax County Board of Supervisors affirmed the selection of **Jai Cole** as executive director of the Park Authority September 14, voting to accept the recommendation of the Fairfax County Park Authority Board.

Cole, a park professional with more than two decades of leadership experience with award-winning recreation and park agencies will begin immediately, filling the vacancy created by the retirement of Park Authority Executive Director Kirk Kincannon earlier this year.

Cole comes to the Park Authority from the Maryland-National Capital Park and Planning Commission, Montgomery Parks (M-NCPPC, Montgomery Parks) where she served as chief of the Park Planning and Stewardship Division since 2018.

“Along with the rest of the Park Authority board, I am very excited to welcome Jai Cole as our new Executive Director,” said Park Authority Board Chairman Bill Bouie. “Jai has the experience and vision to lead the Park Authority staff and residents of Fairfax County as we continue our mission to support the changing needs in parks. At the forefront of that mission will be how we fully engage and support the One Fairfax policy, one of our major decision drivers moving forward. We look forward to working with Jai to define and implement that strategy.”

In her role as chief of the Park Planning and Stewardship Division, Cole provided overall strategic direction for long-range planning, natural resource management, cultural resource stewardship and interpretation, trail planning and construction, development review, and environmental project review for a 37,000 acre, nationally accredited, six-time Gold Medal winning park system. The M-NCPPC, Montgomery Parks has a \$127 million annual budget and a \$317 million, six-year Capital Improvement Program budget.

Cole previously served with M-NCPPC, Montgomery Parks as their natural resource manager, and has held several other positions in that agency related to natural resource management and aquatic ecology beginning in 2005. Cole also worked as the director of Adult Programs at Reston Community Center from 2003 until 2005.

Cole grew up in Fairfax County, residing in Reston for 25 years. She attended South Lakes High School where she played youth softball, basketball and field hockey. She then went on to earn a Bachelor of Arts in biology at the University of North Carolina Greensboro where she played Division I basketball. Cole resides in Silver Spring, Md. with her husband and two children and will receive an annual salary of \$192,268.

SOC Telemed and Ob Hospitalist Group announces nationwide partnership

Reston-based **SOC Telemed**, the largest

national provider of acute care telemedicine, and Ob Hospitalist Group (OBHG), the nation’s largest and only dedicated provider of customized obstetric (OB) hospitalist programs, announced a collaboration combining OBHG’s leading OB hospitalist programs with SOC Telemed’s maternal-fetal medicine (MFM) experts.

The first hospital partner to go live with the new service in early August 2021 was Hendrick Medical Center in Abilene, Texas. The combined OB hospitalist/teleMFM offering is currently expanding to additional OBHG hospital partner sites nationwide.

The new partnership enables patients to receive 24/7 onsite care from OBHG’s skilled OB physicians and access to SOC Telemed’s MFM physicians. When needed, OBHG clinicians can connect to MFM specialists in minutes for consultation to assist with the management of high-risk pregnancies or deliveries using SOC Telemed’s telemedicine platform, Telemed IQ. The program is designed to complement the in-person physician care delivered by the OB hospitalists with care recommendations from the remote MFMs.

“The benefits of having teleMFM have been a blessing for our patients, physicians and organization,” said Michelle Owens, nurse manager and maternal program manager at Hendrick Medical Center. “The maternal-fetal medicine specialist is available within a matter of minutes if needed. The physicians are knowledgeable and personable, making the telemedicine encounter pleasant for the patient, family and staff. The collaboration between the OB hospitalists and the MFM physicians is amazing, with the OB hospitalists ready to provide care recommended by the MFMs. Our hometown maternal fetal medicine physicians are loved and respected by our community, but in moments when they cannot physically be available at the bedside, the SOC Telemed physicians provide excellent care and seamless coverage.”

The need for MFM specialists nationally far exceeds supply, and geographic distribution of the nation’s limited number of MFM specialists is heavily concentrated in major urban centers. A recent evaluation of SOC Telemed’s teleMFM program demonstrated its success at supporting local OB providers and keeping 94 percent of families with an at-risk pregnancy in their local communities for prenatal care and delivery.

“We’re thrilled to partner with OBHG to help more mothers get the care they need within their local communities,” said Sina Haeri, MD, MHSA, vice president of Women & Children’s Health, chief of Maternal-Fetal Medicine, SOC Telemed. “Supporting local OB providers and their patients enables reduced travel, better outcomes, and the strengthening of local health care resources, representing a win-win for pregnant women.”

“Clinician access to maternal-fetal medicine support is especially important when it comes to caring for high-risk patients,” said Lenny Castiglione, CEO of OBHG. “OBHG can now offer maternal-fetal telemedicine services alongside our OB hospitalist medicine programs to our hospital partners without access or without full-time access to maternal-fetal medicine resources.”



COURTESY PHOTO
Mara Motherway

Peraton appoints new senior VP for government and customer relations

Peraton today announced earlier this month the appointment of **Mara Motherway** to its executive leadership team as senior vice president, Government and Customer Relations.

Motherway will report to Mike King, Peraton’s executive vice president and chief growth officer. In this newly created role, she will be responsible for driving Peraton’s public policy and government affairs strategies.

“Peraton has grown in 2021 to become our nation’s largest mission capability integrator and transformative enterprise IT provider. Having a strong government relations function under a proven leader will ensure Peraton continues to align its mission to the national security objectives of our policymakers. I’m excited to welcome Mara to the company at such a critical time,” said Stu Shea, Peraton’s chairman, president, and CEO. “Her decades of experience in national security and track record of success in the government affairs arena will scale this capability and be a force multiplier for our business.”

“Mara is an exceptional government relations professional and strategic thinker who brings a unique and proven skillset to Peraton in support of our business objectives,” said King. “She is widely respected across industry and government for her abilities to masterfully navigate public policy issues and effectively convey the priorities of the company to policymakers.”

Motherway joins Peraton from Booz Allen Hamilton, where she served as vice president for government relations and military affairs. In this role, she established the firm’s government affairs capability, guiding strategic government customer relationships and advancing the firm’s business interests with policymakers. She also oversaw the firm’s military partnership strategy, integrating philanthropic activities with recruiting, diversity, and business strategies to sustain a strong veteran workforce foundation. She was named one of Washington, D.C.’s top lobbyists in 2018, 2019, and 2020.

While at Booz Allen, Motherway also held roles as business development executive for defense and military intelligence and led the firm’s business supporting U.S. government classified missions.

Prior to Booz Allen Hamilton, she served as director, special projects for BAE Systems’ Intelligence, Surveillance, and Reconnaissance (ISR) business. In that role she set their strategy for growth, risk management, and future investments for ISR electronic systems.

Before joining industry, Motherway served as a U.S. naval officer for more than two decades. Her diverse experience spans Middle East combat operations, U.S. government acquisition oversight for satellite and special communications, and aide to the Chief of Naval Operations.

She earned a Bachelor of Science degree in political science from the U.S. Naval Academy, a Master of Public Administration from the Harvard Kennedy School, and a Master of Science degree in national resource strategy from the National Defense University. She currently serves on the board of directors of the International Spy Museum, the National Defense Industrial Association (NDIA), and Blue Star Families. She is also a member of AFCEA’s Intelligence Council.



COURTESY PHOTO
Cassie Wilmoth

GOTR of NOVA announces new board member

Girls on the Run of NOVA (GOTR NOVA) announced that it appointed **Cassie Wilmoth** to its board of directors effective immediately.

“We are excited to have Cassie join the Board given her strong connections serving on Cigna’s internal GOTR NOVA committee. Having previously volunteered as a GOTR coach, we know Cassie will help us continue to strengthen the organization,” said Rob Hargreaves, GOTR NOVA’s board president.

Wilmoth is a Senior Client Manager at Cigna. She holds a bachelor degree in Business Administration and Management from Arizona State University.

“I have a true passion for helping girls see the best in themselves and being a positive voice in their lives. GOTR NOVA sparks that passion toward raising up the next generation of well-rounded female leaders who will someday influence the generation being raised up behind them, as well. I look forward to being a part of this amazing organization in this new capacity,” said Wilmoth.

Girls on the Run of NOVA is returning to its all in-person, 10-week program for girls in grades 3 through 8, concluding with a large end-of-season 5K celebratory event. The organization returns with the message to every girl and their family that GOTR NOVA is here and remains steadfast in providing a transformational program.



INOVA HEALTH SYSTEM

Karen Torres, president and CEO of Ronald McDonald House Charities of Greater Washington speaks at a ceremony celebrating the re-opening in Falls Church.

Ronald McDonald House completes \$5 million renovation in NOVA

After renovating and re-opening the Ronald McDonald House in D.C.

one year ago, Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC) announced September 9 the completion of their

massive renovation of the Northern Virginia House on the campus of Inova Fairfax Medical Center in Falls Church.

The newly-overhauled house, which expands the number of rooms and offers upgraded communal spaces and amenities, began welcoming families to call it home beginning in early August.

The renovations increased guest suites at their Northern Virginia House from eight to 24. In addition, the heating and cooling was re-engineered, and greater emphasis was placed on communal multi-purpose spaces for social activities, because psycho-social support is almost as important as finding a place to stay. RMHCDC created expansion-focused partnerships with several local, national, and international companies which generously donated their time and materials for the \$5+ million project.

“More and more families are going to specialized

disease centers and new oncology treatment units. And since they’re coming from all over, they need a place to stay—sadly, prior to expanding, we had to turn away over 200 families due to low capacity,” said Karen Torres, president and CEO of Ronald McDonald House Charities® of Greater Washington, D.C. “We looked for partners who truly identified with and supported our mission, knowing we could trust that they would quickly, safely, and beautifully make the most of the footprint of our current Ronald McDonald House programs and meet the needs of our families in an impactful way.”

With a mission of keeping families close to their sick children who are receiving care, RMHCDC prioritized upgrading and expanding the two houses to help more people feel at home away from their own homes. The houses also offer Wi-Fi, daily activities, weekly programs, and meals provided by volunteer groups, all at no cost to families. A donation of \$15 per night is suggested, but families are never turned away for financial reasons.



FAIRFAX COUNTY HEALTH DEPARTMENT

The Fairfax County Health Department activated mobile COVID testing clinics September 17. The first one, in the Little Rocky Run neighborhood of Clifton, drew people of all ages seeking tests, including those who were experiencing symptoms as well as others who had been exposed.

OBITUARIES

In loving memory
Dorothy “Dorrie” O’Connor Bennett



Dorothy (“Dorrie”) O’Connor Bennett, 62, of Fairfax, Virginia died on September 7, 2021 at INOVA Fairfax Hospital.

She was born in Washington, DC on October 11, 1958 to Joseph Patrick O’Connor and Eileen Mary Francois O’Connor. She was a graduate of Fairfax High School (FHS) and worked her entire career at the City of Fairfax as a Real Estate Assessor, retiring in 2009.

One of Dorrie’s proudest accomplishments was earning the Certified Assessment Evaluator (CAE) designation. She was a member and past president of the Virginia Association of Assessing Officers, a member of the International Association of Assessing Officers, a member of the Ladies Auxiliary of the American Legion, an active member of the FHS Class of 1976 Reunion Committee, an avid fan of Washington’s professional football, baseball, and hockey teams, and a dog lover extraordinaire.

She is survived by her daughter Ellen Pedrick; granddaughter Ava; son Zack Bennett and his father Troy Bennett; brothers Bill, Paul and John; sisters Eileen and Mary; and numerous nieces and nephews. She was preceded in death by her brother Joe and sister Kathy.

A Celebration of Life will be held on Saturday, October 9, 2021 at 2:00 pm at St. George United Methodist Church, 4910 Ox Road, Fairfax VA 22030. In lieu of flowers, donations can be made in Dorrie’s name to the Lamb Center, 3160 Campbell Drive, Fairfax, VA 22031 (<https://www.thelambcenter.org/ways-to-give/give-online/>) or to ALSAC-St. Jude Children’s Research Hospital, 501 St. Jude Place, Memphis, TN 38105, Memorial Account #22578687.



AU PAIR

CONTINUED FROM PAGE A1

an au pair through Cultural Care Au Pair, an au pair agency. He has been in the U.S. now for about two years.

Kaus has even kept in touch with the children he used to look after — which makes him feel appreciated, and that he definitely has more than one “home away from home.”

“Seeing them grow, having like another place to call home. I mean, me myself, I’ve grown so much over the past two years. It’s incredible what like being away from home, living with other people, what that can do for you,” he explained.

Kaus noted that being an au pair is usually seen as something that a woman does — male au pairs have even been coined as “bro pairs” as a fun saying.

Outside of working and volunteering, Kaus enjoys being outside. Whether that is through hiking or simply being outdoors, he finds that nature is a place he can get away from anything on his mind — though that really happens for him when he volunteers.

Several local au pairs recently volunteered with Homeward Trails Animal Rescue to help the shelter prepare for their “Clear the Shelter” event. Kaus volunteers there two days a week — and is

considering adding another day to be there throughout the week.

“Just being around dogs kind of takes something away from me — I don’t worry about anything, I’m just happy,” Kaus said.

He said his favorite part about working with Homeward Trails is getting to be around the dogs, particularly when he is able to interact with them outside of the shelter. Kaus said that the shelter has an area that is set up like a living space, where people can interact with dogs as if they were in a home environment.

He explained that it does takes some of the dogs a moment to warm up. For him, patience is key, as he does not know the exact situations these dogs are coming from.

“They’re super scared — some of them. And it’s just like, ‘No, I don’t want to deal with anyone right now I just want to get out of here.’ But then after that hour, they just lay down next to you, they start like letting you pet them and all that kind of stuff,” he said.

Kaus also serves as an ambassador for Cultural Care, which means he welcomes new au pairs to the area and gives them their first taste of what it is like to live in the U.S.

When not working or volunteering, Kaus is a sports fan, especially basketball. His favorite team is the Clippers.

SCREENINGS

CONTINUED FROM PAGE A1

relayed to parents,” said Tiffany McCaslin, a Fairfax County mother. “Any involvement by a social media giant with surveys examining students’ mental health is reprehensible.”

Parents can opt-out their children from the screener at this link: <https://bit.ly/FCPSScreenerOptOut>. The “Opt-Out” form states, “Screener data will only be accessible to teachers, administrators, and staff with legitimate educational interests.” There is no mention of Panorama Education.

Several parents have reported to Parents Defending Education, a new national parent advocacy organization, that they are getting confusing instructions about where to submit the opt-out letter. FCPS officials have issued several public statements, justifying the contract as “Addressing Students’ Academic, Social, Emotional, and Mental Health Needs.”

Also raising concern among parents, the school district is using emergency COVID relief funds signed into law on March 20, 2021, after Congress set aside about \$13.2 billion of the \$30.75 billion allotted to the Education Stabilization Fund through the Coronavirus Aid Relief, and Economic Security (CARES) Act for the Elementary and Secondary School Emergency Relief Fund (ESSER Fund). The so-called ESSER Fund was designed to “address the impact that COVID-19 has had, and continues to have, on elementary and secondary schools across the Nation.”

Parents are raising issues about how COVID relief money is being wasted on contractors instead of focusing on learning loss, as the school district recently saw with Standards of Learning scores plummeting for students in northern Virginia.

In a statement, “FCPS Elementary and Secondary School Emergency Relief Fund,” the school district says that FCPS will “use approximately \$78.8 million, or 42 percent, of its ARP Act ESSER III funds to ensure our schools are welcoming and culturally responsive to all students and families.”

The new Fairfax County contract says Panorama Education will have access to 190,000 students including the identities of students and how they answer questions about what they “think and feel.” In its Sept. 14, 2020, Request for Proposal, the school

district says “schools operate as the de facto mental health provider in communities throughout the U.S.” (page 4, section 5.6)

According to a sample of questions provided by the school district, the questions cover a range of intimate topics that students could ask many different ways during any given day, asking, for example:

“How confident are you that students at your school can have honest conversations with each other about race?”

“How often do you think about what someone of a different race, ethnicity, or culture experiences?”

“During the past week, how often did you feel sad?”

“During the past 30 days, how much did you care about other people’s feelings?”

“How connected do you feel to the adults at your school?”

“Overall, how much do you feel like you belong at your school?”

According to the five-year “acceptance agreement,” contract No. 44000010525, dated June 8, 2021, the pricing schedule includes five annual payments with three optional one-year extensions. The request for proposal for a “Social Emotional Learning Universal Screener” included “social and emotional learning” and “all related services.” The school district cast the request as a competitive bidding process but it isn’t clear if other proposals were submitted. The school district has the documents from this contract which can be found at <https://bit.ly/2W51aS4>

In Addendum No. 1, dated Oct. 2, 2020, to the request for proposal, Fairfax County Public Schools received a question, asking: “Does FCPS have a specific set of SEL Competency Standards that guide instruction?” The school district responded, “Not at this time. There [sic] work is in progress.”

“Key Skills” required in the contract include aligning the survey work with the standards set by a Chicago-based consulting company, Collaborative for Academic, Social, and Emotional Learning, or CASEL, that has built a big business selling “social and emotional learning” services to school districts.

According to CASEL, “SEL is implemented with an explicit goal of promoting educational equity.” To most education activists, “equity” translates into equal outcomes.

The Social Emotional Learning

Screener will also collect “psychometrics” for students in grades K-12. Parents are particularly concerned about how children in grade K-3 will answer complex mental wellness questions that they are unlikely to understand.

‘Half and half’ about ‘making business’

The “screener” raises concerns among parents, particularly in light of comments that cofounder Aaron Feuer gave in 2013, as the company launched. To a question about whether investors were focused on “making money” or “improving schools,” Feuer stated that companies are “roughly half and half” about seeing schools as a “strong market to invest in” and “a really great place to make a difference.”

The school district raised controversy this spring when it surprised parents with an “Anti-Racism, Anti-Bias Curriculum Policy Survey” co-written by another out-of-state consulting firm, Leadership Academy, that was paid \$49,600 to do the survey, which Parents Defending Education chronicled here: <https://bit.ly/2XLkSmA>.

Before the results were even collected, the school district had signed a four-year contract in March 2021 for Leadership Academy to host “professional development” that could cost the school district \$702,700 if it just commissioned basic services. Parents and community members sent letters to the school district through Parents Defending Education, expressing their concerns.

For local parent McCaslin, collecting “psychometrics” is the wrong priority for the school district. “This money should never have been reallocated in this manner, and I do not want my three daughters’ most sensitive social and emotional positions being collected, dissected, cataloged and shared with a for-profit company funded by a social media giant responsible for the detriment of the mental health for young girls,” she said. “The timing of this initiative is impeccable since, as I write this, Facebook-owned Instagram is currently under fire for keeping secret its internal research into the effect social media has on teenage users.”

Asra Q. Nomani is a resident of Fairfax County, and former reporter for the Wall Street Journal. She is vice president of strategy and investigations at Parents Defending Education. She can be reached at asra@defendinged.org and @AsraNomani on Twitter.

THIS IS NOT THE TIME TO LET OUR GUARD DOWN.



Wear a mask over your nose and mouth



Stay at least 6 feet away from others



Avoid crowds



Find your free vaccine

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

We’re not finished yet.



VACCINATE VIRGINIA

VDH VIRGINIA DEPARTMENT OF HEALTH

NARCOTICS
CONTINUED FROM PAGE A1

To find out more about this training offered by the Fairfax-Falls Church Community Services Board visit fairfaxcounty.gov/csb/revive/ Training is open to everyone.

“In terms of criminal culpability and accountability, it’s the drug dealer,” said Davis. “That’s who we’re ultimately interested in identifying and our detectives

are working really hard right now to identify this person.”

Symptoms of opioid overdose include some of the following: loss of consciousness, pinpoint pupils, snore-like gurgling sounds, breathing is low, shallow or erratic, bluish purple, or ashen skin color, nausea or vomiting, or fingernails turn blue or close to black. “It’s not something we want people to take lightly if they see these signs in their loved one,” said Davis. “If they

see any of those signs it’s a good possibility that an overdose is taking place and we need to get fire and rescue and police to the scene.”

Help is available 24 hours a day. If you or someone you know needs help to overcome drug dependence, please call the CSB at Merrifield Center at 703-573-5679 to find appropriate treatment and recovery services. Walk-ins are also welcome Monday through Friday from 9 a.m. to 5 p.m.



A blindfolded visitor participates in a leadership training game at the Civil Air Patrol open house in Herndon.

Civil Air Patrol showcases mission during Herndon open house

By Michael Marrow
FAIRFAX COUNTY TIMES

The William P. Knight Squadron of the Civil Air Patrol, the official civilian auxiliary of the U.S. Air Force, held an open house in Herndon September 16, where current members showcased the opportunities offered by joining.

The Civil Air Patrol is a congressionally chartered non-profit corporation composed entirely of volunteers, with a rank system that mirrors the Air Force. The organization assists with a wide range of non-combat missions in the United States such as search and rescue, locating downed aircraft, logistics, and aerial surveys, especially in the wake of natural disasters.

The recent experience of the Knight Squadron underscores CAP’s domestic reach. CAP members from Virginia were deployed to Louisiana to conduct aerial damage assessments in the wake of Hurricane Ida. The Knight Squadron and others have also provided critical support during the pandemic by assisting with the construction of Covid vaccination sites and distributing vaccines and personal protective equipment to rural areas across the country, including in the Commonwealth.

CAP recruits year-round and is divided into two main groups of cadets and senior members, who must be between the ages of 12-21 or over 18, respectively. Senior members carry out the organization’s key functions and many are licensed pilots who typically fly single-engine aircraft. Cadets are taught the fundamentals of aviation through a flexible, accredited curriculum that focuses on four main themes of leadership, aerospace, fitness, and character. Many activities, such as ride-along flights with senior CAP members, offer direct exposure and involvement. (Cadets can be involved in some CAP missions too, but usually on the ground.) Cadets are also expected to apply aerospace science, albeit on a slightly smaller scale: cadets at the open house displayed small rockets they constructed, which they were required to successfully launch to fulfill one of their many educational tasks.

At the open house, cadets and senior members guided newcomers through several rooms with various exhibits, where visitors could learn more about CAP as well as

browse equipment that can identify the source of emergency signals of downed aircraft, play interactive games like flight simulators, or watch a brief film of CAP’s history. Cadets of the Knight Squadron were eager to stay active, breaking out into arm-wrestling and push-up contests during breaks in the crowd.

The squadron was recently named in honor of Lt. Col. William Knight, who first joined as a cadet in 1951 and rejoined as a senior member in 1962 and attended the open house as well. His career represents the crucial role CAP plays in response to crises: after the partial meltdown of a nuclear reactor at the Three Mile Island facility in 1979, he flew a CAP mission over the site to assess radiation levels, providing critical information to emergency responders and officials. Knight said that joining CAP is a distinctive experience to learn about science and aviation, as well as for those interested in future military service. “If you want a chance to learn about first aid and emergency service capabilities, cadets can go into the parts of our program that are usually considered risky for people under 18” he said.

Maj. Zoe Morozko, the Knight Squadron’s deputy commander for cadets,

similarly said “there’s so much exposure to opportunity” for all those who join, particularly cadets. Cadets, Morozko reasoned, who are young and face competing pressures from school and other extracurricular activities, have a chance to acquire unique skills and learn valuable lessons even when they fail, which they can do without fear of penalty. “I don’t know where they would get to do this elsewhere,” she added.

The Knight Squadron’s Commander 1st Lt. Lester Flores, said that anyone should join the current 71 members of the Knight Squadron if they “want to support the community and volunteer in a role that makes a difference.” Senior members can conduct important missions and “develop tomorrow’s aerospace leaders,” Flores noted, as well as support local education. Meanwhile, cadets can “learn about becoming a leader in a STEM-focused environment,” where they can play a firsthand role in improving their community. “Our emergency service missions are direct, we help people, we make a difference,” Flores said. “With the Civil Air Patrol, you are given the opportunity to directly assist and support your community.”

Sears’ American Dream includes education and economic prosperity for Virginians



By Rick Horner
FAIRFAX COUNTY TIMES

Winsome Sears’ journey from her original homeland in Jamaica to pursue her version of the American Dream has led her to run for the office of lieutenant governor of Virginia in this year’s election.

Sears has worn many hats throughout that time starting out as an electrician in the U.S. Marine Corps, working at a women’s shelter, and working as the first black, female, immigrant Republican to be elected to that position. Sears believes that those experiences will guide her should she be elected as lieutenant governor.

“In many ways, my life experiences have uniquely prepared me to serve the full fabric of our state as I uniquely relate and identify with so many Virginians,” said Sears.

Because of this, Sears wants to guarantee the opportunity for Virginians that they can pursue their version of the American Dream.

“I believe strongly in the power of the American Dream, and I want to ensure all Virginians have fair and equal access to it by creating an environment for better-paying jobs and cutting costs for families,” she said.

According to Sears, one of those key elements for being able to chase that dream is education which is a subject that Sears knows well having served as vice president of the Virginia State Board of Education. Sears wants to focus a great deal of effort towards improving the education system for Virginians. She cites the damage in the learning loss of students as a result of the Coronavirus pandemic, she also advocates for innovation and high teacher pay as part of her goals of improving the state schools.

“Our students have fallen behind because of extended school closings and lower school standards. We will empower parents and restore

excellence by keeping our schools open and safe during a regular weekly schedule. We will continue to keep standards high and support our students with their resources to achieve them,” said Sears. “Teachers need to be paid a higher wage, and the facilities and resources required to teach our children will be upgraded and supplied. Innovation is necessary, and I would advocate for a significant investment in all of our educational institutions.”

It’s a focus similar to that of her opponent Democratic candidate Hala Ayala who on her website calls schools the building blocks of the future. Also having worked as a delegate in the 51st district, Ayala touts her achievements in this area such as increased budgets for special education and getting teachers in Virginia a 2 percent pay raise.

Ayala would look to expand Governor Ralph Northam’s G3 plan that offers two years of free community college for students who train in high-demand professions. Sears looks at her running mate Republican gubernatorial candidate Glenn Youngkin and his Day One plan as the answer to the issues facing Virginia’s education woes.

Youngkin’s plan also includes raising teacher pay and investment in special education as well as restoring expectations in getting students ready for colleges and careers.

“What is not appealing about our next Governor’s Day One Plan,” asked Sears. “Cutting costs for Virginians, keeping our communities safe, reinvigorating job growth, restoring excellence in education, and making government work for the people instead of politicians, are the changes we need to see in Virginia.”

Sears also remarked on the necessity to hit the ground running on these goals to not only revive Virginia’s education system but other issues made worse by the state’s response to the pandemic.

“Unfortunately, our recovery from the pandemic ranks in the bottom 10 among states.

Our students are behind in school, violent crime has risen to 20-year highs, and much of our government is broken,” said Sears. “As a result, people are voting with their feet and leaving the Commonwealth. All aspects of this plan will need to be implemented to turn Virginia around and headed in the right direction.”

As a business owner, Sears also looks at the state of economic affairs in Virginia as something that should be tackled as well. She addresses issues such as the rising cost of living for the middle class and tax increases on businesses that according to her have stifled economic growth and prosperity in the state.

“All of Virginia, not just the Northern corridor, deserves to be economically competitive,” said Sears. Unfortunately, Virginia has lost Fortune 500 companies and college-graduate and military retiree talent to other states under this current administration. This should not be, especially when the southern portion of our state has the nation’s best and most natural deep-water port.”

Ayala on the other hand, according to her website, wants to focus on protections for workers and wants to introduce a bill to mandate hazard pay for essential workers to help with the rebuilding of the local economy due to the pandemic.

“As a mother, community servant, former vice president of the Virginia State Board of Education, and business owner, I also understand the economic challenges that many Virginians are experiencing,” said Sears. “My life has afforded me the ability to understand the needs of our children and the pressures felt by everyday Virginians who are doing their best to provide and prepare their families for a hopeful future.”

Sears and Ayala will run against each other for the office of lieutenant governor during the general election November 2.

PUBLIC NOTICE

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

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

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

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



McLean Community Center
1234 Ingleside Ave., McLean VA 2210
703-790-0123, TTY: 711
www.mcleancenter.org

Longtime Democratic voter stars in campaign video for Youngkin

By Rick Horner
FAIRFAX COUNTY TIMES

A Fairfax resident who has voted Democrat for as long as she can remember was recently featured in a video ad in support of Glenn Youngkin.

When Sandra Davis and her family left the military in 2007, they decided to remain in Virginia because of the Commonwealth's reputation for good schools and high academic standards. Typically, military members and their families don't have to register their party affiliations and currently only 31 states and the District of Columbia require voters to state the political party that they are affiliated with.

Davis herself has voted for the Democratic candidate in the last four elections, she voted for Barack Obama in 2008 and 2012, Hillary Clinton in 2016, and for Joe Biden in the 2020 election. Davis said that she voted for Biden because she felt that Trump was no good for office and we needed to get him out of there.

Davis now finds herself in a situation many like her have been in before and it's all due to a single issue that she cares about the most, the education of her children.

In a 30-second campaign ad Davis, who is listed as a lifelong Democrat, talks about her previous voting history and reveals her intention to vote for Republican gubernatorial candidate Glenn Youngkin. Her reason being is the high standards that compelled Davis and her family to stay in Virginia have slid downhill and she believes that it is the Republican hopeful who can set those standards back on course.



COURTESY PHOTO

"What's happening in our education system is that politics are being put before children," says Davis in the video.

Through her concerns, Davis has become something of an accidental activist when it comes to issues that relate to her children. So, her decision to vote for Youngkin, a candidate who has the support of former President Donald Trump whom she voted against, comes down to a single issue that Davis is very passionate about.

Davis is not alone in this; many people have switched their normal party affiliation to vote for a candidate that they feel pays attention to the issue that they care about the most. According to the book The Great Revolt by Salena Zito and Brad Todd, the reason why Trump was able to turn so many voters that he had in the 2016 Presidential election was that his stances on issues such as local economy, gun rights, and others were appealing to voters in the Rust Belt states who had felt abandoned by the Democratic Party after being proudly blue for so long.

Before the Coronavirus pandemic occurred, Davis never watched a school board meeting and trusted in their decision-making. Once the pandemic was in full swing it gave Davis time to watch the meetings and she didn't like what she saw. The Fairfax County School Board spent the better part of

2020 putting off the reopening of schools in spite of evidence that they would be some of the safer places for students to be due to the virus' low rate of infection in that cohort.

"The science said that the schools were safe but the unions didn't want to reopen in spite of the fact that kids in private schools in Virginia and public schools in other states were having in-person class," said Davis about the school board meeting. She perceived the meeting as being influenced more by teachers' unions than they were by concern for the students.

It's also why Davis is weary of the Democratic gubernatorial candidate Terry McAuliffe who according to Davis has taken campaign money from teacher's unions. This was verified through a search on VPAP.org which has recorded a donation of \$425,000 made by the American Federation of Teachers to his campaign. Davis also doesn't appreciate what she sees as a more bombastic and abrasive attitude from McAuliffe.

Davis does still find herself in agreement with Democrats on issues such as equity training for teachers but the high cost of living along with the falling standards of the area schools has helped her to make the decision of voting outside her party so that students can get the education that she feels they so deserve.

Northern Virginia Science Center Foundation announces partnership

Dominion is Science Center's first title partner and gallery sponsor

By Laura Scudder
FAIRFAX COUNTY TIMES

The Northern Virginia Science Center Foundation announced September 21 that Dominion Energy is the first Title Partner and Gallery Sponsor for the Northern Virginia Science Center.

"Dominion Energy is delighted to make a new commitment of \$800,000 to help create a much larger science center. And this new commitment that we're announcing today brings Dominion's total investment to \$1 million for the Northern Virginia Science Center," said Hunter Applewhite, president of the Dominion Energy Charitable Foundation.

The announcement came at the Children's Science Center Lab located in Fair Oaks Mall — which will eventually be closed when the new science center opens, though the foundation plans to operate the Children's Science Center Lab during a transition period, according to Nene Spivy, executive director of the Northern Virginia Science Center Foundation.

The science center will be constructed in Dulles, and Spivy said that groundbreaking on the project could begin as soon as this time next year.

Spivy noted that the location in Loudoun County seems central enough that residents all over Northern Virginia — and even people from Maryland — will not have a problem visiting the



NOVASCI.ORG

center.

"We are expecting to wrap up the detailed design in the next three to six months with the exhibits and the facility and then we'll begin making preparations for groundbreaking — we are thinking that groundbreaking we might be doing this ceremony out in the dirt this time next year. That would be fantastic. And so that's sort of what our loose timeline is right now," she said.

Delegate Karrie Delaney said she was glad to support the Science Center — she took her children to the Children's Science Center Lab for years.

"It's definitely a place that, you know, I've experienced firsthand what an impact it has on our community and on children in our community," said Delaney. "And I've just always been a fan and a supporter, and that the General Assembly has been able to support this initiative, as much as we have is certainly something to celebrate and to be able to see, you know, this next investment that will really bring this vision to life is incredibly exciting."

She noted that the General Assembly has been able to allocate funds for the

project. This, as well as private and public partnerships, is what Delaney believes will make the Science Center "an incredible asset for this whole region."

Spivy explained that Dominion Energy has been working with the Science Center Foundation for years — and is thrilled that this partnership is happening.

"Dominion was one of our first corporate supporters — over a decade ago, I sat down with Tim Sargent, who was part of the Dominion team here today. And we talked about this vision for this project, and how well it fit Dominion's philanthropic priorities, in terms of STEM education, environmental education, and so, the conversations never really ended," she said.

With Dominion's investment, comes the Dominion Energy Gallery inside the science center. The gallery will contain the "Flow" exhibition, which "is filled with immersive experiences that display the constant flow of matter, energy, and data."

Spivy said that there will be other galleries for individuals to explore as well — from the "Helios" to the "Human" exhibition.





FALCONS LANDING
Common Bonds. Extraordinary Living.

settle for
More

The Terrace Homes are now open! With the best features of apartment and cottage living, The Terrace Homes offer a new take on Independent Living for military officers who have honorably served and senior level federal employees. No matter how you spend your days, Falcons Landing gives you the freedom to enjoy all of the activities that define who you are.

ACT FAST, CALL (703) 263-8908 TO SCHEDULE A TOUR TODAY!



www.FalconsLanding.org
Falcons Landing is proud to be a non-profit Life Plan Community.



Manage your blood sugar with these tips

KEYS TO BETTER HEALTH
CINDY SANTA ANA



For the last few weeks, I have been using a continuous glucose monitor or CGM. While these devices are typically used in diabetic individuals, they are gaining popularity among those of us who want to improve our health, specifically, our blood sugar management.

A CGM is a small device that tracks your glucose levels continuously and in real time. You place the device on the back of your arm and wear it for 14 days. You want your blood sugar to stay within a 70-99 mg/dl range, but you will often see spikes up to 120, 130, or even 140 if you have a particularly high glucose food.

It's been an interesting experiment to see which foods spike my blood sugar and how well I do with intermittent fasting, exercising, and my sleep. Everyone is different in how they respond, but for the most part, a few simple rules do remain steady. So far, tracking this has helped me to lose a few pounds and sleep better!

If you're interested in testing your blood sugar,

the best times to measure are fasting, first thing in the morning upon waking, and one and two hours after meals at the least. But, a CGM will measure 24 hours a day. But, if you don't have a diagnosis of blood sugar problems, they aren't covered by insurance and can be quite costly.

Blood Sugar Tips:

- Don't eat more than 1 cup of fruit per day and try not to eat it late at night as elevated glucose has nowhere to go except storage in the evenings when we are less active.
- If you do eat carbohydrates, they should be eaten earlier in the day when the glucose can be used up with our movement.
- Eat fewer carbohydrates in the evening, such as rice, pasta, breads, and rolls as they can also elevate blood sugar for hours after your meal. A walk after dinner is great at helping you recover back to normal glucose levels.
- Non-starchy carbohydrates are best – broccoli, cauliflower, artichokes, leafy greens, asparagus, Brussels sprouts – as the fiber helps slow a sugar spike.

• Stress elevates cortisol, which can draw glucose in the body for hours. Find ways to manage your stress, like walking, cycling, meditation, good quality sleep, and deep breathing exercises throughout the day.

• Make sure you eat healthy fats. They help regulate blood glucose levels by making sources of glucose digest more slowly, releasing their sugar into the blood over a more extended period of time. Examples include avocados, olive oil, fatty fish (salmon, halibut, sardines), nuts, and seeds.

• Eat low-glycemic foods (these are foods that don't spike blood sugar) with lean protein. Examples include grass-fed beef, pasture-raised eggs, lean meats, and wild game. Much like fruits and vegetables, the longer it takes to extract the nutrients from a protein source, the less extreme the spike in glucose.

If you're struggling with blood sugar management, I would love to support you in determining the root cause. Nutritional Therapy can be quite beneficial here. For more info, contact me at www.UnlockBetterHealth.com.



Five healthy brushing habits to kick-start a new school year

Courtesy of
BrandPoint Media

Student wellness is a key part of success in school, especially this year. While proactive measures like increased hand washing are widely implemented, it's important not to overlook oral health like a sensitive tooth, throbbing mouth pain or even a cavity. These are signs of tooth decay that can have an incredible impact on kids' quality of life, including their ability to attend to school.

In fact, according to the American Academy of Pediatric Dentistry, kids will miss 34 million school hours each year due to oral health issues. By helping kids learn to properly care for their teeth, you can encourage good oral health so they don't have to miss school due to tooth decay. Here are some easy tips for going the extra smile with your

family this year from Crest and Oral-B.

1. Follow the 2 minutes/2x a day rule: Brush for 2 minutes, two times a day. Every morning and night have kids brush teeth with a fluoride toothpaste, such as Crest Kid's Cavity Protection Sparkle Fun Toothpaste paired with an Oral-B Kids brush that's gentle on enamel but tough on cavities. If it helps, set a timer to track the 2 minutes and count down to a healthier smile.

2. Encourage good oral habits: It's never too early or late to improve brushing habits. To make brushing fun for kids, use a habit tracker or reward system. Things like adding stickers on a calendar, checking off a to-do list and celebrating with a movie night can make brushing fun.

3. Be a role model: Lead by example by brushing regularly and prioritizing your own oral health. Show proper brushing technique and help build

environmental responsibility such as turning off the faucet while brushing or recycling oral care waste. Children's minds are like little sponges soaking up what they see and hear, so be a champion for oral health.

4. Promote healthy eating: Good nutrition plays an important role in the health and cleanliness of your teeth, gums and mouth. Encourage a nutritious diet featuring things like leafy greens, apples, protein-packed nuts, and dairy like milk and yogurt.

"At Crest and Oral-B, we want to make sure all kids start the school year with a healthy smile," said Carlos Quintero, vice president, North America Oral Care, P&G. "That's why we're proud to partner with Feeding America to donate oral care products to families and communities in need this season to prevent the loss of school hours due to tooth decay."



COURTESY PHOTO

Propel your money to new heights.

ZERO
monthly fees

with a \$500 minimum daily balance or \$500 monthly direct deposit

ZERO
ATM fees

in our network of 85,000 conveniently located ATMs

ZERO
hassle

with 24/7 online access and an easy-to-use mobile app

Access America Checking

The choice is clear - get started today.



PENFED
CREDIT UNION

PenFed.org/AccessAmerica



SCAN WITH YOUR
SMARTPHONE
CAMERA!

Federally Insured by NCUA. To receive any advertised product, you must become a member of PenFed Credit Union. Account is a variable rate account. APY (Annual Percentage Yield) of 0.35% applies to accounts with a daily balance of \$20,000-\$50,000 and a monthly direct deposit of \$500 or more. APY of 0.15% applies to accounts with a daily balance less than \$20,000 and a monthly directly deposit of \$500 or more. APYs are valid as of last dividend declaration date of September 1, 2021 and are subject to change at any time. Fees may reduce earnings on account. Minimum deposit of \$25 required to open account. © 2021 Pentagon Federal Credit Union.

Week 4 roundup – Robinson beats Chantilly

By Michael Marrow
FAIRFAX COUNTY TIMES

The Robinson Rams handily beat the Chantilly Chargers and continued their undefeated streak September 17 during their first full-crowd home football game since fall 2019, handing the Chargers their first loss of the season. The score was 48-20.

Robinson and Chantilly fans packed the stands just before kickoff at 7 pm, with students sporting Hawaiian and neon color themes, respectively. Robinson took the lead with a touchdown and successful extra point in the first quarter. The Chargers offense quickly suffered a setback after losing their starting quarterback, senior Jack Griese. Junior Ethan Ross promptly filled in and was fast on his feet early in the game, ducking and weaving through a Robinson blitz for a 46-yard run.

Chantilly was eventually able to reach the endzone, which resulted in a Chargers touchdown just after a minute had elapsed in the second quarter. A failed extra-point attempt then placed the Chargers behind, where they remained the rest of the game. With the score at 7-6 in their favor, the Rams set the tone with an 80-yard touchdown run in their first set of downs following the Chargers touchdown. A successful extra point attempt then placed them in the lead 14-6.

A subsequent Chargers drive was fruitless, forcing Chantilly to punt the ball away. The Rams offense took control and remained dominant, resulting in gutsy calls like a successful first down conversion after being held to fourth down with five minutes remaining in the first half. Shortly thereafter, the Rams scored a touchdown with just under two minutes left. The Chargers were able to block the Rams' extra point attempt, though that left the Rams with a 20-6 lead at halftime.

A rowdy Robinson student section sensed the game was theirs to lose, resulting in self-assured chants from the stands. It was an anticipated match since both teams were undefeated heading into the game, but Robinson students

swiftly dismissed the challenge, breaking out into a chorus of "Overrated" chants midway through the second quarter. Later in the game, an announcer issued a brief message to students who were becoming unruly. "Administration reserves the right to remove you from the stadium for inappropriate behavior," such as "throwing things," the announcer warned.

Spirits were high among students, according to Robinson senior Noah Espinoza. "It feels great to be back. The energy is just insane," Espinoza said. "It's just the vibes. You can't beat them," he said when asked what he was most looking forward to about returning to big in-person events like Friday night football games. "I used to watch the games on live streams and it was terrible. I really wanted to be here," he added. However, he was wary that a COVID outbreak could force students to go remote once again, at least temporarily. "Contact tracing in a school is hard," he said.

As the Rams marching band performed during halftime, Robinson Student Activities Director Andrew Jimmo said it was a welcome return for Friday night lights after an extended series of away games for the football team. "We've been on the road for three games. It's nice to have the kids back, our community, our fans. It's a great atmosphere," Jimmo said. "Having our athletics getting back into some kind of normalcy, as well as our extracurriculars, for me as the student activities director has been really exciting," he added, reasoning that it was rewarding to see students be able to fully participate once again in activities they are passionate about.

After the Rams kicked off at the start of the second half, Chantilly was able to briefly narrow Robinson's lead, scoring a touchdown for a score of 20-13. The Rams then bounced back, scoring a touchdown with just under four minutes in the quarter, bringing the score to 27-13. The following drive from the Chargers was unsuccessful, putting pressure on a beleaguered Chargers defense once again. Two consecutive

defensive fouls then handed the Rams a free set of downs, which was followed by a 36-yard run for the Rams by senior Samuel Gerard. With just under 10 seconds left in the third quarter, the Rams scored another touchdown for a score of 34-13.

The Chargers became increasingly desperate to close the gap, throwing a deep pass for the first play of the fourth quarter that was easily intercepted by the Rams. Robinson pressed the advantage, quickly scoring another touchdown for a score of 41-13. With the fourth quarter winding down, the Chargers could barely hold off the Rams. Robinson ran the ball with little resistance, securing yet another touchdown for a score of 48-13 with five minutes remaining.

Determined to not go down without a fight, the Chargers slogged through their final drive to score a touchdown with just more than 30 seconds remaining, putting a dent in Robinson's commanding lead for a final score of 48-20. Minutes earlier, however, Chantilly students seemed to accept an imminent defeat and cleared out, as Robinson students sent them off with a chant of "I believe that we will win!"

The scores of other teams who played this week are listed below.

Lake Braddock at North Stafford

The Lake Braddock Bruins narrowly defeated the North Stafford Wolverines for a final score of 20-19. It was North Stafford's first loss of the season, making both teams 2-1.

Lewis at Mount Vernon

The Lewis Lancers lost in a rout to the Mount Vernon Majors. The final score was 42-0. The Lancers are 0-3 and the Majors are 2-2.

West Springfield at Washington-Liberty

The West Springfield Spartans prevailed against the Generals of Washington-Liberty. After a close first quarter, West Springfield pulled away for a final score of 34-14. West Springfield is 3-0 and Washington-Liberty is 0-4.



MICHAEL MARROW

Robinson attempts to block a Chantilly extra point.

Westfield at South County

In a closely-watched matchup, the South County Stallions defeated the Westfield Bulldogs. The final score was 28-20. South County is 2-0 and Westfield is 2-2.

Manassas Park at Thomas Jefferson

The Jefferson Colonials triumphed over the Manassas Park Cougars to continue their winning streak for the season. The final score was 24-0. The Colonials are 3-0 and the Cougars are 0-3.

Meridian at Langley

The Meridian Mustangs bested the Langley Saxons 28-7. Meridian is 3-1 and Langley is 0-4.

Oakton at Yorktown

The Oakton Cougars maintained their strong start to the season, defeating the Yorktown Patriots 30-28. It is the first time since 2012 that the Cougars are 4-0. Yorktown is 2-2.

Falls Church at Woodson

The Woodson Cavaliers shut out the Falls Church Jaguars for a final score of 22-0, marking the first win for Woodson this season and a disappointing start for the Jaguars. Falls Church is now 0-4 and Woodson is 1-2.

Fairfax at McLean

The Fairfax Lions won a comfortable victory over the McLean Highlanders, boosted by a strong performance from Lions quarterback Jake Worthen. The final score was 49-24. The Lions are 3-0 and the Highlanders are 1-3.

Hayfield at Marshall

The Marshall Statesmen edged out the Hayfield Hawks in a close game that stretched into overtime. The final score was 35-34. The Statesmen are 3-1 and the Hawks are 1-3.

Edison at Annandale

The Edison Eagles notched their first win of the season against the Annandale Atoms. The final score was 28-7. Both teams are 1-3.

Herndon at Osbourn Park (Game played at Unity Reed)

The Herndon Hornets fell to the Osbourn Park Yellowjackets, who dealt the Hornets a stinging loss for a final score of 40-14. The teams played at Unity Reed High School. Herndon is 0-2 and Osbourn Park is 2-1.

Centreville at Wakefield

The Centreville Wildcats drubbed the Wakefield Warriors for a final score of 46-0. Centreville is 3-1 and Wakefield is 1-3.

Justice at Alexandria City

The Justice Wolves were defeated by the Alexandria City Titans, the first time that the Titans hosted a Friday night football game following the completion of stadium renovations and their school's renaming from T.C. Williams. The final score was 34-7. The Titans are 3-0 and the Wolves are 1-3.

South Lakes, West Potomac and Madison had a bye week. South Lakes is 0-2, West Potomac is 2-1 and Madison is 2-1.



MCLEAN VOLLEYBALL STAFF

Led by high-flying 6'2" Senior, Outside Hitter, Nicole Mallus, the McLean High Volleyball team went undefeated to win the Crossroads Classic Tournament at Justice High School, Saturday, September 18th. Second year varsity coach Samantha Stewart steered the Highlanders to victories over Fairfax, Westfield, South Lakes, Yorktown, and Marshall to win the championship. At mid-season, the team is now 10-1 and has been dominating with the help of Nicole's team-leading 164 kills, 91 digs, 139 receptions, plus 6'2" Senior, Setter, Ella Parks' 29 aces, 294 assists, and 6'2" Sophomore, Middle Blocker, Alice Holoubek's 31 total blocks. The Highlanders will next take on Yorktown High School this Tuesday, 7:15 pm at McLean High gym then Thursday, 7:15 pm at Washington & Liberty.



Cardiac Surgery Team

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

MedStar Health opens Cardiac Surgery Office in Reston

Cardiac surgeons with MedStar Heart & Vascular Institute are now accepting patients in Reston, offering convenient, seamless care for patients in the region.

MedStar offers:

- **Experience:** We're one of the highest-volume heart surgery centers in the nation.
- **Expertise:** With our highly skilled teams, patient outcomes are excellent.
- **Leadership:** We've led the way in developing new techniques and technologies for decades.
- **Personalization:** We recognize that each patient is unique and we offer personalized treatment plans.

Office Location

1830 Town Center Dr., Ste 405, Reston, VA
P: 202-877-7464 F: 202-877-3503

[MedStarHealth.org/CardiacSurgery](https://www.MedStarHealth.org/CardiacSurgery)



MedStar Health



Stop the “Double Back”!

Dear Editor,

FCPS School Board must be held accountable to take action immediately!

If you're travelling anywhere in Fairfax County during the a.m. you may have noticed what seems like hoards of children standing for potentially hours at bus stops along the main roads and side streets. You are not imagining this -- we are ALL the victims of the FCPS non-resolution of assigning «Double Back» routes to bus drivers and causing our young kids to stand on the street for often more than AN HOUR in the mornings, or causing THOUSANDS (yes, literally ~2,600 impacted kids DAILY!!) of families to hit the streets to drive their kids to school unexpectedly leading to even more traffic delays in our area, not to mentioned unplanned absences from work for working parents.

Take a look at the posted FCPS website for just today.

<https://busdelay.fcps.edu/>

On one representative day there were 52 buses delayed in the morning and ~35 delayed that afternoon -- a majority due to «double back» as printed on their site. Some of the busses are listed as over an HOUR late picking the kids up. With ~50 kids per route on these 52 buses daily, that's 2,600 Fairfax County families impacted, and the safety of our children and drivers put at risk EVERY DAY!

What is a “double back” you ask? That's when the county

doesn't have enough bus drivers and so the drivers they have need to pick up one route and then “double back” to drive a 2nd route. By definition, one group of lucky kids get to school on time -- or even early -- oops, SURPRISE your child missed the bus because it came 10 minutes early today. Then another whole route of kids (remember this is up to 2,600 of them DAILY) get to school significantly late / tardy. Missing tests or lessons, and causing stress to these children and teachers.

Are the impacted parents and students notified about the known and scheduled “double backs”? -- NO! You need to go to that website every morning (if you haven't figured that out yet) and check to see if you might need to bring your kids to school today -- or maybe let them sleep in an extra hour? :-)

When I called the FCPS Transportation office, the poor woman who answered the phone said they have been telling the School Board all year that this is a CRISIS but the school board had ignored them, and refused to notify parents of this on-going issue and how it would be impacting all of us systemically. In her words “they just want to sugar-coat this and hope that it will go away.”

This is completely unacceptable and no tax-paying business person in Fairfax County would run any organization this way. If you can't hire the people to get the required job done, examine the

salaries you are paying and see if they are market competitive. Perhaps you need to provide a bonus incentive for completing the Class B Commercial Driver's License (CDL) requirement, needed to operate a bus. That bonus could be payable at the end of the 1st full school year after driving with an acceptable attendance record. Maybe each of our 13 elected school board members should get their Class B CDL themselves and contribute to the solution by getting behind the wheel of a bus every morning and afternoon until the problem is resolved!

This isn't rocket science, people. Let's get a little creative with our already exorbitant tax dollars. No matter how many Bonds and referendums we vote on and have to pay to make the schools better -- it's not going to matter if the kids can't even get there safely to learn. After more than a year at home with no school on Mondays, our kids still can't get the education they deserve with forced tardiness built into the school board's transportation “plan” for 2021-22.

Please, parents and residents, contact the FCPS School Board at their website and demand they prioritize fixing this issue immediately -- for the safety of our kids and roads.

<https://www.fcps.edu/school-board/school-board-members>

Marybeth Wootton
Fairfax County

NOVA nonprofit combats institutional abuse in the wake of FBI failure in Larry Nassar case

Dear Editor,

The failures of both USA Gymnastics and the Federal Bureau of Investigation (FBI) to appropriately address the sexual offenses of Larry Nassar enabled his crimes. This is institutional abuse, and it is not a new story. Organizations routinely side with employees and people in positions of power over the allegations of children, prioritizing their reputation over the safety of the children in their care.

The time for change is now, across the U.S. and here in Northern Virginia.

We know sexual abuse occurs in youth-serving organizations, but when we choose to ignore that it's happening in our community, we enable this abuse to continue. Organizations that blame individuals as ‘bad apples,’ fail to believe children's disclosures of abuse, or simply encourage an abuser to retire or “relocate” instead of addressing the

issue are the problem. As one survivor said, “Do we blame the alligator—or the person who keeps feeding it children?” We believe it is the responsibility of every organization, and every adult, to protect children.

SCAN of Northern Virginia stands with survivors. We know institutional harm is a second betrayal. We don't want apologies, excuses, or damage control statements; we want action and change.

SCAN's new Institutional Abuse Prevention program plans to make institutions accountable, adults better prepared, and children safer in all the spaces they occupy. While we prepare to launch in Loudoun County this fall, know that our first and only priority is to make our community safe for all children, and we will not stop working and pushing until we succeed in Northern Virginia.

Leah Fraley
Executive Director, SCAN of
Northern Virginia

McAuliffe brags about unconstitutional act

Dear Editor,

When Terry McAuliffe was Virginia's governor, he tried to restore the rights of every convicted felon in the state, violent or not, in one fell swoop, for purely political reasons, without any regard for the safety and security of Virginia's residents. Here's what the Virginia Supreme Court said in finding McAuliffe's act unlawful: “Never before have any of the prior 71 Virginia Governors issued a clemency order of any kind . . . to a class of unnamed felons without regard for the nature of the crimes or any other individual circumstances relevant to the request. To be sure, no Governor of this Commonwealth, until now, has even suggested that such a power exists. And the only Governors who have seriously

considered the question concluded that no such power exists.” McAuliffe responded, not with humility or a careful consideration of each individual case, but by lashing out at the Court and Republicans in the General Assembly, and doubling down by vowing to restore every convicted felon's rights with an autopen, again regardless of the facts and circumstances of each case. And now, McAuliffe offers a “Plan of Action for a Fairer Commonwealth: Creating a More Equitable Justice System That Works for All Virginians” in which he brags that his unconstitutional act was “his proudest accomplishment.” Virginia doesn't need a governor with this attitude right now.

Joseph Capone
Oakton

A tale of two worlds

Dear Editor,

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

~Charles Dickens, A Tale of Two Cities, 1859.

In these few words, Charles Dickens aptly described the social and political conditions absorbing eastern Europe and looming over the civilized world in the mid-19th century. For nearly two decades now, the United States has been experiencing mostly worst times, foolishness, incredulity, darkness, and despair. As Dickens intimated, America today is not alone as similar, if not identical, issues are being played out in Hungary, Belarus, and England, among others. Under Vladimir Putin, Russia has become a model of dystopia for the afflictions Dickens cited, for aggressive territorial domination.

The rubrics of the turmoil are captured in news headlines on a daily basis. Right-wing nationalism, ethnic and racial supremacy, anti-Semitic memes and symbols, conspiracy theory politics, media antagonism, suppression and dismissal of popular complaints. The examples abound and are recorded daily.

In Virginia, a Republican candidate for state legislature claimed her experience as a public school teacher was as dangerous as travelling through Germany in the 1930s announcing that you are Jewish. The head of the GOP House campaign staff announced that there was no bar to candidates who participated in the January 6 riot at the Capitol. The chair of the Oklahoma GOP posted to Facebook that the prospect

of vaccine mandates was the equivalent of Jews forced to wear Star of David emblems.

Anti-vaxxers in multiple states have adopted the yellow Stars of David as badges infamously initiated by the Nazis as a badge of protest, in Oregon, New Mexico, Minnesota, and North Carolina. In Europe, protesters in France and the Netherlands have also latched onto the symbol.

Vladimir Putin has ruled in Russia since 1999, boldly annexing the Crimea from Ukraine and constructing a regime through election chicanery to remain in power until 2036. His example has encouraged Viktor Orban in Hungary and Alexander Lukashenko in Belarus, who have seized the economic lifelines of their nations to share with supportive oligarchs in the same manner as Putin has strangled Russia. Popular protest or opposition in these countries is a risk that is not insurable and often leads to the puzzling deaths or disappearance of the government.

England, a kind of American alma mater, has succumbed to a nationalist fervor that propelled its separation from the European Union in favor of a promised independence fueled, in part, by anti-immigration emotion. This theme has been replicated in the United States and sustained by election conspiracy theories, pseudo-freedom notions concerning lifesaving vaccination, and, more currently, by opposition to critical race theory.

Dickens' “best of times” infused by wisdom, belief, hope, and light are and have been taking a beating in the dynamics of the politisphere, both at home and abroad. For years, Steve Bannon and a number of other chaos and white supremacist merchants laid the groundwork to depress democratic instincts in

favor of a more sinister political environment.

Tucker Carlson, the most prominent voice for election and vaccine conspiracies on Fox News, travelled to Hungary for a week in August to broadcast his daily show. Carlson is scheduled to address a right-wing conference sponsored by Mathias Corvinus Collegium, which had received \$1.7 billion from Victor Orban, according to *The New York Times*. It has also been reported that Hungary paid \$265,000 to a DC lobbying firm to arrange an interview on Carlson's show.

In his book, *After the Fall*, Ben Rhodes, an Obama foreign policy adviser, aptly describes the vision that Dickens sought to capture:

This [social media] is our most prevalent experience of how politics meets culture today: the ceaseless immersion in social media and how they shape our perceptions of ourselves, our countries, and the world at large. Ironically, a space with no borders in which we are trying to assert what our nations mean.

The autocrats, Rhodes concludes, are using the media to foster instability, contradictory images in conflict. It seems that Dickens' description of the forces affecting two cities--London and Paris--as microcosms of nations, has spiraled to engulf two worlds--the free and the unfree, the democratic and the authoritarian. The host of MSNBC's The Rachel Maddow Show has taken to characterizing this phenomenon as Earth I and Earth II.

Every individual has the choice upon which globe to live with respect to political choices.. In and on the civic globe where each of us lives, however, there is a responsibility to ensure that the choice is not a mere wager, since the outcome affects us all.

Michael Fruitman



HAVE SOMETHING TO SAY?

Share your OPINION at
FairfaxCountyTimes.com



PETS: CAMPING WITH YOUR DOG, PAW 1
Page B3

www.fairfaxtimes.com | Friday - Sunday, SEPTEMBER 24 - 26, 2021

Professional bull riders to compete in Fairfax

Rider Michael Lane looks to keep his No. 1 Ranking in two-day rodeo event

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

The Professional Bull Riders is holding an event at the Eagle Bank Arena this weekend, with the Pendleton Whiskey Velocity Tour's Fairfax Invitational taking place over two nights, September 25 and 26.

During the invitational, some of the greatest bull riders in the world will battle the sport's rankiest bovine athletes in an ultimate showdown of man vs. beast in one of the most exciting live sporting events there is.

Robert Simpson, general manager of the PBR Tour, explained that the first night, 45 of the best bull riders will compete and attempt to ride one bull each in Round 1. From there, the top 30 riders will return for Round 2 on Sunday. Following Round 2, the Top 15 will then advance to the championship round where they will attempt one final bull, all in an effort to be crowned the event champion.

"We do about 30 events a year across the country and we are all very excited about coming to Fairfax," Simpson said. "Our tour has never been there, though our

Unleash the Beast tour was there in 2018 and it was a great event."

The PBR draws excitement from the man vs. beast concept, with 180-pound cowboys trying to stay on 2,000-pound bulls.

"This is the best of the best and it's in a rock-concert type atmosphere, with pyro, lighting and everything you would see at a rock concert, and it makes for a very entertaining experience," Simpson said. "From the time we turn out the lights, we bring a lot of theatrics into it, and every ride is action-oriented with lots of adrenaline."

Among those competing will be Michael Lane, a native of Virginia, who currently is ranked No. 1 on the Velocity Tour.

"I started bull riding at a very young age," Lane said. "The PBR was developed in 1993 and I was born in 1990, so I grew up as it was being developed. I had a brother-in-law who rode as an amateur, and I saw kids started riding steers, so I went home and told my dad that I wanted to ride them, and had a lot of family support to get to where I am."

Lane has now been a member of the PBR for the past 12 years and has accom-

plished a great deal.

"If you're not training like a professional athlete, you're not going to be able to contend with the top riders in the world," he said. "It takes a lot of hard work and doing all you can to better yourself every single day. Consistency in the routine will help you become a winner."

He feels the Velocity Tour is a great way for people to spend the weekend, as it offers lots of excitement and will keep fans on the edge of their seats, because you never know what can happen.

"We don't know as riders what's going to happen when the chute comes open, and everyone gets to find out at the same time," Lane said. "It's not like any other sport; the bulls have their own minds."

In 2021, the PBR is back after a year of cancellations due to the pandemic.

"For us to be back after a year off has been great, but it's been tough because we're riding every weekend and we need to get used to that again," Lane said. "I have such a passion for this. I'm 31 now, and have done it for 27 years. This is my life and I think it's a great



COURTESY PHOTO

See RIDERS, Page B5



COURTESY PHOTO

A string quartet accompanies Five for Fighting at the Birchmere

John Ondrasik will sing hits like "The Riddle," "100 Years" and "Superman (It's Not Easy)"

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

John Ondrasik, known by his stage name, Five for Fighting, has one of the most unmistakable voices in the music biz, which can be heard on his hits, "100 Years," "The Riddle" and "Chances."

These piano-based soft-ballads were staples on the radio 20 years ago, and his voice grew more prominent when "Superman (It's Not Easy)" became known as the 9/11 anthem. He even did a new live recording this month in remembrance.

In recent years, Ondrasik has

toured with a string quartet, and that has brought even more emotion to his powerful songs.

On September 26, the singer will bring the songs of Five for Fighting to the Birchmere backed by his current string quartet.

"My quartet is itching to go and I'm excited to get out there," Ondrasik said. "The crowds at the Birchmere have been so supportive of me over the years; I think this is my sixth time playing there. It's always a highlight of my tour because it's such a great atmosphere and intimate experience."

While he's still working up the set list, his wife told him that he couldn't do the same stuff that

he always does.

"There will be three to four different Five for Fighting songs that we've never done with the quartet before, and I'll be playing 'Love Song,' which is the song that got me my first record deal, and I've never played it live," Ondrasik said. "Sitting around during the pandemic was somewhat retrospective, and I started thinking about how I got here, and that's why I decided to add that in."

The concert will also feature the song, "Road to Heaven" and a new, big closure, a hallmark of these shows. Last time he was at the Birchmere it was "Bohemian

See BIRCHMERE, Page B4

HOT LINKS BY COLLIN COPE

Rock The Block Concert



TWITTER.COM

Look out for this month's Rock The Block concert featuring R&B and soul group, Sudden M Pac. The performance will be free to attend and will go from 6:30 to 9:30 p.m. September 24 in Fairfax's Old Town Square. The event will also feature food vendors, as well as giveaways and games such as the Annual Cornhole Competition sponsored by George Mason University. For more information, visit fairfaxva.gov/rocktheblock.

Green Spring Gardens' Family Fall Festival

Looking for fun, food and flowers this weekend? Check out Green Spring Gardens' Family Fall Festival September 25 from 9 a.m. to 3 p.m. The festival, located at 4603 Green Spring Rd in Alexandria, features fun activities for the whole family, as well as music and a silent auction. The best part: it's free! For more information, visit fairfaxcounty.gov/parks/green-spring/family-fall-fest.

Green Spring Gardens' Family Fall Festival and plant sale



**Saturday,
September 25
9am to 3pm**

plant & garden craft vendors • bake sale
activities for adults & kids • music
silent auction • food truck

Sponsored by the Friends of Green Spring
COURTESY PHOTO

Reston Multicultural Festival



COURTESY PHOTO

September 25 check out the Reston Multicultural Festival at Lake Anne Plaza. The event will include three main stages, featuring comprehensive presentations of differing cultures from around the world. The event will be free admission and will run from 11 a.m. until 6 p.m. There will also be a variety of food vendors providing attendees with international cuisine, as well as arts and crafts vendors for the younger crowd. For more information, please visit <https://bit.ly/3hTymDO>.

Occoquan Fall Arts & Crafts Show

This weekend, the Occoquan Fall Arts and Crafts Show makes its return to Northern Virginia. Following a yearlong break due to COVID-19 concerns, this local event hopes to bring the community back outside for its signature mix of street vendors. Alongside the show, there will be many restaurants and vendors serving delicious food throughout the festival. The event will start at 10 a.m. September 25 and 26, concluding at 5 p.m. each day. For information regarding parking, COVID precautions and more, visit <https://bit.ly/31O27XB>.



COURTESY PHOTO

Reston Multicultural Festival invites attendees to “Discover the World”

The annual festival returns at Lake Anne Plaza on Saturday



By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

After missing last year due to the pandemic, the annual Reston Multicultural Festival will take place September 25, at Lake Anne Plaza from 11 a.m. to 6 p.m.

With a theme of “Discover the World in Reston,” the Reston Community Center presents one of Reston’s most anticipated events of the year, one that honors the vision of Reston founder Robert E. Simon and the diverse community he imagined.

“The festival was begun by local residents Margaret Boyd and Ellen Graves who wanted to create an event that would focus on the community’s diversity—es-

pecially as an attribute that contributes to its strength,” said Leila Gordon, executive director of the Reston Community Center.

The two worked with RCC to bring the event to reality in 2000. Among the planning group for the early festival history was Reston resident Norma Khan who perished in one of the planes that hit the Pentagon in 2001.

“That year, the festival was dedicated to her memory and the belief that by understanding and appreciating each other—celebrating those differences—we could help erase the hatreds and conflicts that were at the root of 9/11,” Gordon said. “We remain steadfastly committed to that ideal.”

For this year’s festival, RCC is including a land blessing ceremony in the

opening ceremonies, recognizing the original native peoples of the region. A round dance featuring Rose Powhatan of the Powhatan Museum of Indigenous Arts and Culture will start the day.

A noted storyteller, Powhatan is a direct descendant of the Powhatan tribe, which was prevalent in Northern Virginia thousands of years before European settlers arrived.

“We are also providing free bus shuttle service from a variety of parking areas and local stops to reduce the single-occupant vehicle traffic and help improve the environmental impact of the festival,” Gordon said. “The free shuttle bus is from Fairfax County Connector and just one of the many ways the county is working to reduce the carbon footprint of

agencies.”

The World Stage, Global Stage, and Gallery Stage will feature free, all-day entertainment schedules, showcasing traditions and cultures from Vietnam, China, India, the Caribbean, and many more.

“There will be plenty of exciting performances on hand, including two National Endowment for the Arts National Heritage Fellows—D.C.-based soul group The Chuck Brown Band and Rev. Paschall and Company, a Tidewater-based A cappella group,” Gordon said.

Many of the food vendors are local favorites, such as A Southern Fish Fry, Taste of the World, Nitro Creamery, Del Sur Baked Goods, and E-San Food. And as always, there will be plenty of crafts for purchase at the Global Market,

where international cultures are represented in textiles, clothing, jewelry, housewares, and more.

For those with little ones, there are plenty of activities available at the family arts and crafts activity area, including creating friendship bracelets, Egyptian necklaces, and a Guatemala craft known as Barrilete. There’s also a community gardening project that people of all ages can take part in.

Other fun events going on include a Chinese yo-yo demonstration and a free East Asian brush painting class in the RCC Lake Anne Art Studio.

The festival is free and is a great way for families to enjoy the weekend, hearing great artists, visiting craft artisans, and being surrounded by fascinating and beautiful cultural expressions.

“This event reinforces the beauty of our diversity and that we all come from somewhere else,” Gordon said. “By recognizing that we are all both different and alike, it makes people feel happy to have such vibrant expressions of culture and humanity around us. No one can resist the combination of beauty, food, music, dance, and handmade items from around the world—for one day at least, we are all having fun and joining in celebration of our roots together.”

Attendees should note there is a universal mask requirement for indoor aspects of the festival schedule. For more information and a complete schedule of events, visit www.restoncommunitycenter.com/mcf.

HOLLYWOOD

by Tony Rizzo

Can you believe Macaulay Culkin turned 41 on Aug. 26, and that the star of the “Home Alone” franchise became the father of a son on April 5? He met girlfriend Brenda Song -- of Disney Channel’s “The Suite Life of Zack & Cody” (2005-08) and “The Suite Life on Deck” (2008-11) -- when they starred together in “Changeland” (2019), and they’ve been together ever since.

And miracle of miracles, Culkin’s career is reborn too, and not because of his cameo in “Home Sweet Home Alone,” starring Ellie Kemper, Kenan Thompson and Chris Parnell, premiering Nov. 2 on Disney+.

That can’t compare with the starring role handed to him by Ryan Murphy in “American Horror Story: Double Feature,” which premiered Aug. 25. He was enticed to sign up when Murphy told him, “Your character has crazy erotic sex with Kathy Bates,” to which Culkin countered, “This sounds like the role I was born to play!”

What could have motivated Ryan Murphy to offer Culkin this plum role? Murphy admitted, “I’m so excited for him to be in my world because I think I’m gonna want to do a lot of things with him, if he wants to work, because I think he’s fascinating and interesting, and he has a soul. There’s both a

lightness and darkness with Macaulay Culkin that I’m attracted to.”

Benjamin Bratt, former “Law & Order,” “Private Practice” and Fox series “Star” (with Queen Latifah for three seasons), is set to star in the theatrical Western film “Dead for A Dollar,” directed by Walter Hill, with Christoph Waltz, Willem Dafoe and Rachel Brosnahan. Also upcoming is Ava DuVernay’s four-part HBO Max series “DMZ,” starring Rosario Dawson. Bratt’s last film was “A Score to Settle,” starring Nicolas Cage, which died at birth. Bratt has been married to actress Talisa Soto since 2002, and has a daughter and a son with her.

The 1984 film “The Karate Kid,” which spawned four sequels, an animated series and the Netflix series “Cobra Kai” (renewed for a

fourth season), with original stars Ralph Macchio, William Zabka, Martin Kove and Sean Kanan (from “Karate Kid III”), will now become a Broadway musical written by the original screenwriter, Robert Mark Kamen. Can we expect a karate ballet?

When CBS canceled “Hawaii 5-0” in April 2020, after 10 years, it needed something to fill its Hawaiian studios. So guess what? We’ll now be treated to yet another “NCIS” spin-off, “NCIS Hawaii,” which debuted Sept. 20. This time the team is led by a woman, played by Vanessa Minnillo (now known evermore as Vanessa Lachey, her married name, thanks to 98 Degrees rocker Nick Lachey). The cast is mostly unknown, except maybe for Canadian male model Noah Mills ... I jest!

(c) 2021 King Features Synd., Inc.



Macaulay Culkin in “American Horror Story: Double Feature”

ADORABLE ADOPTABLES

THE FELINE FOUNDATION

See these pets and more at:
www.ffgw.org

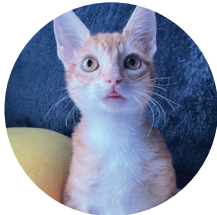
Dorito

Breed: Domestic short hair

Age: 3 months

Gender: Male neutered

Dorito is a perfect orange tabby. Dorito has some more growing to do into those darling big ears! This boy is all around easy going, loving and playful. He gets along with everyone and would love a home with another cat to play with. This boy would be a perfect addition to any family.



Ava

Breed: Domestic short hair

Age: 1 year

Gender: Female spayed

Ava is a striking lady with beautiful tuxedo markings. She's laid back, loving and happy to go with the flow of whatever she's exposed too. This sweet girl came to us from a rural shelter where she was left after her family moved away.



Venus

Breed: Domestic short hair

Age: 2 years

Gender: Female spayed

Venus is a two year old grey and white cat. She just finished raising her last litter of kittens, and is ready for her forever home. Venus is full of personality and likes to talk to you. She will have a full conversation with you and is sure to make you laugh. Sometimes it feels like she knows exactly what you're saying, and other times she just stares at you with her big green eyes. This super affectionate sweetie demands her pets, head and back scratches, and loves her belly rubs. Despite not being a kitten anymore, she is still very high energy and definitely loves her play time.



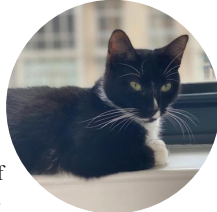
PENELOPE

Breed: Domestic short hair

Age: 1 year

Gender: Female spayed

Penelope is very sweet and tons of fun - she is extremely playful and will use anything in her path as a toy. She is gentle and very patient, but also enjoys lots of attention and cuddles. Although she is not quite a lap cat, she loves being pet and will sit or sleep next to you anywhere in the house. She is a big explorer and will keep you entertained as she climbs through couch cushions and finds new areas in your house. We think Penelope would love to be part of a home with some nice kids who will play with her.



Lucky

Breed: Domestic short hair

Age: 1 year

Gender: Male neutered

Meet Lucky, a handsome, healthy, curious, and playful 1 year old furry pal! He likes to 'hang out' with his foster mom and watch TV, take over the yoga mat as she stretches, and try to catch the reflection of her stationary bicycle pedals in the window when she cycles. Lucky is enjoying his foster home and likes cuddling with his foster and sleeping by her legs at night. Lucky is energetic and curious. Lucky also has the cutest high pitch meow that only comes when he's excited for meal time. He also likes moving water so sometimes gently rocks the water bowl to see if there is still water in the bowl.



Harriet

Breed: Domestic short hair

Age: 11 years

Gender: Female spayed

Harriet is a beautiful golden-brown tabby who is happy to entertain herself and then come over and request some head pets from you and hang out nearby while you work. She is initially a bit reserved but warmed up to her foster mom and loves chatting with you. She is enthusiastic about cat nip, enjoys mealtime, and gazing out the window. Harriet is quite sweet and will make a loving companion for someone willing to shower her with attention.



The Cat's Out of the Bag!
(And that's a good thing!)

WE'RE PARTICIPATING IN THE
GIANT FOOD COMMUNITY BAG PROGRAM

For the entire month of **September**, when you buy a reusable bag at Giant Food in Herndon (2551 John Milton Dr.) FFGW.ORG will receive a \$1 donation.

Please share on your social media, and stock up on those reusable bags, the cats thank you!

If you're in the Herndon area, you can support The Feline Foundation of Greater Washington by buying reusable shopping bags!

FROM THE DOG'S PAW



DEBBIE KOBLENZ PHOTOGRAPHY

Camping at Big Meadows Campground

Camping with your dog, paw 1

By Abby! Noah!

SPECIAL TO THE FAIRFAX COUNTY TIMES

Barks! A pawsome activity to do with your dog in the cooler fall weather is camping. Woofs! Noah and I love exploring the universe with Dad, and he loves the adventures with us. It's the grand pawsomeness of having a great dog like me in the family. With camping, as in many adventures with your dog, preparation is impawtant. WOOF!

Barkingly, most of our adventures, if not all, begin by taking a road trip. Pawlease take a few minutes to read our articles about "Going for a Ride" at <https://bit.ly/3ksuUlb> to start your adventures on a pawsitive note.

If your human enjoys the outdoors, camping can be a great bonding time for you two. Barks! It provides pawlenty of fresh air, activities to enjoy nature, and being outside for a few days is one of the mostest refreshing experiences. Woofs!

Paws, never considered camping with your dog? Barks, my human, loves going camping but hasn't taken Noah or me yet. I will be pawing a few articles about preparing to go camping and doing things while on this adventure. Not sure what to pack? I will paw about that too. WOOF!

Barkingly, the first paw, it's a good idea to know the breed or mixes of your pawsome four-legged buddy. Why? To understand what the dog was bred to do. Paws, Noah was born to help hunt black bears and wild boar. "My job is to corner the black bear for the hunter!" woofs Noah. Knowing that the Plott hound breed is known for its success with cornering bears, Dad decided not to take him camping where those encounters could happen. Paws, being Labrador retrievers, we were born to hunt and retrieve the game. Barkingly, getting to know your dog's breed benefits you in many ways, including whether it has a high prey drive or how it reacts around your family, and my list could go on. Woofs, it can help eliminate an element of surprise too. Arfs, not knowing the breed isn't a reason not to go camping. Barks!

Wooflys, there are a few impawtant items which should prevent you from going camping until you have them in pawfect order. In the woods and camping areas, there are a bazillion and one things to catch the attention of a dog either at a campsite, hiking, or other activities. Before heading out, your dog should be trained to respond promptly to voice commands. Camping areas have activities of all kinds which will tug on your dog's attention; it's impawtant to have that under control. Paws, the dog should be good with meeting other humans too. No jumping or barking for attention, know the "sit" or "stay" command or pawsitively know the command you teach for approaching new people and pawssibly their dogs. If your dog is a barker, can you control it, so it doesn't disturb other campers?

Paws, another impawtant consideration is scheduling a veterinary wellness exam. Barkingly, camping trips can be a bit challenging. Make sure your dog's vaccinations and preventatives are up-to-date. Obtain copies of your pet's vaccination records should they be needed on your trip. Paws, my veterinarian, recommended extra protection from fleas and ticks with a flea collar for trips in the woods. Barks! Make sure the microchip is current. Ask if your dog is healthy enough to go camping and on any activities, you have planned. Though it might seem counterproductive, woofs, have your dog groomed by trimming their nails, so they do not get caught on stuff. A hair trim will help your dog be more comfortable outside.

Paws, where do you pawlan to go camping? Not all parks and nearly all national parks do not allow dogs in the park or the campsites. Woofs! Reserve a

space early, especially in peak travel season. Check the rules for bringing dogs to the camping facility you select. What are the leash requirements which vary among locations? Paws, usually the requirements for leashes no more than 6 feet with retractables being forbidden. Arf, note the barking ordinance. If your dog barks the night away, you might find yourself asked to leave. Barkingly, aggressive behavior is not pawmitted either.

Next week, tips for a camping trip.

About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at www.fromthedogspaw.com by email to enjoy our adventures! Noah, Samson, and Abby are pawthors pawing about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans! Our human, Allen Pearson, is a dog, nature, and railroad photographer and writer. Find us all at www.fromthedogspaw.com, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.



DEBBIE KOBLENZ PHOTOGRAPHY

Camping at Big Meadows Campground

S	S	I	S	I	P	R	E	P	S	P	O	L
I	S	I	S	I	P	R	E	P	S	P	O	L
A	S	A	S	A	S	A	S	A	S	A	S	A
L	O	L	O	L	O	L	O	L	O	L	O	L
A	P	A	P	A	P	A	P	A	P	A	P	A
E	T	E	T	E	T	E	T	E	T	E	T	E
R	A	D	R	A	D	R	A	D	R	A	D	R
O	R	O	R	O	R	O	R	O	R	O	R	O
S	A	S	A	S	A	S	A	S	A	S	A	S
E	U	R	G	E	U	R	G	E	U	R	G	E
L	E	L	E	L	E	L	E	L	E	L	E	L
A	G	A	G	A	G	A	G	A	G	A	G	A

Solution time: 24 mins.

Answers

King Crossword

A SHELTER PET WANTS YOU!

Pet Supplies Plus will take **\$5 off \$35** when you show proof of adoption from our shelter partners. Offer Code: **910097**

PET SUPPLIES PLUS.

GREAT PRICES. NO BEGGING.

Store Coupon. Only one coupon per household. Valid at N Virginia/DC Metro Pet Supplies Plus locations only. No cash back. No cash value. May not be combined with any other total purchase offer. Digital copies and duplications will not be accepted. Pet Supplies Plus reserves the right to cancel this offer at any time. Offer expires on 10/15/21

BIRCHMERE

CONTINUED FROM PAGE B1

Rhapsody” and he promises it will be something just as fun and exciting.

“There might be songs that I would usually play that we might save for another time,” he said. “I wanted to make it new, make it fresh, but of course we will still play the music people expect us to play. But I wanted to reach into the catalogue a bit for this one.”

During the pandemic, Ondrasik helped out at the family business, an 80-year-old manufacturing company that makes shopping carts.

“My dad has run the business for the last 40 years, and at 83, he had to quarantine, so I transitioned to running the business and get us through the pandemic both health-wise and economically,” he said. “That was quite a different challenge than I had been used to during my music career.”

While working, Ondrasik shared that it did get his “songwriting motor” working again.

“It was like when I was 17, and I had to write for stress relief,” he said. “I penned down some ideas, and I wasn’t writing for hits, I was writing because it was cathartic. It was my punching bag.”

He’s been inspired by the world around him, not only the pandemic but other events happening around him. For instance, just this month, the singer penned the song, “Blood on My Hands,” which explores the recent withdrawal of troops from Afghanistan, though he noted it wasn’t meant to be political, but one about the humanitarian crisis.

“A lot of the songs I wrote were sad; we had some very sick employees and I think we all know someone who has passed away because of this [COVID],” Ondrasik said. “So, last year, my songs were full of angst, melancholy, angry, and some depressing. There are a couple I definitely want to record, but I don’t want to go back too soon.”

Having been playing music since very young, Ondrasik greatly missed being on the live stage and remembers what it was like when he finally had fans in front of him this summer.

“It was emotional, not just for me, but for all the people there,” he said. “My first show was in San Diego, and I played for a small group, probably 200 people, and for all of us to be together and sing, there were a lot of smiles and moist eyes. And it’s still like that as I play. I can’t wait to come there and play.”



Art News

Home is Where the Art Is more than 175 original works of fine art by nine different local artists will be on display. 10 a.m. to 6 p.m. September 24 to 26. Free. Vale Arts, 3124 Fox Mill Rd., Oakton. For more information visit [valearts.com](https://bit.ly/3zx2cUu).

Back to the 90s Classic Albums is a tribute to Nirvana and the Red Hot Chili Peppers. Doors open at 7 p.m. Show is at 8 p.m. September 24. Tickets are \$15 to \$25. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3u2zPw6>.

The Avett Brothers return to perform folk-tinged songs with unbridled energy and honest, heartfelt lyrics. 8 p.m. September 24. Tickets are \$50. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3zx2cUu>.

Arts Emerging: a Celebration of Renewal Enjoy performances, visual arts exhibits, interactive gaming, and artist marketplace and more. 5 to 9 p.m. September 25. George Mason University, 4373 Mason Pond Dr., Fairfax. Tickets are \$20. For more information visit <https://bit.ly/3AAKFfC>.

Slammin’ Saturdays Come out for stand-up comedy, poetry reading and more during open mic night. 7 to 9 p.m. September 25. Tickets are \$5. Arts Herndon, 750 Center St., Herndon. For more information visit <https://bit.ly/3AxCVe1>.

Music in the Gardens Enjoy the music of Mozart, Borodin, Paganini and more performed by a guitar quintet. 3 p.m. September 26. Tickets are \$3 to \$6 with garden admission. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Ct., Vienna. For more information visit <https://bit.ly/3zvER5x>.

The Art of Calligraphy Explore the connection of Historic Huntley’s past residents to the beautiful art of writing. Try your hand with a variety of pens and brushes. 4 p.m. September 28. Cost is \$10. Supplies are included. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit <https://bit.ly/39r6y4W>.

Country & Western Line Dancing Enjoy a variety of line dances. Singles and couples welcome. Cost is \$122 for this program which runs through November 17. Frying

Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit <https://bit.ly/3ni4Meu>.

Seeing the Life Through Paintings features oil and acrylic works of scenes and travels by Nina Joffey. Exhibit continues through October 31. Free. RCC Hunters Woods, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3AiquTy>.

Art Mirrors Culture is a Reston multicultural inter-generational exhibit featuring works from Japan, China, India, Italy Germany and more. Through September 30.

Free. Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. For more information visit <https://bit.ly/3greDu7>.

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

Community Information

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

Twilight by Kayak Watch the sun set on the lake as the wildlife settles in for the night, then return to the dock by the light of the moon. Single kayaks and all equipment will be provided. 6:30 p.m. September 24. Cost is \$43. Burke Lake Park, 7315 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3kuPfpK>.

Family Fall Festival Enjoy a silent auction, book sale, food trucks, vendors, musical entertainment and more. 9 a.m. to 3 p.m. September 25. Free. Green Spring Gardens. 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3u0OGYg>.

Community Market includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. September 25. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>.

Harvest Happenings Festival Registration is required for this indoor-outdoor events with live entertainment, a petting zoo and more. 11

a.m. to 2 p.m. September 25. Free. McLean Community Center, 1234 Ingleside Ave., McLean. For more information visit <https://bit.ly/3hV68s5>.

Twilight Hilltop Tour Join in a special tour and see the dramatic setting of Historic Huntley in a different light. 6 p.m. September 26. Cost is \$8. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit <https://bit.ly/3AuxtIR>.

Stargazing with Binoculars Learn about the different types of binoculars and how to use them to find planets, star clusters and more. 7:30 p.m. September 28. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3AHl1FG>.

Scandalous Women of Civil War Washington Historian and Author Dr. Cindy Gueli will explore the capital’s rich and colorful wartime history in this virtual meeting. 6:30 p.m. September 29. Free. Registration is required at this link <https://bit.ly/3hTY236>.

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

ONGOING

Outdoor Yoga at the Lake

Practice yoga in a peaceful, natural setting. Beginners and seasoned yogis welcome. Bring a mat, towel and water bottle. 10:15 a.m. September 26 and consecutive Sundays after that (total of four sessions). Cost is \$48. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/3zunstS>.

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

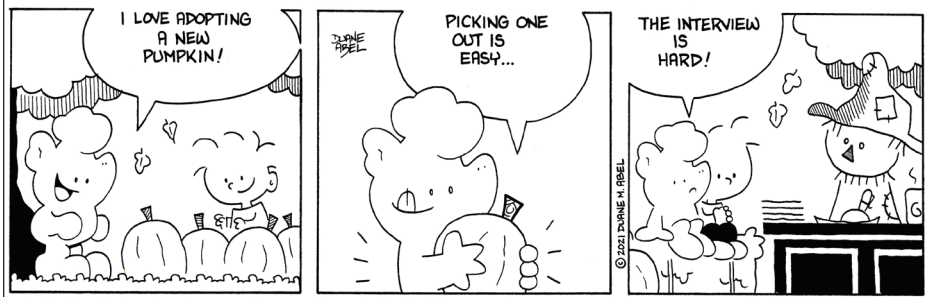
Virtual Mental Help Events and Support Recovery Program Solutions of Virginia holds a variety of free online events and support groups each week. Meet new friends, stay healthy and fit, participate in art therapy and more. For more information visit <https://bit.ly/3vokjut>.

Help Children in Need through volunteer work with Assistance League. Learn more at <https://bit.ly/305C3ge>.

Volunteer Fairfax has volunteer opportunities and donation needs. Please visit <https://bit.ly/3b169oZ> for more information.

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

ZED by Duane M. Abel



www.corkeycomics.com

STAY UP TO DATE
WITH THE LATEST
FAIRFAX COUNTY NEWS

FREE
DIGITAL
E-DIGEST

- Fairfax Times' weekly newsletter!
- Local news straight to your inbox!
- Access a full digital issue of the Fairfax Times each week!
- Be the first to know about contests and promotions!

SIGN UP TODAY
WWW.FAIRFAXTIMES.COM

FAIRFAX COUNTY
TIMES

Enjoy savory, smothered cuisine

Courtesy of Family Features

When you are hungry and searching for something filling, juicy and rich, turning to your pantry for on-hand ingredients can make dinner a breeze. Dodge snack cravings and avoid the temptation to swing by the drive-thru; instead, you can have a homemade meal ready in a matter of minutes by putting your skillet to work.

Call your loved ones to the dining room to share time together while trying these Smothered Pork Chops in Mushroom Sauce. It's a dish the entire family can dig into without questioning the substance of the meal as it's a filling option that requires just a few ingredients you likely already have at home.

It all starts with the pork chops, which are

thick and seared to perfection. The mushroom sauce is a beautiful blend of earthy and creamy textures. Bring it to a simmer then smother your pork chops and garnish with fresh parsley for a pop of color.

The best part is this recipe doesn't take much time to accomplish. The pork chops are seared for 3-5 minutes per side then simmered in the mushroom sauce for another 2-3 minutes until thoroughly cooked.

Don't waste time with complicated recipes, dirtying an array of kitchen utensils and multiple trips to the store for ingredients you may not use again. This recipe requires one bowl and a single skillet. Cleanup is a breeze, which means there is more time to spend around the table with those who mean the most.

Find more savory recipes at Culinary.net.



Smothered Pork Chops in Mushroom Sauce

Servings: 4

INGREDIENTS

- 1 teaspoon mild chili powder
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 pork chops
- 2 tablespoons olive oil
- 2 tablespoons butter

MUSHROOM SAUCE:

- 2 1/2 cups brown mushrooms, sliced
- 5 garlic cloves, smashed
- 1 tablespoon parsley
- 1 teaspoon Italian seasoning
- 1/2 cup chicken broth
- 1 1/2 cups heavy cream
- fresh parsley, for garnish

DIRECTIONS

- In small bowl, whisk chili powder, garlic powder, salt and pepper until combined.
- Pat pork chops dry. Season generously with spice mix. Set aside.
- In skillet, add olive oil and butter. Add pork chops; sear 3-5 minutes per side. Transfer to plate.
- To make mushroom sauce:** In same skillet, add mushrooms. Stir fry until golden brown.
- Add garlic, parsley and Italian seasoning. Stir fry 2 minutes. A
- Add broth and heavy cream. Stir to combine.
- Simmer 5 minutes until slightly thickened.
- Return pork chops to sauce. Simmer 2-3 minutes until pork chops are cooked through.
- Garnish with fresh parsley and serve.

RIDERS

CONTINUED FROM PAGE B1

atmosphere for my kids to be around.”

The camaraderie among the bull riders is special, with Lane noting everyone is like “brothers in the locker room” and do what they can to sup-

port each other and help the PBR continue to grow and attract bigger audiences.

“It’s such a dangerous sport and we want everyone to do good,” he said.

For one lucky audience member, a Star of the Night belt buckle is given away to someone who stands out in the crowd. It’s similar to

the same belt buckle that the champion of the event will win.

“I invite everyone to come out and enjoy a fun night of family fun and excitement,” Lane said.

Tickets for the event are \$15. For more information, visit www.eaglebankarena.com.



WHY ADVERTISE IN THE FAIRFAX COUNTY TIMES?

REACH

300,000 of the most affluent households in Fairfax County every Friday in both PRINT & DIGITAL with your brand.

READERSHIP

Our readers look for news that is relevant to their daily lives. We deliver that news. Our loyal following expands decades in Fairfax County.

RELATIONSHIP

The Fairfax Times sales team works closely with our valued partners to create an effective campaign, from creative to tracking success.

RESULTS

We deliver proven results and drive traffic for our local partners.

Simmy Murdock (703) 463-9228
simmym@wspnet.com

Karen Washburn (703) 577-4894
kwashburn@fairfaxtimes.com

CALL US TODAY!

King Crossword

ACROSS

- 1 — Valley, Calif.
- 5 Indent key
- 8 Booty
- 12 Portent
- 13 Hot temper
- 14 Corduroy ridge
- 15 Arm of the Arctic Ocean
- 17 Desire
- 18 Sub detector
- 19 Sunflower State
- 21 Study all night
- 24 Pvt.'s superior
- 25 Salamander
- 28 Canal feature
- 30 Acapulco gold
- 33 "The Greatest"
- 34 Continental cash
- 35 "Awesome!"
- 36 Sweetie
- 37 Apple com-puter
- 38 Memory unit
- 39 A billion years
- 41 Crazy
- 43 Treat badly
- 46 Available
- 50 Contented sounds
- 51 Left the band
- 54 "— Rhythm"
- 55 Actress Mendes
- 56 Now, on a

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18							19	20				
			21		22	23		24				
25	26	27			28		29			30	31	32
33				34						35		
36				37					38			
		39	40			41		42				
43	44				45			46		47	48	49
50					51	52	53					
54					55				56			
57					58				59			

- memo
- Cuts off
- Gym unit
- Egyptian deity
- homer
- Veteran's tale
- Pond growth
- Pop music's Bee —
- Goof up
- Requests
- Grad
- Aesopian ending
- "Unh-unh"
- "Evil Woman" gp.
- Port authori-ty?
- Designer Chanel
- Squealer
- Poetic tribute
- Drei minus zwei
- Dwarf tree
- Expels
- Camp bed
- Postal deliv-ery
- "Othello" vil-lain
- Ornamental jug
- Pitch
- Jai —
- Band in Boston?
- Prior night
- Snooze

A traditional breakfast with a twist

Courtesy of Family Features

The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start your whole family’s morning off on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage Fresh Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. It’s a perfect way to fill your morning with joy, no matter if the hours ahead are filled with work, school or play.

A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional deliciousness in one little roll. Drizzled with warm maple syrup at the end, even adults can’t help but indulge in these breakfast bites.

This is a quick dish too, using few kitchen utensils, which makes for more time in the morning to enjoy the little things that matter most like moments with family before rushing out the door. This recipe can also be made when your family is craving breakfast for dinner.

Find more breakfast recipes at [Culinary.nct](#).

Sausage French Toast Roll-Ups

Servings: 12

INGREDIENTS

- 12 sausage links
- 2 eggs
- 2/3 cup milk
- 3 teaspoons almond extract
- 1/2 teaspoon ground cinnamon
- 6 bread slices, crust removed, cut in half
- 3 tablespoons butter
- syrup

DIRECTIONS

- In skillet, cook sausage links according to package directions. Set aside.
- In medium bowl, whisk eggs, milk, almond extract and cinnamon.
- Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.
- In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-side down, and cook until all sides are browned, approximately 10 minutes.
- Drizzle with syrup.



Business & Services Directory

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

North's Custom Masonry
Retaining & Decorative Walls
Stonework • Patios and Walkways
Fire pits, Fireplaces & Chimneys
Repointing Brick
Concrete and Paver Driveways
Angie's List member
Call Brian 540-533-8092
Free estimates, BBB, Lic./Ins.

ELECTRICAL

- Install Ceiling Fans
- Recessed Lights
- Under Cabinet Lights
- Change Light Fixtures

No Job is too small!
Licensed & Insured | We accept all major credit cards!
Edwin C. Colque - Master Electrician
703-898-0797

Spring Specials
Family Owned Since 1970
CHARLES JENKINS TREE SERVICES

Mulch Special Sale
FREE ESTIMATES • REASONABLE RATES
Cell: 540.422.9721
Office: 703.830.2654
INSURED - BONDED - LICENSED

DODSON'S TREE & LANDSCAPING, LLC
TRIMMING & TOPPING, SPRAYING, TREE REMOVAL, STUMP GRINDING, MULCHING, PRUNING, CABLING, FEEDING, LOT CLEARING, FENCING, PAINTING, POWERWASHING, PLANTING, GRADING, SEEDING, RETAINING WALLS, PATIOS, WALKWAYS, TOPSOIL AND GRAVEL
WE PROUDLY ACCEPT ALL MAJOR CREDIT CARDS.
LICENSED/INSURED OFFICE - (540) 923-4087
FREE ESTIMATES CELL - (540) 214-8407
Residential and Commercial

North's Tree Service & Landscaping
Family Owned & Operated for over 30 Years
Quality Work Guaranteed
Complete Tree Service
All Phases of Landscaping

Gravel Driveways
Honest & Dependable
Brian North, Owner
(540) 533-8092
Free Estimates Lic/Ins

PLUMBING
FAIRFAX PLUMBING NV INC
A-Z PLUMBING SERVICE
Drain Cleaning
Gas Piping & More
Family Owned 35 YR Exp
COUPON \$35 OFF
703-987-5319

Call Marcia Patch
703-904-1004

Classified

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

Help Wanted	Help Wanted	Help Wanted	Legal Notice	Legal Notice
CLASSIFIEDS To place a classified ad or a Business & Services ad, please contact: Marcia Patch • 703-904-1004 marcia@wspnet.com Senior Software Developers: Degree in Computer related. MS (3 yrs) or BS (5 yrs) of exp. in software dev. Expr. in JAVA, J2EE, RESTful web serv, Oracle Fusion Middleware Apps (ADF, Webcenter, SOA, BPM, OSB), Oracle Weblogic Appl. server, Oracle DB Server & JDeveloper. Travel/Reloc. Resumes to: H.R., NEEVSYS INC, 10005 Oakton Crossing Ct, Oakton, VA 22124 email: shainan@neevsys.com Lead Software Developers and Lead UI Developers. Req'd: Masters or equiv in Comp. Sci. or related & 2 yrs' relevant indus exp. Special Requirements (Software): 2 yrs. managing & collaborating w/ teams; using Spring Framework; RDMS (e.g. Oracle); working w/ high volume, low latency business critical systems; Agile; SCRUM; REST; SOAP; & microservices architecture development using Spring Boot; & Rally or Jira. AWS certification or at least 1 yr of AWS cloud technologies. Special Requirements (UI): 2 years' experience using Frameworks, including: Angular7+, Ionic, and Responsive Design; and JSON; chrome developer tools; SaaS; Browserify; and Git. 2 yrs' exp in: creating reusable or library UI components for use by developers to integrate with the application business layer; Security principles and how they apply to integration with business layer; in a continuous integration environment and plugins for UI standard checking; developing complex, high-traffic Websites; managing a team; and collaborating with other teams. Alternative: will accept a Bachelor's or equiv. in the above-stated fields & 5 yrs of progressive relevant exp. in the above-stated occupations; plus the special requirements. Position is based out of Reston, VA. Qualified applicants, please submit resume to HR Manager, Aptium Technologies LLC, 12120 Sunset Hills Road, Suite # 250, Reston, VA 20190 or careers@aptium.com. Mediator, Fairfax VA Facilitate dialogue/settlement Mstr dgr/equiv in law/disp/resol/reltd and 36 mths expr as lawyer/mediator/ reltd reqrd In lieu will accept bchl dgr/equiv in law/disp resol/reltd and 60 mths expr as lawyer/mcldr/reltd. Mail rsm to Boltakke Law Group 10400 Eaton Pl ste 350 Fairfax VA 22030	Quest Diagnostics Incorporated seeks a Software Engineer II in Chantilly, VA to design, develop, implement & maintain key product features & complex SW solutions w/in existing large-scale enterprise apps. & new strategic initiatives. Req: Bach (or for: equiv) in Comp. Sci., Info. Tech., Eng (any), or related, & 3 yrs. post-bacc. exp. developing custom app. SW using Java in a large-scale enterprise environment; using object-oriented design patterns, distributed databases, & data modeling techniques; designing databases in an SQL Server environment; & programming w/ HTML 7, JSON, Javascript, & Java 8. In lieu of Bach degree, employer will accept Master's (or for: equiv) in Comp. Sci., Info. Tech., Eng (any), or related, & 1 yr. post-bacc. exp in the above technologies. Apply at careers.questdiagnostics.com with req72329 SOFTWARE DEVELOPERS / SYSTEMS ANALYSTS: Perform IT Systems, Databases, Network/Intranet/Internet, or Software/Applications development including – Technical and user requirement gathering, analysis and specification, develop, testing/QA and implementation, deployment, validation, customization, and integration; assist with IT Projects planning scheduling coordination, monitoring and management; prepare and presentation of IT technical proposals, solicitations and other technical documentation to customers, technical teams and end-users, provide technical solutions to business/end-users; liaison between development team, business units and customers and end-users using diversified programming languages, technologies and tools. Herndon, VA with brief or occasional domestic travels to customer's project site and nationwide. Requirement: Bachelor's degree or equivalent in Computer Science, Engineering, MIS, IS/IT, Physics, Business/Management, Math, Physics, Science or related Technical fields and 2 years progressive experiences in software, database or network systems and applications, IT analysis, design, architecture, development, administration/management or related experiences/occupations using diversified technologies, tools and languages or Employer will accept suitable alternative combination of education and experiences such as Master's degree in Computer Science, Engineering, MIS, IS/IT or related fields. Send detailed resume with references to: Attn: HR, VASS Inc., 459 Herndon Parkway, Suite 18, Herndon, VA 20170. Amazon Web Services, Inc., an Amazon.com Company, has multiple openings in Herndon, VA, for Cloud Support Engineer II positions in the following profiles/domains: - Databases, Analytics, Big Data – Job Code: 59644-9 - Deployment, DMS – Job Code: 59644-10 - Linux – Job Code: 59644-7 - Storage & Content Delivery, Networking, Security – Job Code: 59644-6 - Windows – Job Code: 59644-8 Duties to incl: providing advanced remote tech support to customers by responding to difficult tech inquiries rel to large & production critical issues to propose solutions to/resolve root causes of cloud network/system issues; leading & overseeing documenting all varieties of corner case scenarios & troubleshooting of workflows in AWS internal knowledge databases. To apply; send resume to Amazon Web Services, Inc., ATTN: Hiring Manager – (insert applicable job code from above), PO Box 81226, Seattle, Washington, 98108-1300.	Environmental Design Consultant (Multiple positions available). Telecommuting from any location in the U.S. is an option for this position. Duties: Work within team to analyze design options & make recommends. on bldg. energy systems & environ. performance incl. daylight, energy systems, water use, thermal comfort, occupant health & sustainable materials. Develop computer models using EnergyPlus, OpenStudio, Radiance & OpenFOAM to simulate bldg. energy perform., daylight, indoor & outdoor visual & thermal comfort. Research & implement approaches to improve efficiency & accuracy of current bldg. simulation programs & develop scripts using Ironbug plugin for Grasshopper to create, model & test perform. of HVAC in different bldg. types. Requires: Master's degree (or foreign equiv) in Environ. Bldg. Design or related field & 2 yrs. exp. in job offered or 2 yrs. exp. as a Consultant. Concurrent exp. must incl.: 2 yrs. exp. with analysis & design options for bldg. systems; & 2 yrs. exp. using EnergyPlus & OpenStudio. Send resume (no calls) to: Mostapha Roudsari, Ladybug Tools LLC, 2993 Eskridge Rd., Fairfax, VA 22031.	[(Full name(s) of owner(s)): Petes Tavern LLC Trading as: Petes Tavern LLC 6531 Backlick Road Springfield, Fairfax County, VA 22150-2714 The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On & Off Premises/Keg Permit/ Mixed Beverage Restuarant license to sell or manufacture alcoholic beverages. Peter C Pieri, Owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. 3008758 (09-17-21, 09-24-21) [(Full name(s) of owner(s)): O My Enterprise LLC Trading as: O My ChiQ & Bar 7023 Columbia Pike Annandale, Fairfax County, VA 22003-3460 The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a WINE & BEER ON PREMISES AND MIXED BEVERAGE RESTAURANT license to sell or manufacture alcoholic beverages. Chae Kim, Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. 3008753 (09-17-21, 09-24-21)	[(Full name(s) of owner(s)): Yamachen 13 Inc Trading as: YamaChens Sushi 46515 Harry Byrd Hwy Ste 170 Sterling, Fairfax County, VA 20164-3576 The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On and Off Premises license to sell or manufacture alcoholic beverages. Si Liang Chen, President NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. 3008782 (09-24-21, 10-01-21) [(Full name(s) of owner(s)): ShunFengRestaurants LLC Trading as: China Star Restaurant 9600 Main St. Suite G Fairfax, Fairfax County, VA 22031 The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises license to sell or manufacture alcoholic beverages. Shunhe Yan, Owner NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. 3008759 (09-17-21, 09-24-21)