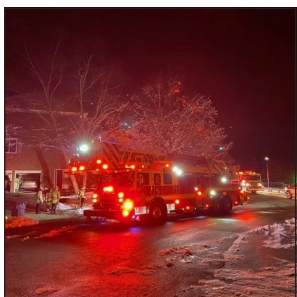


THIS WEEK INSIDE:



Centreville house fire displaces one

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USDA increases funding for school lunches

SEE PAGE A5



Two MLK events feature blues musician, author, and lecturer Daryl Davis

SEE PAGE B1



Making inclusion the norm

SEE PAGE B2

School board members called process for TJ admissions changes ‘anti asian,’ ‘racist,’ ‘embarrassing’

By Asra Q. Nomani SPECIAL TO THE FAIRFAX COUNTY TIMES

In the fall of 2020, as Fairfax County Public Schools officials engaged in a pitched battle to change admissions to Thomas Jefferson High School for Science and Technology, school board member Abrar Omeish wrote a text to fellow board member Stella Pekarsky about the admissions changes: “I mean there has been an anti asian feel underlying some of this, hate to say it lol.”

And she pressed send. Pekarsky, now the board chair, responded: “...I always told people that talking about TJ is a stupid waste of time [sic]. It’s about making a political point.”

Speaking about Asians, Omeish answered: “Of course it is...They’re discriminated against in this process too.”

The frank conversation is part of a treasure trove of emails and text messages that attorneys for Pacific Legal Foundation received

School board member Abrar Omeish texted: "I mean there has been an anti asian feel underlying some of this, hate to say it lol."

School board member Stella Pekarsky responded: "Of course it is... They're discriminated against in this process too."

Exhibit J, Coalition for TJ vs. Fairfax County School Board et al



in discovery as they sue the school board on behalf of Coalition for TJ, a local grassroots organization of parents and community members advocating for merit-based education at TJ, ranked as America’s No. 1 high school by U.S. News

and World Report. Fairfax County Public Schools officials didn’t provide comment regarding the documents but posted a message earlier this week stating that the TJ admissions process is based on “merit.” District Judge Claude

Hilton is scheduled to hear the TJ case in Alexandria, Va., on Tuesday, January 18, at 10 a.m. The documents are organized online at www.defending.org/TJPapers. Local parents responded with outrage to the board members’ comments. Local

TJ father, Harry Jackson, the first black student to attend the U.S. Naval Academy from Lancaster County, Pa., and a cofounder of Coalition for TJ, said, “The Fairfax County school board used See SCHOOL, Page A4

Chairman Jeff McKay delivers state of the county address



By Michael Marrow FAIRFAX COUNTY TIMES

In the annual state of the county address, Board of Supervisors Chairman Jeff McKay reflected on the county’s key objectives as well as the impact of the coronavirus pandemic.

McKay listed five priorities – high-quality education, affordable housing, protecting the environment, improving transit, and reforming public safety practices – at the top of the address and detailed ways the board has worked to meet goals in each area.

“I’m proud to say we’ve made considerable progress in each of these categories over the past year,” McKay said, noting that the county secured funding for teacher raises. In May, the Board approved a 2 percent salary increase for Fairfax County Public School employees in the FY 2022 budget.

McKay also highlighted the county’s \$50 million investment in affordable housing. The Board previously set a goal of building 5,000 new affordable homes by 2034, and as of May 2021, approximately 1,800 units had been constructed.

In July, the Board approved a plan to put the county on track to be carbon neutral by 2040 to curb climate emissions. Part of this effort includes an increased emphasis on alternatives to motor vehicles, though many projects currently lack adequate funding.

McKay then turned to new public safety strategies, several of which were pursued following nationwide protests over policing as well as local events. In June 2020, video footage from a body-worn camera showed Fairfax County Police Officer Tyler Timberlake tasing resident La Monta Gladney without any apparent provocation

See ADDRESS, Page A4

POSITIVE Vibes By Laura Scudder • FAIRFAX COUNTY TIMES

Cake4Kids brings dessert to underserved youth

Northern Virginia’s chapter has served nearly 2,000 cakes since 2019

From birthdays to graduation celebrations, one organization has the cake covered for underserved youth. Cake4Kids in Northern Virginia partners with 80-90 agencies in the area, creating cakes for special events. After almost three years, they have about 500 volunteers who have all baked and delivered nearly 2,000 cakes.

Cake4Kids was originally founded in California by Libby Gruender. Mary Campbell, the Cake4Kids ambassador for Northern Virginia, learned of the organization and reached out to see how she could become involved.

Northern Virginia became the first chapter outside of California in 2019, and Campbell now works for the national organization in operations.

“It’s gotten extremely big and busy quickly. We have just a great community here of people that want to help, and it’s just kind of blown up,” she explained, also saying that the company has expanded into other states.

Campbell explained that the kids and youth range from 1-24 years old. She noted that this was due to the fact that the chapter followed California’s guidelines about what signifies the age of transition to adulthood.

Campbell said that the children get to choose the flavor and theme of their cake – and it can be as elaborate or simple as they wish. Bakers will then sign up to bake and deliver the cake.

“Our bakers, who are tremendous ... a lot of them will watch and see if there’s cakes still sitting there, and they’re

See CAKES4KIDS, Page A4

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PUBLIC SAFETY



COURTESY PHOTO  
Fire began in basement

Centreville house fire displaces one

Units from Fairfax County Fire and Rescue Department and the Prince William County Department of Fire and Rescue were dispatched for a reported house fire in the 5600 block of Virginia Chase Drive in Centreville Jan. 4 at approximately 7:33 p.m.

Crews arrived on the scene of a two-story, single-family home with smoke coming from the basement. Firefighters quickly located a fire in the basement and extinguished it. There were no civilian or firefighter injuries reported.

One occupant was home at the time of the fire. The occupant was using his sauna when he dropped a towel on top of heating element. He noticed that the towel was on fire and flames were traveling up the walls. The occupant called 9-1-1 and self-evacuated. Smoke alarms sounded after the fire was discovered.

Fire investigators determined that the fire was accidental in nature and started in the basement. The fire was caused by a towel being dropped on top of the sauna's heating element.

One occupant was displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$37,500.



COURTESY PHOTO  
Jordan Eugene Cochran

Man charged after two shootings in Hybla Valley

One man is dead and another was seriously injured after two separate shooting incidents Jan. 8 near Richmond Highway in Hybla Valley.

Jordan Eugene Cochran, 20, of Alexandria has been charged following the shootings, which began with a fight at a bus stop at Richmond Highway and Dart Drive. Officers were called to the scene at approximately 6:22 p.m. and discovered Kebbren

Isaiah Leigh-Gaye, 18, of Alexandria with a gunshot wound to the upper body. Leigh-Gaye was taken to the hospital with life-threatening injuries. He was later pronounced deceased.

Cochran fled after the fatal shooting and approached a driver in the parking lot of the 7-Eleven at 3100 Lockheed Blvd. Cochran requested a ride. When he was denied, he fired one round, which struck an adult man in the eye. Cochran ran from the scene. The injured man was taken to the hospital with non-life-threatening injuries.

Officers quickly found Cochran in the parking lot of a nearby Taco Bell at 7230 Richmond Highway and took him into custody without incident. A handgun was recovered along with items belonging to Leigh-Gaye. Cochran was charged with second degree murder, two counts of use of a firearm in commission of a felony, malicious wounding and robbery. Detectives continue to investigate the motive behind the fatal shooting. Cochran and Leigh-Gaye were known to each other.

FCPD is asking anyone with additional information to contact our detectives at 703-691-2131, or call 911. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

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

This is the first homicide of the year in Fairfax County. Year to date, there were no homicides at this point in 2021.

Identity of alleged Shopping Cart Killer victims confirmed

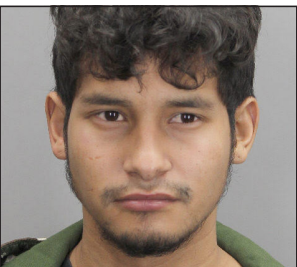
Last week Fairfax County Police Chief Kevin Davis announced the results of the DNA testing of the two victims found on Dec. 15 in the 2400 block of Fairhaven Avenue in the Fairfax County portion of Alexandria.

The two women found were positively identified as Cheyenne Brown, 29, of Washington, D.C. and Stephanie Harrison, 48, of California.

Recently, detectives met with officers throughout the National Capital Region to see if they have any cases under similar circumstances. Detectives would like to hear from anyone who may have information about Anthony Eugene Robinson, this case, or may have had past interactions with Robinson. To contact FCPD detectives, please call the Major Crimes Bureau at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS

(866-411-8477).

Victim specialists from the Major Crimes Bureau's Victim Services Division continue to work with the victims' family to ensure they are receiving appropriate resources and assistance.



COURTESY PHOTO  
Josue Eliseo Diaz-Alvarado

Alexandria man arrested after stabbing

After an argument which occurred December 30 at 7:19 p.m. in the 7800 block of Richmond Highway, Josue Eliseo Diaz-Alvarado, 24, of Alexandria stabbed the victim. The victim was taken to the hospital for injuries that were not considered life threatening. Diaz-Alvarado was charged with malicious wounding. This was not a random act.

Chantilly man charged after officer-involved shooting

A 50-year-old man remains hospitalized after an officer-involved shooting that occurred at 1 p.m. Jan. 4 in the 4500 block of Briarton Drive in Chantilly.

Officers were called to the home earlier in the day after Robert Jablonski, of Chantilly, was threatening his elderly parents. At that time, no crime had occurred, and officers assisted the family with obtaining an Emergency Custody Order (ECO) to assist with getting Jablonski mental health treatment. The ECO was later issued by a magistrate, and officers returned to the home to facilitate the service.

At 12:56 p.m., officers attempted to make contact with Jablonski, who refused verbal commands. Officers also had information that he may be armed with a weapon. The decision was made to remove the parents from the home and tactically reposition outside to deescalate the situation. Shortly after, Jablonski exited the home with a compound bow. Jablonski pointed the bow at full draw at officers, and one officer discharged his service rifle. Jablonski was struck in the upper body.

Officers immediately rendered first aid until fire and rescue personnel responded. Jablonski was taken to a nearby hospital where his injuries were later determined not to be life threatening. No officers were injured as a result of this incident, and no one else was harmed.

Detectives have obtained and yesterday served Jablonski with a warrant for attempted aggravated murder of a police officer. He remains hospitalized receiving further treatment.

The officer involved in the incident has been identified as a six-year veteran who is assigned to the Sully Police District Station. As per department policy, the officer has been placed on a restricted duty pending the outcome of an administrative investigation by the FCPD Internal Affairs Bureau. An independent review will also be conducted by the Police Auditor. The name of the officer will be released by Chief Kevin Davis within 10 days, unless there is a credible threat to the safety of those involved or if additional time is required to thoroughly complete the risk assessment process.

A criminal investigation into the use of force is being conducted by the Major Crimes Bureau. Davis will release body camera footage and audio recordings of the 911 call for service within 30 days or when it no longer jeopardizes the integrity of the investigation.

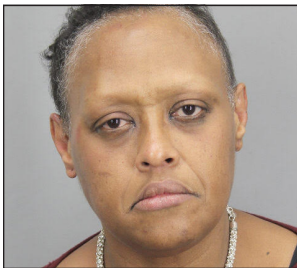


COURTESY PHOTO  
Stephan Pearson

Manassas man arrested in Alexandria

Stephan Pearson, 33, of Manassas man entered a restaurant in the 7700 block of Gunston Plaza Jan. 6 at 7:27 p.m. and stabbed a known associate in the lower body.

Officers arrived within a minute of the call for service and took the Pearson into custody. Pearson was charged with malicious wounding and concealed carry violation. Initially, the victim was taken to the hospital for injuries considered life threatening. At the hospital, the injuries were upgraded and were not considered life threatening



COURTESY PHOTO  
Kelly Gutrick

Maryland woman arrested in Alexandria

In the 5900 block of Richmond Highway at 5:31 p.m. January 5, an officer saw

a 2007 Dodge Caliber that was reported stolen from a nearby jurisdiction.

The officer attempted to make a traffic stop on the vehicle. The driver, Kelly Gutrick, 53, of Maryland, disregarded the officer's signal to stop and drove in reverse, striking a community member's vehicle, and disabling the vehicle she was operating. Gutrick was taken into custody.

An officer reported injuries that were not considered life threatening. No other injuries were reported. The woman was charged with possession of schedule I or II drug, hit and run, disregarding a command to stop, intentionally damaging property, larceny third or subsequent and being in possession of stolen goods valued at greater than \$1,000.



COURTESY PHOTO  
Hasani Thomas

Maryland man arrested after traffic stop

At 9:36 p.m. Dec. 31 at I-495 and Leesburg Pike, an officer saw a 2014 BMW X1 that was reported stolen from a nearby jurisdiction.

When officers attempted to conduct a traffic stop on the vehicle, the driver, Hasani Thomas, 21, of Maryland, attempted to elude officers by striking a cruiser with his vehicle. Thomas was charged with grand larceny and assault on a law enforcement officer.



COURTESY PHOTO  
Caitlin Crawford

Maryland woman arrested in Fairfax

An officer saw a 2019 Honda Accord at I-495 and Arlington Boulevard at 7:55 p.m. December 30 that was reported stolen from a nearby jurisdiction. The officer conducted a traffic stop on the vehicle and Caitlin Crawford, 37, of Maryland was taken into custody. She was charged with fail to return bailment property, and possession of schedule I or II narcotics.

APD makes arrests in Reynolds Street shooting

The Alexandria Police Department has made multiple arrests in a shooting that occurred late Jan. 9, involving an

innocent bystander.

A report of shots fired was received at approximately 3:20 p.m. in the unit block of South Reynolds Street. APD investigation revealed two suspects exited the 7-Eleven store and approached their parked vehicle. One suspect retrieved a firearm from the vehicle and then fired shots at the occupants of another parked vehicle. The second suspect fired shots at the same vehicle as it drove away from the scene. The suspects fled the scene and were later apprehended by APD Patrol officers.

During the altercation, an innocent bystander was shot. The victim, a 26-year-old female, city of Alexandria resident was transported to the hospital by a good samaritan. The victim is currently in stable condition with life-threatening injuries.

Three suspects have been arrested so far in this incident:

Maurice Turner, 18, city of Alexandria resident, is charged with malicious wounding by mob, use of firearm in the commission of a felony, concealed weapon, shooting missiles into an occupied vehicle, and unlawful discharge of a firearm.

Damonte Martin, 21, a Lincolnia, Fairfax County resident, is charged with malicious wounding by mob, use of firearm in the commission of a felony, concealed weapon, shooting missiles into an occupied vehicle, and unlawful discharge of a firearm.

Donovan Copeland, 20, city of Alexandria resident, is charged with malicious wounding by mob and concealed weapon.

This case is still under investigation, and APD asks anyone with information to please reach out to Detective Stephen Riley by phone at 703-746-6225, email at Stephen.Riley@Alexandriava.gov or call APD's non-emergency number at 703-746-4444. Tips can be anonymous.



COURTESY PHOTO  
Eric Gardner

Woodbridge man arrested in Fairfax

An officer saw a 2019 Honda Accord that was reported stolen from an out-of-state jurisdiction at I-495 and Arlington Boulevard Dec. 30 at 7:55 p.m.

The officer conducted a traffic stop on the vehicle and Eric Gardner, 26, of Woodbridge was arrested. Gardner was charged with grand larceny and operating a motor vehicle without a license.

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PEOPLE AND PLACES



COURTESY PHOTO  
BeBe Nguyen

Reston Community Center announces new deputy director

Reston Community Center is pleased to announce the hiring of **BeBe Nguyen** as its new deputy director effective Jan. 3. She replaces former Deputy Director John Blevins, who left RCC for a position with Prince William County.

Nguyen has served as RCC director of Communications for more than a decade and is dedicated, passionate and creative in her efforts to advance the agency’s objectives and branding. During her tenure as communications director, Nguyen has led multiple complex campaigns for RCC events, partnerships and community-wide initiatives.

“BeBe’s deep understanding and dedication to Reston’s values have positioned her for this significant leadership role at RCC,” said RCC Board Chair Bev Cosham. “The board knows BeBe’s work and commitment to equity, and we are confident she will continue to advance our strategic plan goals effectively in partnership with Executive Director Leila Gordon.”

Nguyen is currently leading the project to replace RCC’s website – an effort that will provide a comprehensive community calendar for Reston and more effective ways for the public to engage online with RCC.

“I am very excited to serve Reston in this new role,” said Nguyen. “I hope to bring the skills and experience I’ve acquired to enhance and elevate our patrons’ experience with RCC. I am grateful to have this opportunity to serve RCC and Reston as we kick off our first year of RCC’s new Strategic Plan.”

“BeBe will help RCC integrate our planning and administrative functions as well as continue to provide creative responses to community challenges that align with RCC’s mission,” said Gordon. “I’m looking forward to working together as Reston and RCC grow in the years ahead.”

Nguyen, who holds a Master of Public Administration degree from George Mason University, is currently serving among Fairfax County’s One Fairfax Equity Ambassador Corps and is RCC’s Equity Lead to implement the One Fairfax policy. This countywide social and racial policy commits Fairfax County government agencies and schools to intentionally consider equity when making policies or delivering programs and services. She will continue in this role in her new position.



COURTESY ART

Park Authority summer camp registration underway

Registration for summer camps is underway and with limited spaces available in Park Authority facilities and more than 95 percent of in-person camps filling up last year, register early at the Camps website to reserve your child’s favorite camp for next summer.

Consistently voted as one of Northern Virginia

Magazine’s Best Summer Camps, the Fairfax County Park Authority offers more than 1,000 summer day camp options at over 50 locations including Rec Centers, nature centers, historic sites, lakefront parks, golf courses and schools. Virtual camps are available for those who prefer or cannot attend in person. These camps feature plenty of fun, friendship and provide a safe summer experience for children ages 3 to 16.

From traditional crafts and games to high-tech and high adventure, the Park Authority has something for everyone. Many camps offer swimming at Rec Centers each day. Choose from skill-development camps including British and International soccer, basketball, football, baseball, gymnastics, cheerleading, archery or lacrosse. Enjoy the outdoors? Then check out our outdoor adventures, boating, fishing and biking camps. Explore new interests with specialty camps, such as chess and cooking or STEM programs that stimulate learning and enhance critical thinking.

New, exciting camps are available in 2022 and include: Spy Science, LEGO SPIKE Robotics, Treasure Hunt Art, Excavation Investigation, Women in the Woods, Jam-ilton Plus, Ballet & Butterflies, Pop Star Dance, Mudskippers Pottery, Fantastic Fossils, All About Science, ROBLOX Makers & Pokémon Masters, Artful Cupcakes, Master Chef, Pickleball and several new virtual camps.

Check out the Camps website for complete listing of camps or browse through the FCPA Spring and Summer Camp 2022 Guide. All the summer camps plus classes for kids and adults, special events and much more can be found in the spring edition of Parktakes Magazine coming in early February. Early-bird registrants for summer camps by May 10 and for Spring Break camps by Feb. 15, receive \$8 off each camp session.

You can register with confidence knowing that you can receive a full refund for any camp should camp offerings change due to COVID-19 restrictions. For more information, call the registration hotline at 703-222-4664 Monday through Friday, 9 a.m. to 4 p.m.



COURTESY PHOTO  
Donna Tressler

GMU names January employee of the month

**Donna Tressler** says she does whatever it takes to get the job done in George Mason University’s Science and Technology Campus Executive Office.

“I’m a very behind-the-scenes person, but I make sure that whatever we’re trying to do, that we’re successful at it,” Tressler said.

Tressler, who is January Employee of the Month, has been an administrative specialist for the executive office since September 2014.

From managing multiple calendars, supporting the SciTech Campus Advisory Board, overseeing campus tours, and running the SciTech Campus Facebook page, “you name it, I do it,” Tressler said.

“When she is at work, she is focused, driven and ready to help the team

succeed day in and day out,” said Colby Grant, assistant director of operations for the SciTech Campus Executive Office.

Tressler has led the marketing efforts for many events, including Leadercast, a leadership conference the executive office hosted in 2018 and 2019. Tressler attended multiple lessons on marketing, social media success, and search engine optimization to create every piece of marketing material for Leadercast.

“She is an avid learner and actively pursues trainings that will enhance the office goals, her colleagues and improvements to processes,” said Debbie Weitzman-Ward, assistant director of administration for the SciTech Campus Executive Office.

While the event was transferred to the Prince William Chamber of Commerce in 2020, Tressler continued to help with promotion by assisting with her social media skills and large database of contacts.

“Everything that she works on is delivered with impeccable professionalism that makes all participants feel welcome and included,” said Amy Adams, executive director of Mason’s Institute for Biohealth Innovation.

“Because of her support, we can grow and thrive at the SciTech campus and Mason at large,” Adams said.

How she got to Mason: I previously worked in administrative roles for custom manufacturers. Prior to my position at Mason, I worked for a commercial real estate agency. Commercial real estate was hit hard by the last recession, and I felt it was time for a change. I had a conversation with Heather Aleknavage, the office manager and HR coordinator for Mason’s Office of Sponsored Programs, and she told me to apply to Mason. I did, and here I am.

Best day on the job: Whenever a VIP campus tour is over, and Ronald Carmichael, the director of administration and operations for the SciTech Campus Executive Office, comes back and says, “That was fantastic,”—that’s a good day.

What she likes best about working at Mason:

I like the diversity of all the people here. You could be walking down the hall and run into a researcher or an engineer. I love how there are so many different people with so many different backgrounds. You never know who you’re going to be talking to.

What she does when she’s not working:

I am married with a 13-year-old daughter who is my “mini me.” I also have two step-sons who are grown and married with families of their own. My husband, daughter, and I live on five acres with our two foxhounds and a brood of chickens. I am a big reader so when I’m not hanging out with my family or working in our huge vegetable garden, you will find me curled up somewhere with a book.

Juniors at five schools to compete for paid internships

**Sully Historic Site**, the home of Richard Bland Lee, Northern Virginia’s first representative to Congress, is pleased to announce the seventh year of the Margaret C. Peck Youth Internship program, sponsored by the Sully Foundation Ltd.

Juniors at Centreville, Chantilly, Herndon, South Lakes and Westfield high schools, who are in good standing and have an interest in history, are encouraged to apply for this paid internship that runs from mid-May through December 2022. Up to three interns will be hired. Participants will gain invaluable experience in museum operations, public speaking, historic object collections, event programming and customer service.

Candidates must provide a completed application,

written essay and one teacher recommendation by March 21, for panel review. Candidates will be selected in mid-April.

This internship is named in memory of former Sully Historic Site administrator and Sully Foundation member, the late Margaret C. Peck. Peck was a longtime resident of the Herndon area, a local author and a former educator with the Fairfax County Public School system. This internship honors her community service, dedication to educating young adults, and historic preservation efforts in the surrounding community.

For more information about the internship, contact Tammy Higgs, historian, at [tammy.higgs@fairfaxcounty.gov](mailto:tammy.higgs@fairfaxcounty.gov). You may also call the site at 703-437-1794

Nonprofit consolidates offices

**Coptic Orphans**, an international Christian development organization currently headquartered in Fairfax, has consolidated its office footprint, relocated their headquarters and extended its office lease within Williams Crossing.

Coptic Orphans was able to consolidate their multiple pockets of space in the building into one contiguous and efficient space.

Nermien Riad, Executive Director at Coptic Orphans told Saa and Jacobs “With everyone returning back to the office from COVID, we really wanted to consolidate our space.” Said Nermien Riad, executive director. “We saw this as an opportunity to build out a new space that is aligned with our mission while supporting our employees that are eager to return to the office”.

Virginia Tire & Auto holds hiring event

Julie Holmes, co-CEO of **Virginia Tire & Auto** announced that the company will hold a major hiring open house on Jan. 17 from 9 a.m. to 6 p.m. at 199 Elden St., in Herndon. They will be hiring for their 17 locations across Northern Virginia.

Since leaving her career in law and joining her family’s business, Holmes has been actively encouraging women to consider the automotive industry. “While the automotive repair industry is male-dominated, there are a lot of opportunities for women,” Holmes explained. She has actively recruited a number of women who work throughout the company. “We have a great company team and provide a variety of career opportunities and benefits.”

Virginia Tire & Auto has a large number of positions to fill from service and sales advisors, to store managers, tire and lube technicians, automotive technicians, production managers and shop foremen.

“On January 17, we’ll be making on-the-spot job offers with sign on bonuses up to \$4,500,” Holmes said. “And for those with no automotive experience, we will train them.” Walk-ins are welcome but anyone who schedules an interview in advance will receive a \$10 gift card. Any technicians who receive a job offer will also receive a \$100 Snap-on Tools gift card. Call or text 703-785-5153 or email [recruiting@vatire.com](mailto:recruiting@vatire.com) to set up an interview.

In addition, there will be hourly gift card raffles during the open house and an opportunity to have coffee with the CEOs at 9 a.m. and lunch at noon with the operations management team.

For more information on hiring events and career opportunities, visit <https://vatire.com/careers/apply/>.

Fairfax County Office for Children selected as Ready Regions Capital Area lead

The Virginia Early Childhood Foundation has launched a transformative statewide network of Ready Regions that will bring all of the Commonwealth’s communities together to support early childhood success. The Fairfax County Office for Children, a division of Neighborhood and Community Services, has been selected to serve as the lead organization for the Ready Region Capital Area. This region includes Arlington and Fairfax Counties and the cities of Alexandria, Fairfax, and Falls Church.

Ready Regions will be a community collaboration to prioritize high-quality child care and early childhood education. Ready Region Capital Area partners include early childhood programs, school divisions, parents, community organizations, local governments, businesses, and other key stakeholders. Partners will work together to coordinate services and resources for families with young children and bring new resources and support to early childhood programs. An important component of the Ready Regions’ effort will be to support the participation of publicly funded early childhood programs in Virginia’s quality measurement and improvement system.

Ready Regions will bring unprecedented levels of coordination, accountability, and family engagement to early education programs in every community in the Commonwealth. “I am delighted that Fairfax County will be a leader in advancing the work of the Ready Region Capital Area. I look forward to our communities working together to facilitate greater family and community engagement to ensure that our region’s early childhood systems are meeting the needs of families,” said Dalia Palchik, Fairfax County Supervisor and Chair of the Board’s Health and Human Services Committee.

Fairfax County awards more than \$16 million in business support grants

The Fairfax County Department of Economic Initiatives announced Jan. 10 that it has awarded more than \$16,000,000 in PIVOT grant funds to 1,016 Fairfax County businesses adversely affected by the pandemic.

Businesses in the most hard-hit sectors of the Fairfax County economy, including hotel, food service, retail and personal services, and arts and culture industries, were targeted and received grants between \$1,500 and \$207,000. The goal of the program was to help those businesses continue their recovery by providing needed capital for ongoing operations.

More than 78 percent of the businesses receiving grants were women, minority, and/or veteran-owned businesses. Among business owners, 69 percent identified as minority-owned, 44 percent are women-owned, and 3 percent are veteran-owned. The average revenue loss between 2019 and 2020 reported by grant recipients was 40 percent. Businesses currently have an average of six employees, with the highest average among hotels, which averaged 23 employees. Retail accounted for 51 percent of the funds distributed. A breakdown of PIVOT grant awards by funding type,

industry sector, and geographic location is available on the 2021 PIVOT Business Recovery Grant Program dashboard.

“We know that the impacts to our community of this pandemic will last for years, that is why we have to continue to implement programs and opportunities to support our recovery and build a more resilient community. Our goal is to provide businesses with the support to be resilient and to absorb both the current and future economic shocks. It’s the key to future growth. In response we instituted a three-pronged approach to helping our small businesses – stabilization with the RISE grant and microloan programs, return to health with the PIVOT grants, and our next program, Fairfax THRIVE, will focus on growth and getting businesses to the next level,” said Jeffrey McKay, chairman of the Board of Supervisors.

PIVOT was the third business recovery program instituted by Fairfax County. Previous programs included the Microloan program in April 2020, and the RISE Grant program in June 2020. In total these three programs have distributed more than \$70 million to the Fairfax County business community to respond to the economic impacts of the pandemic.

In early 2021, Fairfax County and the Fairfax County Economic Development Authority commissioned an Economic Recovery Framework that illustrated the county lost an estimated 48,200 jobs (through December 2020) and employment losses and economic impacts were heavily concentrated in food service, health care, and social assistance, hospitality, and retail sectors. The vast majority of job losses took place in industries with lower average wages and higher representation of people of color. The Framework provides a “road map” for economic recovery which was used to target PIVOT grants. `

“Responding to the needs of our business community is critically important to the well-being of workers, families, and communities throughout Fairfax County. Utilizing the resources from the American Rescue Plan Act to provide support will have positive ripple effects through our local economy. I’m pleased that so many business owners took advantage of this opportunity”, said Supervisor John Foust, chair of the Economic Initiatives Committee.

Springfield pro earns PGA Professional Player of the Year award

**Larkin Gross** captured a 2021 PGA of America PGA Professional Player of the Year award presented annually by Rolex in conjunction with the PGA of America.

Gross, a PGA Assistant professional at Springfield Golf and Country Club, had a memorable year, winning three single-day events in Middle Atlantic PGA Section play in addition to victories in the Section’s PGA Professional and Assistant PGA Professional Championships, but it was his performance in April’s PGA Professional Championship that will be best remembered.

Despite being the youngest player—23—at PGA Golf Club in Port St. Lucie, Fla., Gross finished fourth among the talented 312-player field. His debut in the PGA Professional Championship was headlined by a 64 on Tuesday afternoon that included 11 birdies to match the lowest third round in the 54-year history of the event. His remarkable effort allowed him to advance to his first PGA Championship three weeks later at The Ocean Course at Kiawah Island, S.C.

Gross, now 24 years old, collected 870,000 total points to garner the initial national award of his career.



ADDRESS

CONTINUED FROM PAGE A1

and placing his knee on his neck, which prosecutors used to charge Timberlake with three misdemeanor counts of assault and battery.

The incident prompted the Board of Supervisors to expedite the implementation of body-worn cameras for officers. According to Fairfax County Police Spokesperson Sgt. Ian Yost, the department now has 1,210 positions equipped with body-worn cameras, which covers all patrol squads and patrol-support sections.

McKay touched on other public safety initiatives such as the county’s Diversion First program, which offers alternatives to incarceration for low-level offenses in cases that involve substance use and mental health disorders as well as developmental disabilities.

Last fall, the county additionally launched a co-responder program for crisis intervention that aims to address mental health crises in the field and divert individuals from arrest. The co-responder teams consist of FCPD officers and trained clinicians from the Merrifield Crisis Response Center, and county leaders are exploring ways to expand the program to achieve 24/7 coverage.

The remainder of McKay’s remarks focused heavily on the coronavirus pandemic.

As of Jan. 12, 4,352 people have been hospitalized in the county’s health district due to Covid-19 and 1,265 have died. The pandemic spurred several new health and economic initiatives as county leaders worked to respond to the crisis.

County resources



administered more than 900,000 Covid vaccine doses, McKay said, nearly half of the more than 2 million doses that have been doled out in the county’s health district. Outreach efforts have helped Fairfax County reach a full vaccination rate of 79.4 percent, with 89.1 percent of all residents 18 and older receiving at least one dose.

The county partnered with local nonprofits such as Neighborhood Health and Cornerstones to provide services, such as medical care and food assistance, for residents in need.

Cornerstones saw a 600 percent increase in first-time households seeking food or housing assistance, Cornerstones CEO Kerrie Wilson said in the address, noting that 70 percent of those served by the organization are people of color and 60 percent are female-headed households with children.

The county also offered extensive economic aid, distributing more than \$52 million in funding to cover rent, food, and utilities for residents, McKay said. The county also launched the Relief Initiatives to Support Employers (RISE) grant program for small businesses to supplement the federal Paycheck Protection Program, which provided \$87 million in aid.

“The beginning of the pandemic was one of the scariest times for me as a business owner,” Thai Huynh, owner of Le Bled

Eatery, a Vietnamese restaurant in Springfield, said in the address.

“The grant we received came at a critical time for us. We needed that right away while we were waiting on the rest of the assistance from the [federal] government. The process was very easy and we got the grant money relatively fast, so it was able to help us fill in the gaps right away.”

McKay also pointed to the positive impact of the county’s paid leave policy and expressed hope other businesses and organizations would follow suit. In 2019, the Board approved six weeks of paid family leave for county government employees, enabling them to utilize more than 368,000 hours in paid leave between Oct. 1, 2020, and Nov. 5, 2021.

The address concluded by noting the volunteer efforts of residents. Since March 2020, more than 3,000 people have signed up to volunteer with the Medical Reserve Corps, working more than 60,000 hours in tasks such as contact tracing, translations, vaccinations, and more.

“We consider [our volunteers] as the backbone of the Fairfax County Health Department,” Paula Rosca, an emergency management specialist with the Health Department, said in the address. “We are really lucky to know that they choose to serve the county and the communities in Fairfax.”

# Fairfax County General Assembly delegation hears from constituents in listening session

By Sravan Gannavarapu  
FAIRFAX COUNTY TIMES

Last week, the Fairfax County delegation to the General Assembly held a public hearing prior to the upcoming 2022 session.

Several topics were brought up for the discussion led by Senator Richard L. Saslaw (D-35), majority leader of the Virginia Senate, including the funding for education, specifically a request for a pay raise for the county’s educators.

Senator Ghazala Hashmi (D-10) said that the state will push to ensure that they have enough high caliber professionals in the classroom to help students learn effectively.

“We’ve got two bills that are going to help to address the expansion of our teacher’s workforce and address the teacher shortages that we face,” said Hashmi.

More than 50 speakers, allotted three minutes, spoke virtually each representing a different organization and district and highlighting their desire for the General Assembly to help them bring their issues to light while asking for help, awareness, or financial aid to support their cause.

Diana Rodriguez, a representative of the Fairfax-Falls Church Community Services Board, brought attention to key priorities for developmental disability and substance use disorder services, providing details on the board’s struggle during the pandemic and its need for financial assistance.

“Over 5,000 people with developmental disabilities re-

ceive support coordination services, or support coordination, residential and employment in day services help people with developmental disabilities live and thrive in the community,” said Rodriguez. “We request your support for the governor’s proposed budget, which provides for the addition of 1,200 new waiver slots for individuals who are waiting for these essential services for support.”

Rodriguez also asked the General Assembly to allocate funds to cover the actual costs of delivering the life-saving services as the current reimbursement rates do not cover the cost of providing the need for 24/7 care.

Among the other issues brought up involved the environment and living conditions. Rick Galliher is the President of the Bottle Bill Organization of Virginia and has owned the Chantilly franchise of a local junk removal business for 18 years before recently retiring. Bottle Bill’s mission has centered around reducing environmental waste, particularly the reduction of plastic material. Galliher asked the Assembly for help in passing a bottle bill to help their cause.

“With the new administration and redistricting. There’ll be a lot of pressure on existing environmental programs without adding significant new ones,” said Galliher. “We need to plant the seed now. We need Fairfax to come out in support of a bottle bill to help other municipalities have a movement to join, instead of letting a handful of small towns do it alone.

Galliher also stated that the

Assembly should help organize local governments to provide broad public support and have a board of supervisors publicly endorse a bottle bill by adding it to the legislative agenda.

Mary Paden of the South County Task Force asked the Assembly for their assistance in helping mobile homes prosper. Paden mentioned how more mobile home owners are considering selling to developers, while also referencing the ongoing situation at Harmony Place Mobile Park in Alexandria.

“The land owners make money, and the developers make money, and the county makes money, but the mobile home owners, the families who we applaud as mostly essential workers, can lose their homes and their lifetime investments,” said Paden. “We need your help at the state level as well as new county policies to correct this injustice.”

Paden concluded her thoughts by saying that it costs between \$5,000 and \$10,000 to move a mobile home and how limited space is to move the homes, while bringing up how many states are recognizing mobile home parks as legitimate communities.

Saslaw said that in addition to the concerns brought up during the session, issues like childcare development will be addressed by eliminating the duration of time that families may participate in the childcare subsidy, ensuring that they have access to the program as long as they meet federal requirements.

SCHOOL

CONTINUED FROM PAGE A1

black and Hispanic students to take a racist, xenophobic hit on Asian students. It’s unconscionable. They must all resign.”

In their messages, school board members acknowledged they engaged in a “highly divisive, harmful public debate” that reflected a “rushed” and “demeaning” process, engineered by “shameful leadership” from the superintendent, Scott Brabrand. In mid-December 2020, board member Megan McLaughlin referred to the “embarrassing process” the board had gone through to change admissions to TJ.

Indeed, in a text, Pekarsky said that Brabrand “screwed up TJ and the Asians hate us.” Omeish responded Brabrand was “just dumb and too white” to navigate the issue.

Board member Rachna Sizemore Heizer admitted Brabrand was motivated by “the times – BLM [Black Lives Matter] and a super progressive board.”

CAKES4KIDS

CONTINUED FROM PAGE A1

hell-bent on making sure that every child gets their cake and that we don’t cancel,” she said. “I’ll get emails that say ‘Don’t cancel that cake, I’ll take it’ ... Here in Northern Virginia, we have never canceled on a child. So we’ve delivered every single one and the bakers are very supportive of each other.”

While she credits all the bakers for being creative and taking great care with each cake, Campbell said that she has seen some truly amazing designs — including a cake that looked like a bowl of baked beans.

In general, Cake4Kids will ask for about two weeks to bake a cake, though they have pulled things together sooner. For Campbell, baking for as many people as possible is important.

For years, the student body has been about 80 percent minority, with about 70% Asian, 20% white and 10% Black, Hispanic and multiracial.

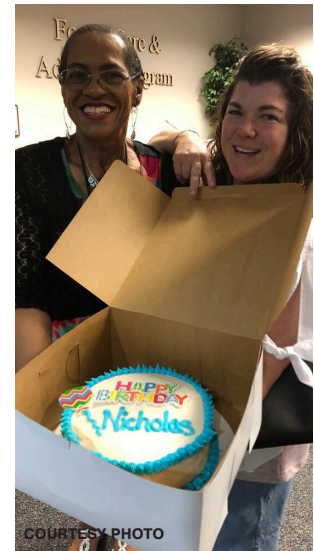
The discovery reveals that district leaders set out to change the demographics as early as late May 2020, right after George Floyd’s killing in Minneapolis, long before parents had a clue, by re-engineering the school’s famously strict and competitive admission standards. Tossing the merit-based, race-blind admissions exam and other rigorous standards, they instituted a new admissions process with “bonus points,” the new documents reveal, with subjective criteria called “experience factors” tied to a “TJHSST Scoring Rubric” that would allow them to achieve a more “equitable” and desirable racial balance at TJ.

In fact, playing with those numbers, Brabrand asked officials in an email, “Can we go back and look at points - would 200 points be a game changer.” The school district settled on 225 points.

In their text exchange, Pekarsky wrote to Omeish that the new admissions proposal “will whiten our schools and kick our [sic] Asians.” In fact, school district officials announced that, as a result of their new admissions system, they slashed the percentage of Asian students admitted to TJ to 54% in 2021 from 73% in 2020. The percentage of blacks and Hispanics increased — as it did for white students.

This week, Wall Street Journal columnist Bill McGurn chronicled the emails and texts in a pointed op-ed, headlined, “An Ugly Game of Race References,” the now-infamous “lol” about racism in the sub-headline: “I mean there has been an anti asian feel underlying some of this, hate to say it lol.”

Asra Q. Nomani is a former Wall Street Journal reporter and a cofounder of Coalition for TJ. She is vice president of strategy and investigations at Parents Defending Education. She can be reached at [asra@asranomani.com](mailto:asra@asranomani.com).



happy to have all abilities,” Campbell explained.

She also noted that the caseworkers do their best to provide feedback from the celebrations and that sometimes bakers receive thank you notes from the children themselves.

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# FCPS has one school under fire for kids being outside in below-freezing temps

*COVID-19 guidance just updated to include ensuring classroom coverage*

By Laura Scudder  
FAIRFAX COUNTY TIMES

About a week after updating their guidance on COVID-19 quarantine and isolation, a Fairfax County Public elementary school came under fire for having a group of children outside in below-freezing temperatures.

A video clip, posted to social media by Fairfax County Parent’s Association showed a group of students at Wayne-wood Elementary School in Alexandria sitting outside in the cold while a teacher was reading to them. “It’s well below freezing in Fairfax County, yet young children are having storytime on the cold concrete outside at @wayne-woodes. This is the result of poor leadership and confusing guidance to teachers. Get these little ones inside! @FCPS-Supt @fcpsnews @fairfax-health” FCPA said in a tweet. The post drew mixed reactions from the community and a response from FCPS.

“This morning on Twitter, an anonymous parent group posted a video that was taken outside of Wayne-wood Elementary School in Alexandria. In the video, a group of third-grade students is taking a snack and mask break in front of the school,” the spokesperson said in a statement. “The weather conditions were monitored, and the students were outside for less than seven minutes. The teacher was reading a story to keep the students entertained. Students do go outside for mask and snack breaks in cold weather, but that time is limited.”

According to an FCPS spokesperson, the principal received only six parent inquiries from a school with more than 600 students. “To be clear,

these were not complaints, but questions,” she said. She added that the principal had also received 30 emails and calls of support.

Just last week FCPS offered new guidance on quarantine and isolation, and what steps will be taken in the event a classroom teacher is out.

In a Jan. 6 message to the community, FCPS noted that the following would be done, in order, to ensure classroom coverage including dedicated class coverage by a substitute teacher from the sub pool, another teacher, or staff member, using Central Office volunteer subs with instructional experience, pairing two classes together with one teacher or grouping multiple classes together to provide supervision during asynchronous instruction.

According to a Jan. 9 message from the FCPS Office of Communication and Community Relations, the school system will adopt Centers for Disease Control and Prevention (CDC) recommendation for a five-day period of quarantine for students and staff. They will also adopt the recommendation for a five-day period of isolation for staff.

However, “FCPS will NOT adopt CDC’s recommendation for isolation for students as we are unable to implement the required physical distancing protocols during meals. FCPS students with COVID-19 will need to continue to complete a ten-day isolation period.”

For FCPS parent Tracy Compton, the learning loss that her 7-year-old daughter experienced while quarantining due to in-school exposure could have been avoided. Her daughter was quarantined for 14 days at the beginning of the year after being in close con-

tact with someone who tested positive at lunch. She herself tested negative.

Compton said that “no real work was given” and her daughter “spent the entire time bored.” She documented her daughter’s quarantine period, which she spent mostly playing Minecraft, on Twitter in September.

“When I mention my kid is on pause bc of @fcps-news policy, I get ‘I hope your daughter feels better.’ They think my kid has COVID. When I say ‘she is fantastic beside not getting an education’ The shocked look I get is telling,” Compton wrote on Sept. 27.

Now, those who come into contact with COVID-19 outside of school will no longer be required to complete Return to School documentation, and are encouraged to follow Fairfax County Health Department quarantine guidance.

Those who are exposed to COVID-19 on school grounds and are symptomatic have two options, either five or 10 days of quarantine. For either option, students submit the “FCPS Pause Letter with the return date to their attending school.”

Students with mask exemptions must complete 10 days of quarantine, and students who choose five days of quarantine must wear masks at school on days six through 10.

Compton, along with the FCPA, tweeted about the test to stay — which allows those who are exposed to get tested and then return to school — back in October. FCPS recently announced the implementation of a Test to Stay pilot program, which will be led by the Virginia Department of Health.

# USDA increases funding for school lunches

*How are Fairfax schools impacted?*

By Collin Cope  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Throughout the past year, Fairfax County residents braved the ongoing pandemic despite rising inflation impacting the cost of goods.

According to a report published in the U.S. Bureau of Labor Statistics, the inflation rate of consumer goods in 2021 rose to a near 40-year high of 7 percent.

In an effort to combat this increase in the cost of consumer goods, U.S. Department of Agriculture (USDA) Secretary Tom Vilsack announced Jan. 7 that the department would allocate an increase of \$750 million into school meal programs nationally.

“USDA understands that balancing the pressures of the pandemic with the need to feed children healthy and nutritious meals continues to be a priority for schools across the country,” said Vilsack.

This has a direct impact on the Fairfax County community as, according to Fairfax County Public School, 34 percent of students in the county qualified for free lunch programs in October 2020. FCPS received \$48.4 million from USDA last year.

Under traditional circumstances, adjustments in reimbursement rates do not happen during the school year. As the 2021-2022 school year is



COURTESY PHOTO

currently midway, this change comes at a time of rising inflation, as well as a rise in Covid-19 cases.

Additionally, in April 2021, the USDA provided public schools with the highest rate of reimbursement possible due to the stresses of the pandemic, with schools receiving additional reimbursements adding up to around 25 cents per meal.

As a result of increased funds coming from the federal government, no-cost school meals have been available to all students through the school years 2020-2021 and 2021-2022, according to FCPS Director of Food and Nutrition Services Maria Perrone.

Sarah Steely, director of No Kid Hungry Virginia, is very excited to see these programs accessible to more students and applauds the USDA’s decision to increase funding. In the words of Steely, “This investment will help ease some of the pressures

school meal programs are facing because of the pandemic and [will help to] reach more kids with nutritious meals during these uncertain times.”

Steely adds that, while she trusts and respects the hard work of statewide school nutritionists, it can be difficult for schools to keep up with the pressures of increased hungry children when funding is not always guaranteed.

While funding and cost of living impact these programs in the short term, one of the main themes on the minds of FCPS and No Kid Hungry Virginia is the unknown future of these programs.

“Information has not yet been communicated regarding the availability of no-cost meals beyond the current school year,” said Perrone.

“As we look into the future, we know that additional investments and flexibility will be critical for schools to continue funding meals,” Steely added.

# NVTC swears in new leadership, allocates funding to transit services in annual gathering

By Sravan Gannavarapu  
FAIRFAX COUNTY TIMES

The Northern Virginia Transportation Commission (NVTC) met earlier this month for their annual monthly meeting to discuss revenues, transportation assistance, and swear in new leadership.

Commissioner Elizabeth Bennett-Parker announced her departure from the commission as she moves on to a new role serving in the Virginia House of Delegates, representing the 45th district.

Additionally, the commission swore in three new officers for 2022, including Canek Aguirre of Alexandria, the first Latino chairman in the more than a half-century of the NVTC, and Providence District Supervisor Dalia Palchik from Fairfax County, the new vice-chair.

“This is incredibly exciting, not only because of the leadership of Mr. Aguirre in particular but because we know that our ridership of transit for which we advocate is incredibly diverse,” said outgoing Chairmember Katie Cristol. “It’s incredibly important that our riders, our residents, and our constituents see themselves reflected in leadership.”

NVTC Executive Director Kate Mattice took the stand following the opening ceremonies, presenting a video on the commission’s 2021 Year in Review. Through board appointments with the Washington Metropolitan Area Transit Authority (WMATA), NVTC advocated for the state’s interest, including the use of three rounds for pandemic relief federal funding, aimed at keeping vital Metrobus and Metrorail services running.

Additionally, the commission continued to press for fare policy changes to benefit riders in Northern Virginia and ensure regional cooperation during continued Metrorail station reconstruction. It also approved a contract to continue their study of a bus rapid transit system connecting Tyson’s, Falls Church, Arlington, and Alexandria.

Over the past year, NVTC managed \$277 million in funding received over the past year, including nearly \$174 million in assistance from the Commonwealth of Virginia for Metro. The commission also received more than \$30 million in federal grants on behalf of two NVTC jurisdictions. As recipients of the grants, NVTC ensured compliance with Federal Transit Administration requirements.

“It was an exciting year, especially for our transit technology program,” said Mattice. “The program assisted with the rollout of the Smart-Trip mobile app for Android devices and Google Pay just a few months after the launch of the app for iOS users and Apple Pay.”

In December, the NVTC proposed a 2023 general and administrative (G&A) budget increase, hoping to maintain zero growth while building the commission’s research portfolio. The proposal also included executive training for staff members.

“There is good news,” said Mattice. “The projected budget for public transportation funding in 2023 is larger than we had estimated with the additional \$10 million dollars as a carryover from the previous year.”

In revenue, the 2022 G&A budget was more than \$3.8 million, hoping to expand to just above \$3.9 million if the proposal passes, a 2.3 percent increase. However, after revision, the hope is that the proposed budget would be just over \$4 million, a 5.1 percent increase. Total local contributions from 2022 equaled just above \$2.6 million. It would be more than \$3 million if passed, a 15.1 percent increase.

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# Centreville beats Westfield in a girl's varsity basketball

By Michael Marrow  
FAIRFAX COUNTY TIMES

The Centreville Wildcats (6-3) girls varsity basketball team traveled to the home of their longtime rivals, the Westfield Bulldogs (4-4), on Tuesday night, where a close game between the two teams ended in a 47-41 victory for the Wildcats.

The Wildcats and Bulldogs traded scores in the first quarter, with Centreville closing it out in a slim 11-10 lead. An early injury took Wildcats junior starting guard Kaleah Wells out of play, forcing Centreville to adjust its strategy until Wells could return after halftime.

Heading into the game, Westfield had to make a similar change due to an injury that sidelined senior forward Brooke Reed. Players like sophomore Emma O'Connor stepped up as a result; she led the scoring for Westfield with 19 points in the match.

O'Connor had to balance the responsibility of being a leader for her team as a younger player, though she emphasized the strength of her teammates. "If people need to lean on me, I think I have a strong enough support system around me to help," she said.



MICHAEL MARROW

Action slowed in the second quarter for the Bulldogs relative to the Wildcats, who were able to conclude the first half leading the Westfield 20-16.

Throughout the game, Centreville was quick to kick it to the outside for several three-pointers, making six with two in the first and fourth quarters. The lion's share of attempts came from junior guard Ryleigh Thurston, Centreville's leading scorer with 13 points.

The Bulldogs, on the other hand, sank just one three-point shot in the third quarter, which was scored by O'Connor.

"We were looking to take it out instead of pounding it

in," Thurston said. "For every opportunity we got to drive and kick, it was wide open every time, and that's where we got a lot of those kick-out shots."

Moving to the outside was also part of a strategy Centreville crafted in response to freshman guard Kennedy Parrott being out with an injury. "We score more points in the paint typically because of Kennedy," said Wildcats Head Coach Jo McLane. "They ran a 2-3 half-court press at us, and we wanted to get someone high."

Momentum picked up for the Bulldogs in the third quarter due to an impressive showing by O'Connor, who

scored 9 out of 12 points to help Westfield temporarily retake the lead.

"The intensity was really the adjustment," Westfield Head Coach Noel Klippenstein said when asked how the team adapted after halftime. "On defense when we do a good job and bring intensity, we can pick up turnovers and get some steals, which gives us fast break opportunities for some shots."

Undeterred, the Wildcats regained their balance by the end of the quarter to put up 8 points and knot the score at 28.

Stretching from the end of the third quarter and into the fourth, the Wildcats

successfully drove the ball to the basket, one of several shifts the Wildcats discussed at halftime. "We talked about opportunities that were on the baseline," McLane said. "Things opened up because we were more patient."

Three-point shots by Thurston and sophomore guard Hannah Wakefield then carried the Wildcats into the lead in the fourth quarter, which they maintained to the end. It was a strong finish for Thurston, who scored the final 8 points for Centreville.

"I'm super proud of my teammates that were able to step up coming off the bench," Thurston said. "We came in hunting," she added. "Even though we went down,

we kept that next play mentality that we were able to get the lead back in the end."

O'Connor stated a strong third-quarter performance helped boost the Bulldogs' confidence, which waned as Centreville took over in the fourth.

"We were tired," O'Connor said. "Once we fell behind, specifically on three-pointers, it brought our confidence down."

Klippenstein similarly remarked that Centreville's hard work was evident in the fourth.

"One of the things that turned it around for Centreville is they never gave up," she said. "Their hustle really came through in the fourth quarter whereas ours came through in the third."

Centreville's victory over Westfield was a "big win," McLane said. "It's our first conference game, first district game in a super competitive conference. To compete away is big for us."

The Wildcats are "on an upward trajectory," she added, stating that Centreville approaches every game with a clean slate. "Every single game, it's 0-0. It's almost like playoffs," McLane said. "That's the mentality we need to have to be locked in."

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KEYS TO BETTER HEALTH  
CINDY SANTA ANA

For many of us, the holidays are filled with sugary treats, comfort meals, and perhaps a drink or two. Now that the holidays have come and gone, we may feel fatigued, have gut issues, or simply that some of our health habits have fallen by the wayside. Perhaps it is time then for a post-holiday refresh to get ourselves back on track and keep ourselves accountable. The new year represents a time of rebirth and starting out fresh and with that comes desires for eating healthier or weight loss.

I love making this soup after I roast a whole chicken on Sundays and eat this for lunch during the week. I make my own broth using the bones from the whole chicken – which is basically like free food! Whether or not you’re trying to eat healthily, this soup is easy on the digestive system, yet provides protein and fiber from the vegetables.

- Ingredients**
- 2 lbs. cooked organic chicken breasts
  - 2 Tbsp. olive oil • 3 garlic cloves, minced
  - ¾ cup diced sweet onion • 3 carrots, diced
  - 2 small organic Zucchini, large slices
  - 1 bunch Organic Kale, chopped
  - 1 Tsp Oregano (dry or fresh)
  - 1 Tsp Thyme (dry or fresh)
  - ¾ Tbsp. lemon juice
  - 9 cups Chicken Bone Broth
  - Sea Salt and pepper to taste

- Directions:**
- Pour olive oil in stainless steel or ceramin cooking pot and sauté the fresh garlic and onion on medium heat, approx. 2-3 min or until translucent.
  - Add in carrots and sauté for 3-4 min or until they start to soften. I put the lid on to steam them even faster.
  - Add in kale and zucchini and sauté for approx. 2-3 minutes.
  - Add the chicken bone broth, fresh herbs, lemon juice, sea salt, and pepper to taste.
  - Reduce heat and simmer until vegetables are cooked and soft, approx. 20-30 min.
  - Turn heat off and add in cooked chicken, then stir until well combined. Cool and store in glass containers in the fridge.



The skin and the course of disease



By Asim Safdar L.Ac  
LICENSED ACUPUNCTURIST

Disease in its proximity can travel throughout various parts of the body according to many traditional systems of medicine. Generally, in modern times, disease is viewed as a condition which is usually bound within a set of symptoms without a hierarchy or an established pattern. The skin, while on the most exterior part of the body, can

help us understand a relationship which exists inherently with the body’s mechanism towards health. To understand this hierarchy, we need to consider the natural system of the body’s ability to heal. Without establishing the laws of natural phenomenon, it is not possible to understand health from a holistic point of view.

The human body has an ability to push what is unwanted out to the surface. This ability is naturally recognized by the body unless it is disturbed through outside forces. A simple example of this healing mechanism is

the response of the immune system when we ingest food which contains unwanted bacteria. A response is triggered, and we evacuate our bowels or get rid of the unwanted pathogens through the process of emesis. Similarly in chronic disease, the body recognizes the damaging effect of pathogenic disease establishing a pathway to reduce the harm on the body. This can present itself as rashes, eczema, acne, fungus, warts, or other unwanted growths. According to “Law of Cure” by Constantine Herring, if these conditions are not treated properly, then

disease can travel deeper into the body, which will start to affect other vital organs or the joints. Disease is usually suppressed by applying an ointment on the skin, which can lead to other problems that develop later in life. This is called the suppression of disease. As an example, the eczema which existed on the surface now has traveled inwards and starts to affect the brain creating insomnia or afflicts the lungs with allergic

asthma-like symptoms.

Another example of this in my clinical practice while following the natural philosophy of health: is the removal of unwanted benign growths. In my experience, when these growths are removed, they usually return on the skin exceeding in quantity, because this preserves the vital organs. However, there is also a chance of further confusion and the same factors which lead to the creation

of these growths now leads to malignant growths or other diseases arise altogether.

When the eruption is treated successfully, usually there is an aggravation of the condition, which furthers the course of healing and slowly dissipates the inherent disease which exists in the system. The body’s wise mechanism must be studied further in this manner to understand the complexity of disease in its current proximity.



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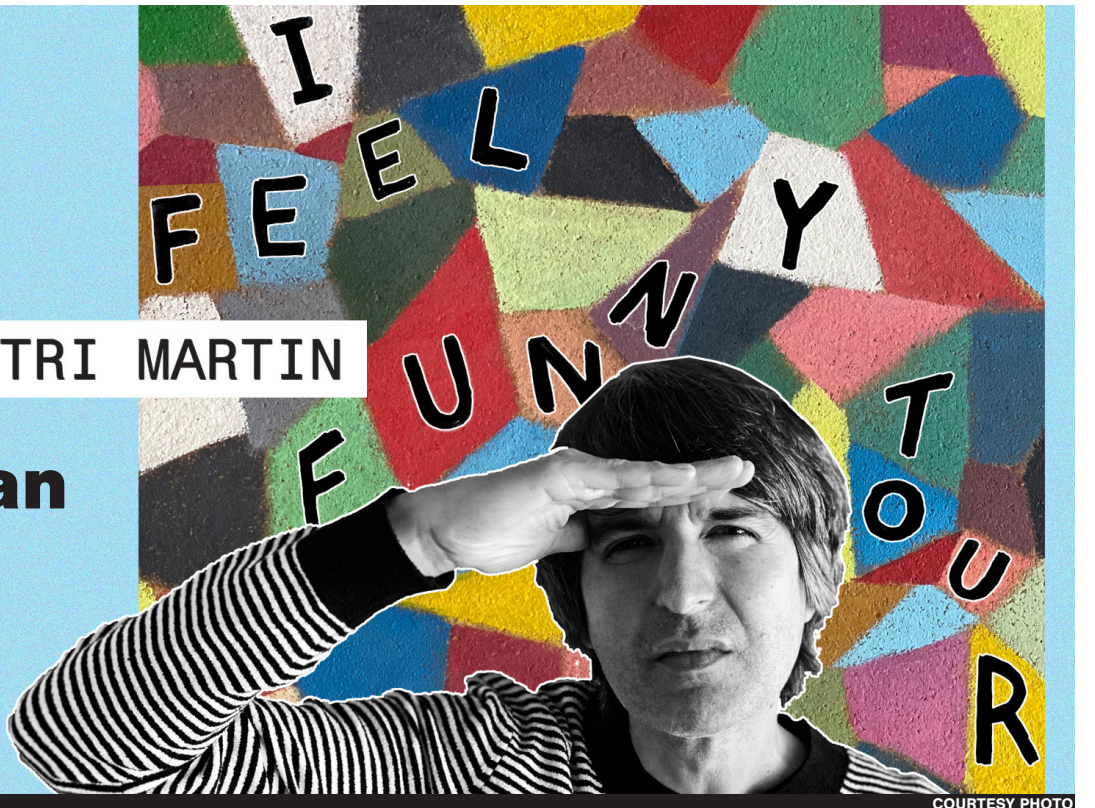






## The popular comedian will perform new material at Capital One Hall

DEMETRI MARTIN



COURTESY PHOTO

**By Keith Loria**  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Demetri Martin has accomplished a great deal in the world of comedy. He won the coveted Perrier Award at the 2003 Edinburgh Festival Fringe, he was a contributor on “The Daily Show” and he has four well-received comedy specials, including his latest for Netflix entitled, “The Over-thinker.”

But the truth is, Martin wasn’t always on this career track. Always a top student, he graduated

from Yale University and was accepted into Harvard Law School, but pivoted to NYU’s law school instead. In his final year there, he decided that law wasn’t something he wanted to do, and decided to pursue comedy.

“When I started, the idea that I could be a comic and make a living from being a standup comedian was definitely a fantasy and a dream,” he said. “But it was a newer dream. I had thought I’d be a lawyer from the time I was in seventh grade. I’m grateful because I was able to do what I wanted.”

He quickly became one of America’s top standup acts and was soon touring in theatres performing his shows and appearing on TV regularly.

“When I’m on that stage, I find joy,” Martin said. “But the problem is, I didn’t think ahead. No one tells you if you get what you want as a comic, you become a traveling salesman. The stage is the easiest part. I don’t have to prove myself in a lineup. People come to see me and they know what they’re getting. I feel such a connection with the crowd and I enjoy that part.”

But as a father of two, it’s the being on the road part that often gets to him. That’s led Martin to look to other avenues of comedy, including TV, film and writing books—all of which he has found success with.

During the pandemic, Martin was able to stay at home with his family and he realized that he was getting burned out by touring so much.

“I was surprised it took almost nine months until I missed doing standup,” he said. “I thought I’d be getting antsy, but I was pretty burned out and didn’t realize how much until I had

the forced break.”

Still, his desire to perform eventually kicked into high gear and all that pent up energy had him going a bit stir crazy. Since March of 2020, he’s only done a handful of live performances, though he’s getting set to go on the road for 2022.

Martin will bring his I Feel Funny tour to the Capital One Hall in Tysons Jan. 14 as one of his first stops.

“Eventually, I started writing jokes again and I have about two hours worth, so I am coming out of this with a lot of new material,” he said.

But don’t expect Martin to spend his time joking about the pandemic; in his opinion, people are tired of hearing about it—especially with us still living through all the challenges of Omicron. Besides, that’s not what he’s known for. Martin’s act typically covers mundane topics and observations.

For instance, a favorite of fans is the joke, “I like when good things happen to me, but I wait two weeks to tell anyone because I like to use the word ‘fortnight.’” Or another gem

See MARTIN, Page B4



COURTESY PHOTOS

## MCC celebrates Martin Luther King Jr. Day Two events feature blues musician, author, and lecturer *Daryl Davis*

**By Keith Loria**  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

To celebrate and honor the legacy of Martin Luther King Jr., the McLean Community Center will hold a weekend’s worth of activities over the holiday, with two great events featuring noted musician and race relations expert, Daryl Davis.

McLean Community Center has a long history of programming around Martin Luther King Jr. Day celebrations. Sarah

Schallern Treff, MCC’s performing arts director, has worked with other staff to bring thoughtful artists and speakers to the venue for many years. This year, the programming is aligning closely with the board’s commitment to diversity.

“The two events that highlight Martin Luther King Day show us how arts and music can open doors through even such difficult conversations such as racism—something that is baked into our country’s founding and continues through systemic/institutional oppressions today,” said Daniel Singh, MCC’s executive director. “We can’t fix the problem till we first acknowledge and discuss all of our complicity in this ongoing issue.”

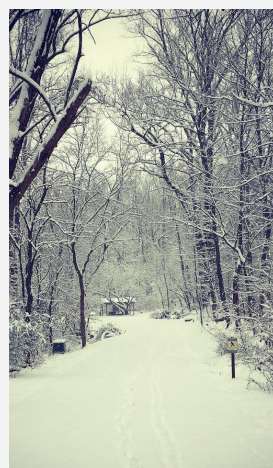
Kicking things off, on Jan. 14, The Daryl Davis Band will perform in The Laden Theatre at 7 p.m., playing a selection of R&B and blues favorites.

Davis earned his Bachelor of Music Degree from D.C.’s Howard University and carved out an

See DAVIS, Page B4

## HOT LINKS

BY COLLIN COPE



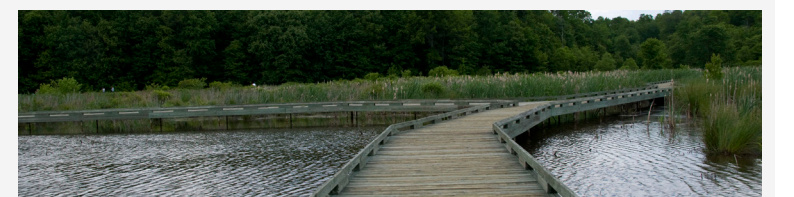
### Winter wildlife at Potomac Overlook Park • January 15

This Jan. 15, brave the forecasted snow with Potomac Overlook Regional Park for an opportunity to explore various species of wildlife and learn how they brave the elements. Come out at 4 p.m. for an hour-long session of learning about hibernation, migration, brumation, and many other methods of adaptation to the winter elements. All participants are required to pre-register for \$7 per person over the age of 7 years old. Bring your warmest jacket to see how it compares to the animals’ methods of winter warmth! For more information, visit <https://bit.ly/31LWof4>.



### Baratunde Thurston at Reston CenterStage • January 16

Reston Community Center celebrates Martin Luther King Jr. this week with various speakers and small events aimed at preserving the legacy of an important figure. Baratunde Thurston, author of New York Times bestseller “How to Be Black,” will take the stage Jan. 16 on CenterStage at 2 p.m. with a performance that will merge conversations surrounding various socio-political and technological concepts to ponder about the direction of the country today. Tickets will cost between \$15-\$20 per person. For more information, visit <https://bit.ly/3r7LAoO>.



### Huntley Meadows wildlife walk • January 17

Check out Alexandria’s Huntley Meadows this Jan. 17 for a guided tour through the park’s forest trails and wetland boardwalk. Enjoy an exploration of the many species inhabiting the land including frogs, turtles, dragonflies, and many more. With the help of a park naturalist, guests will also have the opportunity to examine the differing outer shells of animals such as turtles and snakes. Tickets for each guest will be \$9 with differing tour times starting at noon and 1:30 p.m. To sign up and find more information about the park, visit <https://bit.ly/3qah3CW>.

COURTESY PHOTOS







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

### CALLIOPE

**Breed:** Domestic long hair

**Age:** 1 year

**Gender:** Female

Calliope ("Callie") is a calico beauty with special needs, but please don't stop reading about her! She is beautiful, loving, funny and outgoing and just might be the perfect cat for you. Callie has a heart condition called hypertrophic obstructive cardiomyopathy. She takes her daily medication without a fuss. You wouldn't know she has a heart issue. She plays, loves her catnip and kicker toys, runs around and chases anything you give her. She enjoys lap time, sleeping in bed with you, and helping unpack the groceries when you come home.



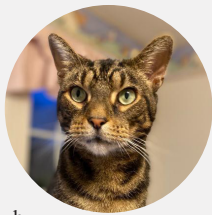
### ELVIS

**Breed:** Domestic short hair

**Age:** 10 years

**Gender:** Male neutered

Are you looking for A Little Less Conversation? Not interested in a Hound Dog? Can't Help Falling in Love with a cool cat? You had a Blue Christmas because you didn't have a furry friend in your life? Well - Elvis says 'Love me tender, love me true -- I'll be yours through all the years'. Elvis is a cool, laid-back cat who enjoys chilling with his human, getting in a little playtime - lounging in a tall cat tree and being a loyal friend. He has a big purr, is a big boy, and has gorgeous green eyes. He's really good about scratching on the cat tree and is a very affectionate boy! Make sure you like hugs and kisses. We think he'd be a great addition to any home!



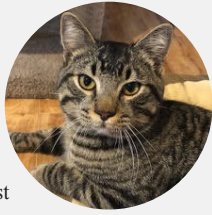
### JUNEAU

**Breed:** Domestic short hair

**Age:** 1 year

**Gender:** Male neutered

With his long, sleek body and striking fur, Juneau brings to mind a "big cat" such as a panther. However, on the inside beats the heart of a sweet mushball who just wants to be loved. Juneau was rescued by FFGW and brought inside just before the weather turned cold. It was clear that he had been previously owned given how friendly he is and how comfortable he is living inside a house, but sadly no owner was found. Juneau does very well with calm, friendly dogs and cats but is very fearful of alpha cats. He would love a home where he is either the only cat, or where he lives with a sweet dog or another cat who is a "beta" like he is.



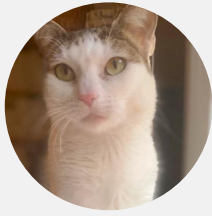
### MILA

**Breed:** Domestic short hair

**Age:** 3 years

**Gender:** Female

If you are looking for a gentle companion kitty, Mila is the one for you! She is a small kitty who looks like a big kitten. She loves to lounge in a cat tree or cat cubby and then cuddle with you when you are nearby. But - when you get out a laser pointer, she's the first to hunt it down! She is a darling, petite girl and we hope that Mila finds a loving home soon.



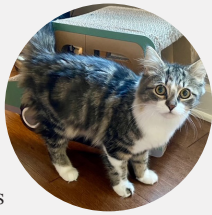
### MITTENS

**Breed:** Domestic medium hair

**Age:** 4 months

**Gender:** Female spayed

Mittens is an adorable little girl who is slowly gaining confidence. She was rescued with her litter mates and her mom. She is super sweet and is looking for a home with another friendly kitten or young adult who will welcome Mittens and show her the ropes. She will do well in a quiet home with plenty of time to acclimate. She has made great progress in her foster home but needs an experienced cat owner to ensure she reaches her full potential.



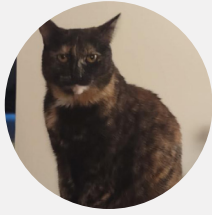
### SASSY

**Breed:** Domestic short hair

**Age:** 3 years

**Gender:** Female spayed

Sassy is a sweetheart with torti-tude! She loves catnip, dangling toys, lounging in a cat tree, or on your lap. Sassy would be happy as an only cat but is also open to making new cat friends. She's not fond of dogs or vet visits, are you ready to put some sass in your new year?



## FROM THE DOG'S PAW

# Winter car travel with pets



UNSPASH

### By Noah!

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Woofs, last week, I read a disturbing news story about humans and pets stranded on I-95 near Fredricksburg, due to a heavy snowstorm. I was very concerned for the humans and pets but wondered if my human had prepared his vehicle for the pawssibility of being stranded with me, Samson, or Abby in the car with him. Woofs.

Arfs? Before you take Fido with you traveling, whether a local or long-distance trip, make sure he is healthy enough. You need to know how long your dog can be outside before risking frostbite or hypothermia and know the signs. Before venturing out in the car too far, take trips around town to learn if your dog enjoys it. Barks! Abby's first long car trip, caused her to return all treats and food back to Dad in the backseat. Not fun for either. Paws, Abby needed to get used to car rides she has not "delivered said goods" on trips. A discussion with the veterinarian will assist you in knowing your dog's abilities in cold weather and car rides.

Paws, to prevent me and Abby from getting the backseat of his vehicle dirty, muddy, ruined, permanently stained, he covers it with a professionally made seat cover. These are designed to prevent soiling the vehicle's upholstery. If you use blankets or towels, tuck them into the seats securely.

Pawing of blankets, Dad keeps blankets and pillows for us in the backseat. We can sit, curl up, or just look at them funny, whatever we want. Should we get stranded, these keep us warm. The pillows keep our spoiled little selves comfy. If you have a high-energy dog like Abby, paws, bring along favorite chew toys. These help keep dogs busy, occupied, and settled. Woofs. Being the senior dog, I like having my favorite dog magazines handy. A great way to pass the time and learn how my human should be spoiling me.

In our travels, there comes a time when we must leave the vehicle to deposit our "gifts" to the universe. Paws, sometimes Dad cannot find a pawlance to dispose of it pawperly. Leaving our gift-wrapped gifts out in the open in a car causes it to become quite odorously unpleasantly gagging the humans especially on cold days when you cannot open windows. The answer? Large plastic coffee cans. Double gift-wrap the already wrapped gifts, pawlance in the coffee can, and shut tight. If pawssible, hide the can under towels. Barkingly, don't forget at your destination to properly dispose of, or you may find yourself having to do what Dad did. He forgot, so he turned the car on, opened windows, doors, moonroof, and tailgate, and turned the vent fans on high until the odorous visitor departs. Woof.

In the winter months, barks, when treats, food, and bottled water are not going to be ruined by hot weather, Dad keeps small bags of food and treats in the vehicle. These will come in handy if you get stranded and need to feed your dog. Barks, pawingly, extra treats are handy especially if your dog is treat, or food-motivated. Small fold-up water and food bowls are handy too.

If we are traveling, not just running local errands, Dad packs our food, treats, extra bottled water, medications, supplements, and towels in our doggie baggage. Barking, be sure to pack an extra several days'

worth of supplies so you'll be prepared in an emergency. The doggie baggage is a carry-all bag specially designed with dogs in mind. It has paw prints all over it, allowing it to be found quickly should Dad need to grab something somewhere. He packs it as close to the front seat without it being accessible by me or Abby. Barks!

It is rare that Samson, the cat who runs our universe and from The Dog's Paw!, travels in the car. He'll have Dad chauffeur drive him to the veterinarian for his annual physical examination, but that's about it. Barkingly, or meowingly, when he does go out, he makes sure there are no weather issues such as snow or ice storms or even rain- he does not like getting his purringly handsome-self wet. Meows, the supplies kept in the car for Noah and Abby can be used for Samson.

### About us!

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



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Art News

**80s Glow Party with DJ D** Put on your favorite 80’s neon and bright colors so we can see you GLOW and tease up your hair with that bottle of AquaNet that you still have. Doors open at 7 p.m. Show is at 8 p.m. Jan. 14. Tickets start at \$35. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3zPtOGe>

**Born Cross Eyed** is a tribute to the Grateful Dead. Doors open at 7 p.m. Show is at 8 p.m. Cost is \$10. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3K5Psuk>.

**The Mystery of Edwin Drood** Based on Charles Dickens’ final unfinished novel, this hilarious whodunit invites the audience to solve its mystery by choosing the identity of the murderer. 8 p.m. Jan. 14 and 15. 2 p.m. Jan. 16. Cost is \$30. Workhouse Performing Arts W-3 Theater, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3zkDvMk>.

**Beginning Wood Carving** Learn the basics of woodcarving from the Northern Virginia Carvers in this three-session series. Dates are Jan. 16, Feb. 6 and 20. 1 p.m. Cost is \$45. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3tjeqk1>.

**Baratunde Thurston** holds space for hard and complex conversations with his blend of humor, wisdom and compassion. 2 p.m. Jan. 16. Cost is \$15 to \$20. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3rY9f1>.

**Band Battle Prelims** Bands use this event to launch their career. First round of this event takes place Jan. 16, 17, 18 and 19. Tickets are \$10 to \$20. Doors open at 6 p.m. Show is at 7 p.m. Jammin Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/3mKC1pR>.

**Open Auditions** for “Dorothy Meets Alice or The Wizard of Wonderland” are 7 to 9 p.m. Jan. 18 through 19. Only students between the ages of 10 and 16 who live in the MCC tax district may audition. Alden Theater, 1234 Ingleside Avenue, McLean. For more information visit <https://bit.ly/3GLFz9R>.

**Needle Felting Posable**

**Mouse** Learn to combine wool and other fibers with a wire armature to create a posable mouse figure in this two-session class. 7 p.m. Jan. 20. Cost is \$45 (includes supplies). Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/335DYqp>.

**Masters of Hawaiian Music** features George Kahumoku Jr., Led Kaapana, and Herb Ohta Jr. bringing folklore and cultural memory direct from the Pacific. 8 p.m. Jan. 20. Tickets start at \$27. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/3r8bGDl>.

**Pandemic Physiognomy** is a solo exhibition by Syahidah Osman whose work is an intimate peek into the struggles of juggling motherhood, work demands and the current social challenges in the western world. Through Jan. 30. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/32b5npH>.

**Curious Creatures: Animal Portraits** Pamela Day’s solo exhibition captures the personality of animals she portrays through etching and monoprint. Her inspiration comes from her photos taken at farms, zoos parks and home. Through Jan. 30. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/32cOIC8>.

**Traveling While Black** Virtual Reality the immersion of 360° footage draws viewers into living history lessons told around a booth in Ben’s Chili Bowl. Through Feb. 12 with the exception of county holidays. McLean Community Center, 1234 Ingleside Ave., McLean. For more information visit <https://bit.ly/3EoGaXa>.

**Outsider Art** Inside Lorton is a collaboration with the Lucy Burns Museum and features the work of inmate “outsider artists” with nor formal training or schooling. Some artwork was created in prison sanctioned programs. Fridays and Sundays from noon to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. Through Feb. 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information <https://bit.ly/3IZaf28>.

Community Information

**Winter Waterfowl Hike** Hike with a naturalist to search for winter waterfowl along the Upper Potomac River. Bring binoculars and spotting scopes. 9 a.m. Jan. 14. Cost is \$8. Riverbend Park, 8700 Potomac Hills St., Great Falls. For more information visit <https://bit.ly/3fdZ209>.

**Bedrock to Garden bed** Discover the ways bedrock dictates the plants and animals that dwell above, and investigate the powerful geology of the gardens. 11 a.m. Jan. 15. Cost is \$10. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3JZj2SL>.

**Polar Plunge** don your swimming suit and support more than 23,000 Special Olympics Virginia athletes. Costume contest and more. Registration begins at noon, Jan. 15. Mosaic District, 2905 District Ave., Fairfax. For more information visit <https://bit.ly/33j2vb3>.

**Astronomy Festival** Look through a telescope, and listen to ancient stories about the constellations around the campfire. Participate in other activities and games. 5 p.m. Jan. 15. Cost is \$10. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3K20aCo>.

**Family Outdoor Exploration** This choose-your-own exploration can investigate topics such as Stream Life, Pond Life, and Historic Ice Cream. 3 p.m. Jan. 16. Cost is \$40 per family. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit <https://bit.ly/3njx8UO>.

**MLK Birthday Celebration for Youth** children will rotate through a series of activities including an age-appropriate video and arts and crafts. Activities will be based on the history of Martin Luther King, Jr. and the Civil Rights Movement. 10:30 a.m. Jan. 17. Reston Community Center, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3FnHr0d>.

**MLK Birthday Celebration** includes a keynote address by Heather McGhee and a community lunch. 11 a.m. Jan. 17. Cost is \$5 to \$30. Reston Community Center, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3zMBNng>.

**MLK Service and Learning Day** Rotate through stations to hear a story about the Civil Rights Movement, and play team building games to discover the power of cooperation. Paint watercolor artworks to donate to a local senior home for the service project. Instruction will be tailored to the age of the participant. 10:30 a.m. Jan. 17. Cost is \$8. Frying Pan Farm, 2709 West Ox Rd., Herndon. For more information visit <https://bit.ly/3zMQmMB>.

**Night Sky Tour** Take a fun tour of planets, constellations, stars, nebulae and galaxies that can be seen with the naked eye and through telescopes at the Roll-Top Observatory. 7:30 p.m. Jan. 19. Cost is \$8. Turner Farm Park, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3zPKxcr>.

**Bewildered** Participate in a short film screening and virtual community discussion about dementia, resources, and caregiving through the power of music. 5:30 p.m. Jan. 20. Free. Register to receive login instructions at <https://bit.ly/3FyKTFL>.

**Colvin Run Book Club** Join in to explore three of Austen’s most popular novels. In January, we will read “Pride and Prejudice;” in February, “Emma;” and in March, “Sense and Sensibility.” 7 p.m. Jan. 20. Cost is \$10. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3GiEfVe>.

**ONGOING**

**Ice Skating** through February 22 at Reston Town Center Pavilion, 1818 Discovery St., Reston. For more information visit <https://bit.ly/3ELIhC>. Or

multiple dates at Cameron Run Regional Park, 4001 Eisenhower Ave., Alexandria. For more information visit <https://bit.ly/3eliTnR>.

**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.

Fairfax County Times

Baby Boomers

Winter Edition



Coming January 28!

CIRCULATION 330,000

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Marcia Patch • (703) 904-1004 or email [marcia@wspnet.com](mailto:marcia@wspnet.com)

FAIRFAX COUNTY  
TIMES

DAVIS

CONTINUED FROM PAGE B1

amazing career.

Known throughout the music industry as a top boogie-woogie pianist, he has played with a who’s who of greats, including B. B. King, Chuck Berry, and Jerry Lee Lewis.

He was a featured pianist on the Cephas & Wiggins Grammy-nominated album, “Flip, Flop & Fly”; and as a composer, he wrote the hits, “I’m a Boogie Man” and “Broadminded” and scored the music to the children’s story, “Abigail.”

On Jan. 16 at 2 p.m., Davis will return to The Alden to speak on his experiences confronting Ku Klux Klansman on their racist beliefs.

During his talk, Davis will share his enthralling journey to untangle racism, one civil conversation at a time. He’ll speak of how when he was playing in a country band, he met and befriended a Ku Klux Klan member and that led to more than 30 years of continuing to make friends with Klansmen and collecting their robes after they leave the organization.

“Mr. Davis is an im-

portant figure because he is doing the critical work of sitting down with people who represent white supremacy and engaging with them to help them understand why that is problematic,” Singh said. “He has used his music to disarm people and connect with them one-on-one. This is how change happens, through human connections, in small ripples at first, until eventually, we live the dream of Dr. King.”

Davis has written about his experiences in the book, “Klan-Destine Relationships,” in which he noted “after 129 years of nothing but violence and hatred, it’s time we get to know one another on a social basis, not under a cover of darkness. He’s also behind the successful documentary, “Accidental Courtesy.”

It’s Davis’ music that opened the door for these friendships to take shape and for people to see the error of their ways.

“Come with an open mind, don’t pre-judge anyone, including yourself, and enjoy the music and conversation while you make new friends,” Singh said. “We give ourselves permission to make mistakes as we work to undo racism and we’ll all get to the other side.”

MARTIN

CONTINUED FROM PAGE B1

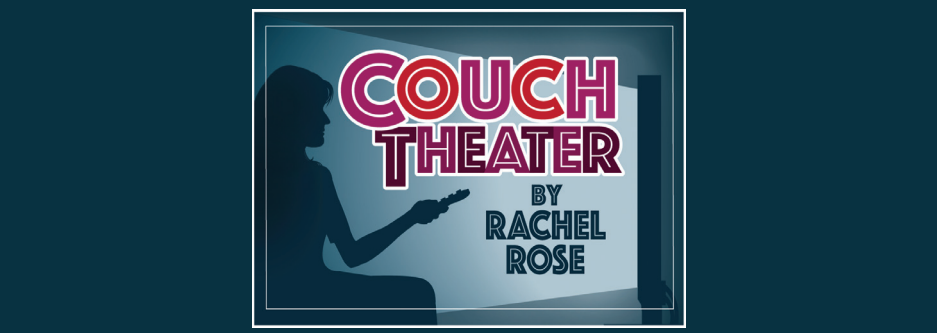
better and worse, what attracted me to comedy and what I have to offer is this weird sort of day dream. Even in the best of times, there’s something very escapist about what I like about comedy.”

This year, Martin hopes to film a new special, utilizing all that new material, and he is under contract to finish a book of short stories, a project he just can’t convince himself to finish. He’s also sitting on hundreds of drawings he’s done over the years—mostly single-panel cartoons, and he’d like to publish those.

But he’s excited about doing shows again and invites those in the area to come out for a fun night.

“Live comedy is really such a treat. If you can brave it, there’s something still really vital about it,” Martin said. “The shows have been warm and positive experiences and I am looking forward to seeing people out there.”





### “Betty White Goes Wild!”

(PG) -- Everyone’s favorite nonagenarian comedic actress would have reached 100 years old this month, and Disney+ had already planned to re-release her 2013 NatGeo documentary in celebration of the milestone. Now it’s being shown in tribute to a life well lived. In the special, Betty visits two California wild animal parks and spends time learning about all the varieties of big cats. One particularly unexpected and beautiful scene captures her remarkable ability to establish a calm rapport with a roaring lion that had the rest of her crew ducking out for safety. The lifelong animal lover and advocate was truly in her element in this show, and the joy the animals brought her is what makes watching it so pleasurable. (Disney+)

### “Somebody, Somewhere”

(NR) -- This is one of those shows that when you watch the trailer and you just know it’s going to be your jam. Comedian/writer/cabaret performer Bridget Everett plays Sam, a no-nonsense 40-something woman who returns to live

in her childhood hometown in Kansas. Experiencing the grief of losing her sister -- and sorting through all her sister’s stuff -- is just one of the weights bringing her down. By chance she gets acquainted with a former high-school classmate (played by Jeff Hiller) who introduces her to a rogue show choir full of misfits. There she finds a place to fit in and a much-needed reawakening of a dormant passion and talent. (HBO Max)

### “Wolf Like Me”

(NR) -- Need a new series to get into but really don’t want a huge commitment? Try “Wolf Like Me” this week. The new romantic comedy is just six 30-minute episodes, all available on January 13. In it, Josh Gad (“Book of Mormon,” “Frozen”) and Isla Fisher (“Confessions of a Shopaholic,” “The Great Gatsby”) play Gary and Mary, a very newly acquainted couple who meet each other in the aftermath of a car crash. As tends to happen, both bring their own emotional baggage to the relationship; Gary is a widowed single dad, and Mary has some huge secret that is not immedi-

ately revealed but promises to be a big deal. Show creator Abe Forsythe has kept plot twists closely held secrets to maintain the element of surprise and promises a cliffhanger ending for every episode. (Peacock)

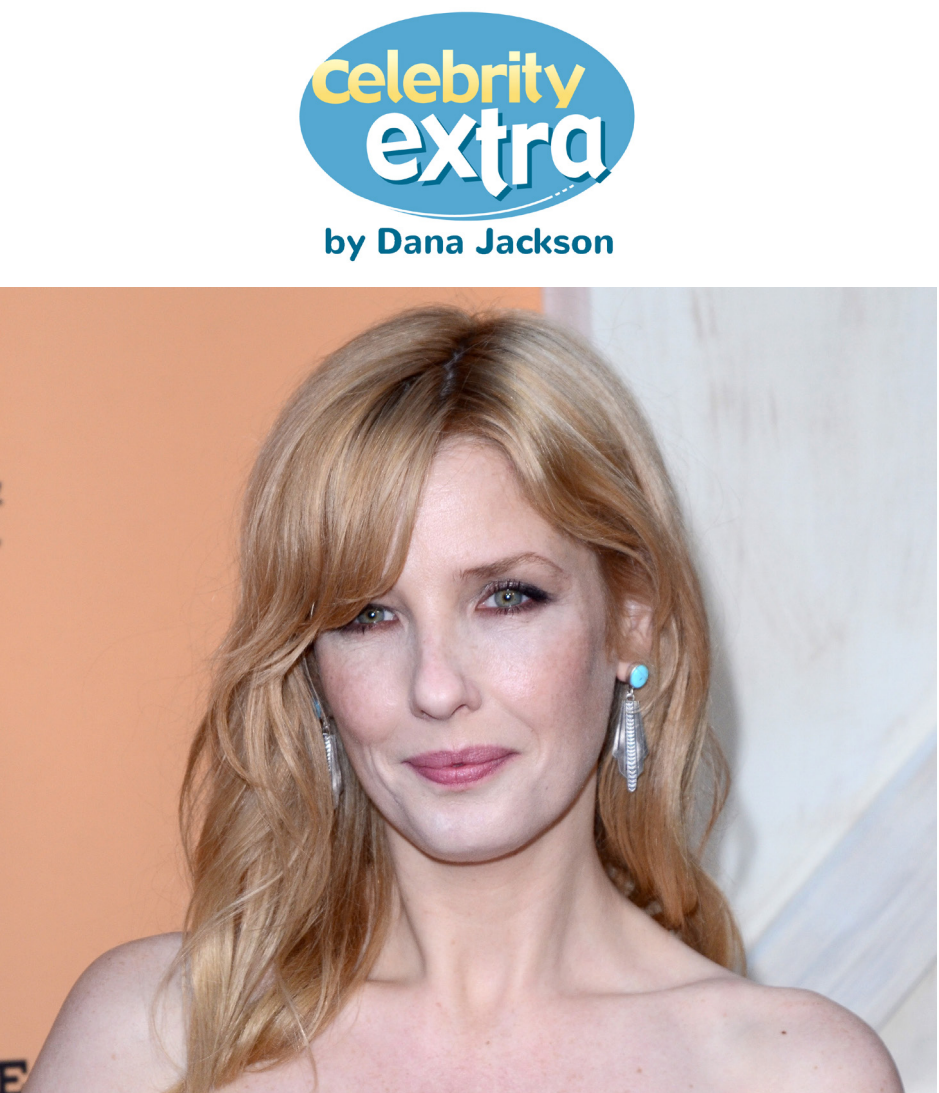
### “Brazen”

(TV-MA) -- Alyssa Milano is seriously the hardest working woman in Hollywood, barely taking a break between projects, and she’s not slowing down yet. Her latest movie has her portraying Grace McCabe, a mystery writer and crime expert. When her newly divorced-and-struggling-through-a-custody-battle sister is murdered, Grace goes against a detective’s warnings and involves herself in the death investigation (very “Murder She Wrote,” right?). Things get really dicey when it’s discovered that her sister had a secret second life as a webcam performer, which may or may not lead to a suspect. The film is based on the 1988 novel “Brazen Virtue” by Nora Roberts, with a few 21st-century updates. (Netflix)

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National treasure Betty White’s work to be re-released as a tribute on Disney+.



Kelly Reilly plays Beth Dutton in the Paramount Western “Yellowstone.”

**Q: Who plays Beth on the hit show “Yellowstone”? I’ve never seen her before. – M.C.**

**A:** Kelly Reilly plays headstrong Beth Dutton, daughter to Kevin Costner’s John Dutton, in the blockbuster Western drama “Yellowstone.” She was born in 1977 in Surrey, England. She started out as a stage actress and was nominated for a Laurence Olivier Award in 2003. In 2005, she played Caroline Bingley in the film “Pride & Prejudice” opposite Keira Knightley. Her first leading role was in the 2008 horror flick “Eden Lake” with Michael Fassbender. She later played Vince Vaughn’s wife in the second season of HBO’s “True Detective.”

“Yellowstone,” which airs on the cable channel Paramount, is a huge hit, with its season premiere this year bringing in more than 8 million viewers. Next up for Reilly is the upcoming film “Promises,” a romantic drama set in Europe co-starring Italian actor Pierfrancesco Favino (“Night at the Museum”).

**Q: Is the British show “Peaky Blinders” coming back with new episodes anytime soon? I’ve watched all the episodes on Netflix and was hoping for more. – L.L.**

**A:** Yes, there will be a sixth and final season of “Peaky Blinders.” Cillian Murphy (“The Dark Knight Rises”) stars in the series about a gangster family in Birmingham, England, during the roaring ‘20s, and the upcoming new season is expected to hit Netflix before the summer of 2022.

Season six promises to answer the cliffhanger of who betrayed Tommy. There have been rumors that big-name stars like Julia Roberts and Samuel L.

Jackson will have roles, but nothing has been confirmed. However, creator Steven Knight announced that a “Peaky Blinders” feature film or two are definitely in the cards.

**Q: I started watching “The White Lotus” on HBO mainly because Connie Britton is my favorite actress. However, I’m very impressed with everyone on the show, in particular the manager of the resort and the actress who plays the young journalist. Can you tell me about them? - E.A.**

**A:** “The White Lotus,” which was filmed at a completely redecorated Four Seasons resort in Maui, is about a group of wealthy but clueless vacationers in Hawaii. It starts off with a mystery -- a coffin is seen being loaded onto a plane -- before flashing back to the beginning of the story.

Australian actor Murray Bartlett plays Armond, the harried hotel manager. Day-

time soap fans might remember him as Julian on “All My Children” and then later as Cyrus on “Guiding Light.” He’s guest-starred on “The Good Wife” and “Nashville,” the latter of which starred Britton. Next up for him is the postapocalyptic series “The Last of Us” co-starring Nick Offerman and Pedro Pascal, which will air on HBO later this year.

Alexandra Daddario plays newlywed Rachel Paton. She was a regular on the shows “White Collar” and “Parenthood” before landing the much-talked-about role of Woody Harrelson’s mistress in season one of “True Detective.” Most recently she played Jade on the Paramount+ dark comedy series “Why Women Kill.”

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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S	T	A	R	V	A	L	E	A	N	E	M	A	N
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Solution time: 22 mins.

Answers

King Crossword

# CHEESY FRITTATA WITH VEGGIES

Recipe courtesy of chef Nate Appelman on behalf of Abbott

## INGREDIENTS

### Roasted garlic:

2 heads garlic • olive oil • salt

### Frittata:

oil • 2 medium leeks, sliced • 8 ounces blanched, chopped broccoli salt, to taste • 9 eggs • 2 tablespoons chopped fresh parsley 2 ounces grated Parmigiano Reggiano • 2 tablespoons heavy cream

## INSTRUCTIONS

To make roasted garlic: Preheat oven to 400 F. Slice 1/4 inch off entire heads of garlic and place cut sides down in 1-liter casserole dish. Drizzle with olive oil and sprinkle with salt; cover with lid. Bake 35-45 minutes until heads of garlic are soft and light brown. Let cool then use back of knife to squeeze garlic from pods.

To make frittata: Lower oven to 375 F.

In saute pan, heat oil over medium-high heat. Cook leeks until soft; add broccoli then season with salt, to taste, and remove from heat. In mixing bowl, mix roasted garlic, sauteed leeks and broccoli, eggs, parsley, Parmigiano Reggiano and cream; place in 9-inch pie dish and bake approximately 20 minutes until top of frittata is brown. Remove from oven and let cool slightly before cutting and serving.





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### Help Wanted

LynxTech Group LLC has openings for the positions:

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Java Software Developer with Master's degree in Computer Science,Engineering any,Technology or related to design, develop and implement micro services to provide Restful API utilizing Spring Boot with Spring MVC. Integrate internal security models into new projects with Spring Security and Spring Boot. Design, implement and manage the AWS cloud based infrastructure for enterprise web applications. Analyze user needs and design the complex UI components using CSS, HTML, React JS and other open-source technologies. Creation and consumption of web services for the application using REST and SOAP.

Work location is Herndon,VA with required travel to client locations throughout the USA.Please mail resumes to 209 Elden St, Suite#306, Herndon, VA 20170 (or) e-mail [hr@lynxtechgroup.com](mailto:hr@lynxtechgroup.com)

### Help Wanted

**Business Analyst** – Gathers, reviews, analyzes, evaluates & translates busi. reqs. & functions to organized specs. Support eng. team to effectively test software. Min master's degree in Busi. Analytics, Data Analytics, Stats. or Fin. 12 mo. exp. as Busi. Analyst, Fin. Analyst, Busi. Analyst Intern, and/or Fin. Analyst Intern. Must have exp. using: Excel; R; VBA; Python; Machine Learning Model; SQL; & prep. of monthly, quarterly & annual reports. Resumes to job loc: Pyramid Systems Inc. Attn: G. St. Jacques, 2677 Prosperity Ave Ste 700 Fairfax, VA 22031

**Software Engineer(s)**  
Nodal Exchange LLC seeks Software Engineer(s) in Tysons Corner, VA - Design, develop, implement & manage modules of Nodal Exchange's fully featured commodities trading platform. Email CV to [blair@nodalexchange.com](mailto:blair@nodalexchange.com), reference job code T3042-00112. E.O.E.

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Ent. Lvl to Sen. Lvl DBAs, Data Analysts, QA Analysts, Sftwr Dvlpr. are needed for our Chantilly, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Ven Soft LLC, 4221 Walney Rd, Ste # 500, Chantilly, VA 20151.

**Sr. Software Developers:** Degree in Comp. related. MS (3 YRS) or BS (5YRS) exp. in JAVA/J2EE & Spring Framework Tech, SOAP & Restful Web Serv, Angular, Apache, Tomcat, React, HTML, CSS, JavaScript, jQuery, AJAX, ORM frameworks (i.e., Hibernate), Spring MVC, Oracle, SQL, PL/SQL, Cloud Services (AWS), Test Driven Development (i.e., Mockito) & Agile. Travel/Reloc.

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**Public Safety Menace**  
**Property:** 917 Utterback Store Road., Great Falls, VA 22066, Tax Map Parcel ID # 0073 01 0032  
**Condition:** Tree is in danger of falling that might endanger the safety of the public.  
  
Required action to eliminate condition that constitutes a public safety menace: Removal of the tree.  
  
Fairfax County Chapter 46 authorizes the removal of a public safety menace at the owners expense, after notifying the owner by certified mail and by a notice published once a week for two successive weeks in a newspaper having general circulation with the County when the owner fails to take the required action. The owner has a right to request a hearing. The request for a hearing shall be in writing to the Director of Health, Fairfax County Health Department, 10777 Main Street, Fairfax, Virginia 22030.  
  
Failure to contact the Director of Health by (date 28 days after first publication) or correct the Condition, the Health Department will order the condition eliminated and any costs or expenses that remain unpaid shall constitute a lien against the property.

### Legal Notice

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

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, January 18, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, January 25, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

**Ordinance, to amend and reenact Chapter 42 (MOTOR VEHICLES AND TRAFFIC), Article I (Definitions), Article IV (Stopping, Standing, Parking), and Article V (Vehicles), with regard to parking on town streets and towing.**

The proposed item is available for review by the public on the town's website [www.herndon-va.gov](http://www.herndon-va.gov) beginning at 3:00 p.m. on **Friday**, prior to the meeting.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to [town.clerk@herndon-va.gov](mailto:town.clerk@herndon-va.gov)

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

\_\_\_\_\_  
Viki L. Wellershaus, Town Clerk

**Note to Publisher:**  
Publish on January 14, 2022 and January 21, 2022

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

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, January 18, 2022 at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon, and a public hearing on Tuesday, January 25, 2022 at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item:

**Resolution, to consider Special Exception application SE #21-03, 1315 and 1317 Monroe Street, to allow the placement of fill in order to construct two new single-family dwellings on two existing single-family lots within the FPO, Floodplain Overlay District. The project proposal is to demolish the existing single-family dwelling and construct a new single-family dwelling on 1317 Monroe Street and construct a new single-family dwelling on 1315 Monroe Street. The total area of both lots is approximately 1.06 acres. The property is zoned R-10, Single-Family Residential district, and is designated in the Comprehensive Plan as "Neighborhood Conservation." The property is located at the northwest corner of the Monroe Street and Grant Street intersection. Fairfax County Tax Map Numbers 0102 02 0001B and 0102 02 0001C. Agent: Anwar Maharmeh, P.E. MTES Engineering Services. Applicant/Owners: Dina Abdel-Hamid and David Hawa.**

The proposed item is available for review by the public on the town's website [www.herndon-va.gov](http://www.herndon-va.gov) beginning at 3:00 p.m. on **Friday**, prior to the meeting.

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\_\_\_\_\_  
Viki L. Wellershaus, Town Clerk

**Note to Publisher:**  
Publish on January 7, 2022, and January 14, 2022

IT Professionals:  
Ent. Lvl to Sen. Lvl Sftwr Dvlprs are needed for our Chantilly, VA office. May req. traveling. Send resume, cvr ltr. & Sal. Req. to Wilmer Technologies Inc at 14113 Robert Paris Ct., Ste. 108, Chantilly, VA 20151

IT Professionals:  
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