FAIRFAX COUNTY TIMES

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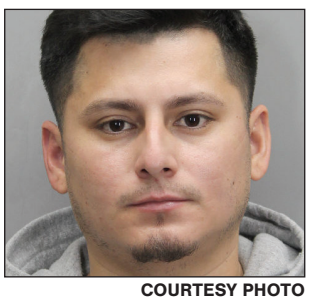
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MUSIC:
CELEBRATE AN EARLY NEW YEAR'S EVE WITH THE SELDOM SCENE
Page B1



Friday - Partly Cloudy High: 43° Low: 43° | *Saturday - Mostly Cloudy* High: 61° Low: 38° | *Sunday - Mostly Sunny* High: 44° Low: 32°

THIS WEEK INSIDE:



COURTESY PHOTO

Alexandria man charged with several offenses after pursuit

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UNIVERSAL PICTURES

Top 10 movies of 2020

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COURTESY PHOTO

New year, new you

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COURTESY PHOTO

Have a barkingly meowing New Year!

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From cancer to COVID-19

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25¢ NEWSSTAND PRICE



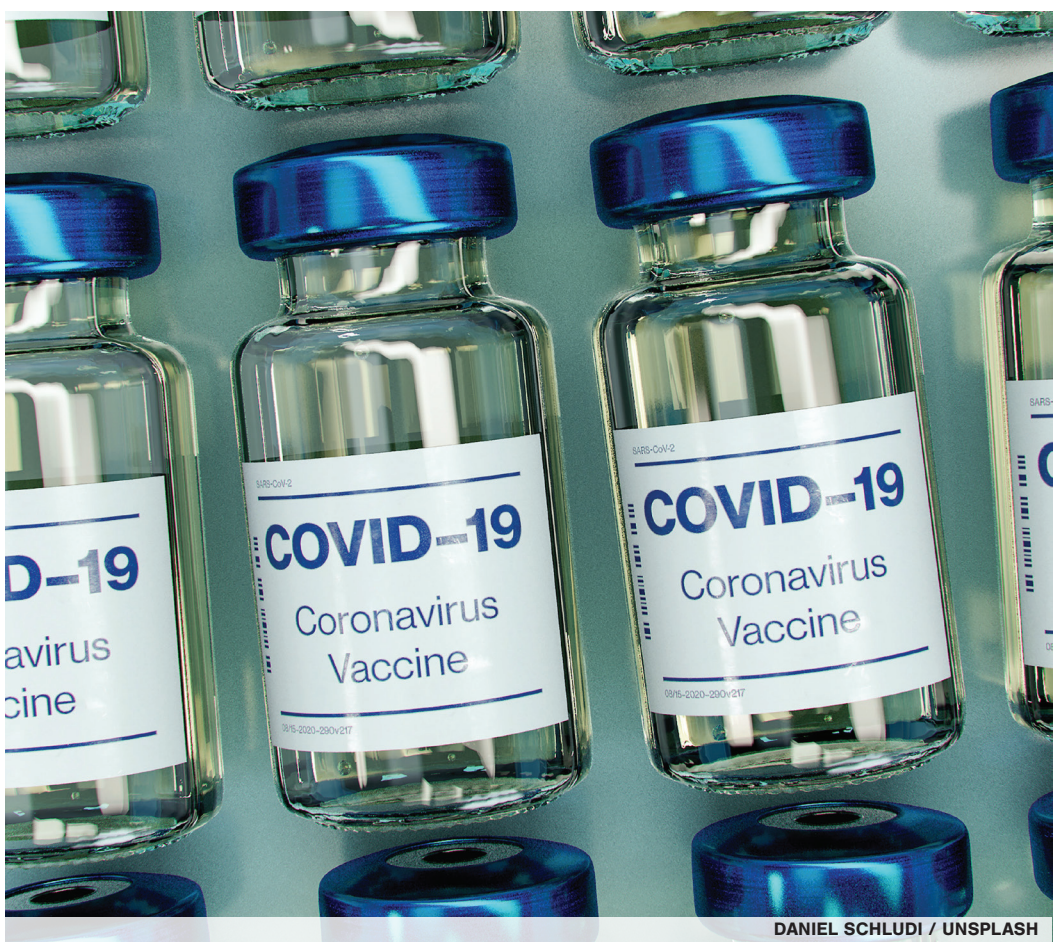
CVS begins providing vaccinations to long term care facilities in Northern Virginia

By Brooke Lewitas
FAIRFAX COUNTY TIMES

Residents of over 800 long term care facilities in Virginia will start receiving the COVID19 vaccination starting this week provided by CVS due to a federal partnership with the company.

According to Dr. Troy Brennan, executive vice president and chief medical officer at CVS Health, the company will send teams with full protective equipment and provide vaccinations to "all the people who work in the long term care facilities as well as all the people who consented to have the vaccinations who are patients there. Then, we'll go back again and yet again to do the second dose and to make sure we capture anyone else who has come through the system up to that point.

See CVS, Page A4



DANIEL SCHLUDI / UNSPLASH

POSITIVE VIBES with Brooke Lewitas



OmMade Peanut Butter



COURTESY PHOTO

"I believe your business should be an extension of the principles by which you run your life," says Northern Virginia mother and founder of OmMade Peanut Butter Radhika Murari.

When Murari's son would come home from school, she need a snack that would satisfy his appetite as well as her desire for her child to have natural food. She started to make homemade peanut butter for her son and his friends. One day a friend told her that she was 'sitting on a gold mine', and that she ought to go into business selling the jars. From there, OmMade Peanut butter was born.

"I always say that this business isn't just mine, it's all the people who support me. So my mom came up with the name. Om is a Hindu symbol for creation, so it was a good play on words. And it evokes a sense of holistic wellness."

Her journey to create a peanut butter that tasted good and didn't contain oil began at Costco, with Virginia Peanuts.

"I tried different peanuts, like Georgia peanuts, which were very inexpensive and more readily available. But what I found out was that nothing else had a flavor as good as Virginia peanuts. That's why the peanut butter can be so healthy because the peanuts are already good and don't need oil."

When she started selling the peanut butter, she developed several different flavors, like Chai Nirvana, Chocolate Delight, Mint Magic, Vibrant Turmeric, and Mint Magic. The most popular flavor, Murari says, is Coconut Bliss.

See OMMADE, Page A4

10 tips to support small businesses

Courtesy of Brand Point Media

The COVID-19 pandemic has been difficult on small businesses. Whether it's a local eatery, service provider, retail store or another type of business, when you shop small, you're supporting a real person who is striving to keep his or her entrepreneurial dream alive.

"Small businesses are the heart of our country and at the heart of Ball brand home canning products," says Kris Malkoski, CEO of the Food Business Unit at Newell Brands, makers of Ball® home canning products. "We have been moved by the love our small business customers have shown their communities this past year. Still many small businesses are facing hardships, and this holiday season, they need our support more than ever."

You can personally help make a difference by considering 10 simple ways to support small businesses:

Shop now: No need to wait for a sale or special event. By shopping now you're putting much-needed funds into a small business that is depending on income each month to make ends meet and keep doors open.

Reverse shopping: Rather than thinking of the recipient and then where to shop for a gift, think of the shop first and then the recipients that would most like items from that particular business.

Go online: For small businesses that offer e-commerce options, be sure to consider online orders that ship directly to your home. This is a safe and convenient way to support your favorite businesses.

See SMALL BUSINESS, Page A4

INVENTORY BLOWOUT SALE!
January 1st - 31st

UP TO 60% OFF
Select flooring products
&
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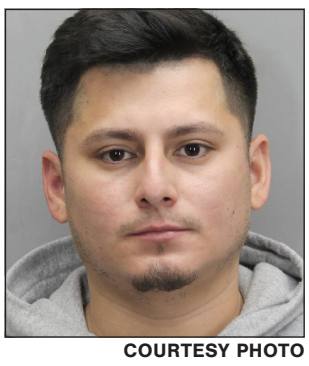
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PUBLIC SAFETY NOTES



COURTESY PHOTO

William Turcios-Guevara.

Alexandria man charged with several offenses after pursuit

Officers attempted to stop a 2004 BMW 525i for multiple traffic violations at South Kings Highway and The Parkway Dec. 19 at 3:14 a.m.

The driver refused, resulting in a pursuit.

A Precision Immobilization Technique was used to safely stop the vehicle and take the driver, William Turcios-Guevara, 30, of Alexandria, into custody.

Officers learned the car was stolen and Turcios-Guevara was charged with driving while intoxicated third offense within 10 years, eluding, refusal of tests second offense, grand larceny and driving while license revoked.

Hand-held cellphone use now illegal in Virginia

Hands free, Virginia! Beginning January 1, it is against the law to hold a phone or mobile device while driving. Here are some alternative options should you need to make a call:

• Use a Bluetooth ear piece for hands free talking

• If you choose to use headphones, please keep in mind Virginia law states you may only have one ear bud in while driving

• If equipped, connect your phone to your vehicle through Bluetooth

• Consider having a passenger answer your calls via speakerphone so you can talk hands free

• Use a cell phone mount in your car to hold your phone

The law provides some exemptions, which include:

• Reporting an emergency

• If you are legally parked or stopped

• Anyone operating an emergency vehicle while in the performance of their official duties

• The use of an amateur or citizens band radio

• The operator of any Department of Transportation vehicle during the performance of traffic incident management services

As a reminder, if convicted, you will be fined $125 for the first offense. If you are caught again or seen on the phone in a construction zone, the fine is $250.

Help keep Virginia roads safe and put your phone down.



COURTESY PHOTO

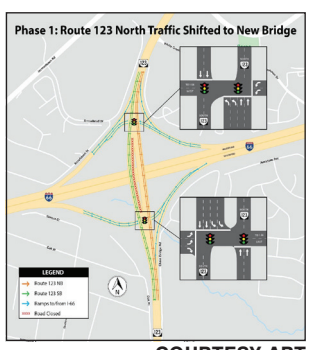
Freddy Conindres.

Man charged after attempted robbery

A man grabbed a woman who was walking down in the 4900 block of Beauregard Street Dec. 20 at 6:07 p.m., and demanded her property.

She refused and screamed; the man ran away.

Freddy Colindres, 26, was found by officers nearby and charged with robbery.



COURTESY ART

The travel lanes of northbound Route 123 shifted onto a new bridge. Southbound travel lanes will remain in their current alignment for several weeks.

Chain Bridge Road north shifts to new alignment over I-66

Route 123 North shifted to a new bridge over I-66 during daytime hours on or about December 30. The southbound travel lanes of Route 123 will be shifted to the new bridge span several weeks later. The Route 123 bridges are being replaced as part of the Transform 66 Outside the Beltway Project.

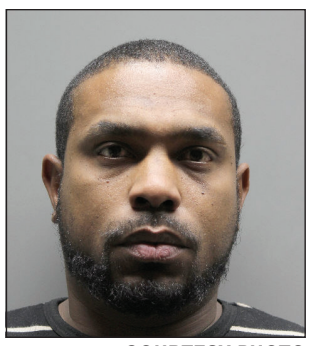
Access to and from I-66 at Route 123 will remain the same as it is currently.

Following this traffic shift, the current Route 123 North Bridge over I-66 will be demolished to allow for additional construction. Demolition of the current bridge is anticipated to begin on or about January 5.

Most of the bridge is directly over I-66 and will need to be demolished during overnight hours, when multiple lanes can be closed on I-66 to safely accommodate this work. Demolition activities will occur during daytime hours when possible, to minimize impacts to nearby communities. Additional information and updates about demolition work and traffic closures will be provided on the project website. All work is weather dependent and schedules may shift if inclement conditions occur.

As construction continues through 2022 on the Route 123 and I-66 interchange, drivers should be alert for changing traffic patterns. Drivers are reminded to slow down and pay attention to lane markings and roadway signs at all times.

When complete, the reconstructed Route 123/I-66 Interchange will provide direct access to and from the new Express Lanes for both eastbound and westbound travelers. A new shared-use path through the interchange will provide connection between the new I-66 corridor trail and planned trails in the City of Fairfax.



COURTESY PHOTO

Nigel McDonald.

Maryland man bolts after traffic stop

An officer made a traffic stop on a stolen 2015 Jeep Cherokee in the 6300 block of North Kings Highway Dec. 19 at 9:40 p.m.

The driver, Nigel McDonald, 37, of Maryland, ran away but was found nearby and charged with grand larceny, eluding and possession of a schedule I/II narcotic.

McLean condo fire result of unattended cooking

Units from Fairfax County Fire and Rescue Department and the Arlington County Fire Department responded to a condominium fire in the 1800 block of Westwind Way in the McLean area of Fairfax County Dec. 21 at approximately 9:05 p.m.

Crewss arrived on the scene of a two-story, middle unit condominium with smoke showing from the front door. They located a fire in the kitchen and quickly extinguished it. There were no reported civilian or firefighter injuries.

Three occupants were present at the time of the fire. One occupant discovered the fire and called 9-1-1. All occupants safely evacuated prior to fire department arrival. Smoke alarms were present and sounded after the fire was discovered.

Fire investigators determined that the fire was accidental in nature and started in the kitchen. The cause of the fire was unattended cooking.

Three occupants from the condominium were displaced because of the fire. An occupant from the condo below was also displaced due to water damage. Red Cross assistance was offered and accepted. Damages as a result of the fire were approximately $93,750.



COURTESY PHOTO

Magdiel Sic.

Annandale man charged after shooting

A man reported he was walking down the street Dec. 13 at 4:03 p.m. in the 4100 block of Wadsworth Court, when another man confronted and shot him as he ran away.

He was taken to the hospital for injuries that were not life threatening.

After a thorough investigation, detectives charged Magdiel Sic, 20, of Annandale, with malicious wounding, use of a firearm in commission of a felony and unlawful firearm possession by certain persons.

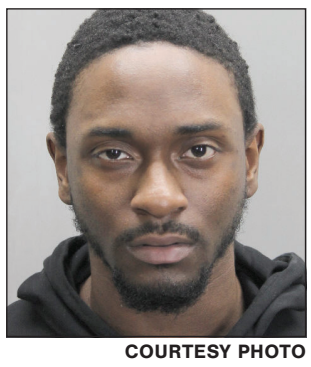
Annandale man dies in single-vehicle crash

A man died following a crash that occurred Dec. 23 just after noon at the intersection of Zion Drive and Abernathy Court.

Detectives from the Fairfax County Police Department Crash Reconstruction Unit have preliminarily determined Jae Eung Kim, 64, of Annandale, was the lone occupant and driver of a 2004 Hyundai Accent traveling north on Abernathy Court when he crossed over Zion Drive, left the roadway and hit a tree.

Kim was taken to a hospital where he was pronounced deceased. Detectives continue to investigate the circumstances that led to this crash.

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



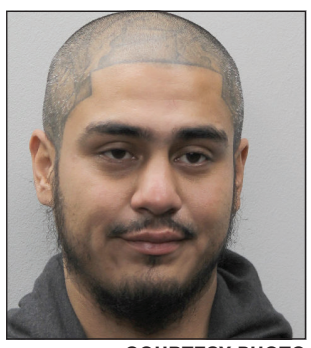
COURTESY PHOTO

Tysean Waller.

D.C. man arrested after threatening man

The victim was in a parking garage in the 1900 block of Chain Bridge Road Dec. 19 at 4:30 p.m., when he was threatened by a man who demanded property.

The victim refused and the man, Tysean Waller, 21, of Washington, D.C., ran into a nearby shopping center where the Holiday Anti-Theft Team found him. Waller was charged with robbery.



COURTESY PHOTO

Oscar Mejia.

Arlington man charged after screaming in the street

Officers responded for an intoxicated person yelling in the 1900 block of Isaac Newton Square Dec. 19 at 3:43 p.m. and found Oscar Mejia, 30, of Arlington, and took him into custody.

Mejia was found to be in possession of a firearm and under the influence of narcotics. He was taken to the hospital for an evaluation where he kicked an officer three times in the upper body and threatened hospital staff.

Mejia was charged with drunk in public, threats against law enforcement, two counts of assault on law enforcement, threats to bomb, possession of a firearm by a convicted felon and possession of a firearm with schedule I/II narcotic.

Springfield man charged after theft

A man drove to the Safford Dodge at 7611 Loisdale Road and stole tires from parked vehicles Dec. 18 at 11:30 p.m.

Daryll Fine, 46, of Springfield, was stopped by officers as he drove away from the area and charged with grand larceny and possession of burglarious tools.

Protect yourself from the odorless killer: Carbon Monoxide

Carbon Monoxide (CO) is a colorless, odorless and tasteless gas. According to the Center for Disease Control and Prevention (CDC), each year more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized.

Early symptoms of exposure are similar to the flu and include headache, fatigue, nausea, and confused thinking (so victims cannot think clearly enough to get assistance). Without treatment, the victim will lose consciousness, and if no help is given will lose their life.

CO is produced by combustion. Common causes are:

• Defective gas or oil furnaces and water heaters

• Cracked chimney flues

• Indoor use of charcoal grills

• Use of a gas oven or range to warm a room

• Running a car in an enclosed area such as a garage

• Running of a portable generator inside, or too close to, the home

• Closing the fireplace damper before the fire is completely out

• CO poisoning is preventable. Actions you should take to protect your family are:

• Each year you should have a qualified technician inspect your gas furnace and appliances.

• Never allow your car to run in an enclosed area, especially if it is a garage attached to your house.

• Make sure your fireplace is in good repair and do not close the damper before the fire is out.

• Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

• Install CO alarms to give your family a warning if CO is building up in your house.



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

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

Editor
Chase Gregory, 571-233-6244
chase@fairfaxtimes.com

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

Calendar Submissions
Heather Zwicker
ffxtimesevents@gmail.com

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

Positive Vibes Column
Brooke Lewitas
brookel@fairfaxtimes.com

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

National Advertising
Simmy Murdock, 703-463-9228
simmym@wspnet.com

Local Advertising
Karen Washburn, 703-994-4940
kwashburn@fairfaxtimes.com

Simmy Murdock, 703-463-9228
simmym@wspnet.com

Classified Advertising
Karen Washburn, 703-994-4940
kwashburn@fairfaxtimes.com

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

Angie Wyatt, Creative Designer
angiew@wspnet.com

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

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

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

Send event information to:
ffxtimesevents@gmail.com

PEOPLE AND PLACES



COURTESY PHOTO

Helen Lloyd.

FCPS announces appointment of new executive director

Fairfax County Public Schools (FCPS) Superintendent Scott S. Brabrand has named **Helen Lloyd**, who currently serves as the executive director of Communications for Alexandria City Public Schools, as the district's new executive director of the Office of Communication and Community Relations (OCCR), effective February 1.

"Ms. Lloyd has demonstrated proven leadership and has a track record of success in her work with Alexandria City Public Schools," said Brabrand. "She has more than 14 years of experience in strategic communications, marketing, media, event planning, public relations and public education. Ms. Lloyd is a data-driven professional who leads with equity and has spearheaded three initiatives in her current role that highlight the importance of ensuring equity across the system. Her insight and depth of experience in strategic communications will be important assets to FCPS moving forward."

Lloyd has served Alexandria City Public Schools in several communications roles since 2009. She has experience in website management, social media strategy, managing internal and external publications, event planning, and video production. She is also an active member of the National School Public Relations Association and has been recognized with numerous accolades from the organization, including:

Gold Medallion Winner for Excellence in Strategic Communications (2019)

Gold Achievement Award for Campaign Planning (2016 and 2017)

Excellence Award for Public Relations (2015, 2016, and 2017)

Lloyd earned her Bachelor of Arts degree from the University of Leeds and a Master of Arts from the University of London.

Falls Church-based PAE awarded task order to provide COVID-19 testing for sports

PAE, a global leader in delivering smart solutions to the U.S. government and its allies, was awarded a task order to provide COVID-19 testing services for winter and spring sports for all 14 universities of the Southeastern Conference.

PAE, supported by Premier Medical Group, deployed teams to SEC campuses for COVID-19 testing and related logistics for the safety of its fall sports programs beginning September 2020. The task order builds on the PAE team's support of SEC safety objectives.

"PAE is providing its expeditionary skillset to entities across the country for COVID-19 response efforts, including these testing services that have been vital to supporting SEC teams, coaches and staff throughout the fall season," PAE President and CEO John Heller said. "With this award, we're trusted to maintain these high standards at SEC schools for winter and spring sports through early June 2021."

PAE's experience in complex project management and operational logistics is key to meeting the SEC's need for a COVID-19 test provider. PAE brings skills, knowledge and capabilities from a history of providing critical infectious disease outbreak response and care, extending from the Ebola crisis in 2014 to current COVID-19 support for the state of Georgia and the Navajo Nation.

Mason announces collaboration with Noble Life Sciences

George Mason University has signed a collaboration agreement to give Noble Life Sciences access to the National Center for Biodefense and Infectious Diseases BSL-3 facility at the Science and Technology Campus in Manassas. The collaboration was announced Dec. 21.

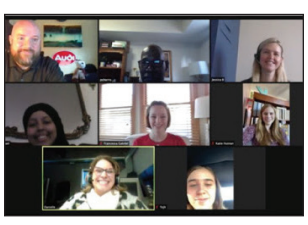
The agreement enables Noble Life Sciences to carry out federal and non-federally funded BSL-3 animal model projects to support the development of new antiviral and antibacterial agents against infectious and resistant pathogens.

"The collaboration with Noble Life Sciences opens doors to new opportunities for the development of novel therapeutics and diagnostics by Mason scientists and enables us to partner with an entity that has extensive experience bringing such new discoveries to the marketplace," said Ali Andalibi, chief scientific officer of the BRL and Senior Associate Dean in Mason's College of Science.

Sykesville, Md.-based Noble Life Sciences is a preclinical contract research organization owned and operated by scientists with decades of experience in drug, vaccine, and medical device development. They offer services in pharmacology, disease models, early safety assessments, toxicology, PCR, Flow Cytometry, in vivo imaging, and cell-based assays.

"Access to the BSL-3 facility through this collaboration agreement with Mason will enable NLS to provide preclinical testing services in support of an immediate need for the development of coronavirus vaccines and therapeutics as well as other emerging infectious diseases," said Srujana Cherukuri, chief executive officer at NLS.

Mason and Noble Life Sciences have also agreed to explore collaborative research opportunities for development of animal models for viral diseases, development of animal tissue-based and cell culture-based assay methodologies for the assessment of the efficacy of vaccines and therapeutics for viral agents, and assay and reagent development for quantification of viral RNA and/or protein.



COURTESY PHOTO

Girls from Annandale HS meet virtually with mentors from Audi.

All-female team wins grant in Audi-STEM for Her: DRIVE Like a Girl competition

A team of sophomores from Annandale High School won a $2,000 grant in the annual Audi-STEM for Her: DRIVE Like A Girl competition.

Aisha Ismael, Katie Hutnan, Francesca Gabriel, and **Tejh Hardin** came up with a way to enhance the car buying and ownership process for female customers while considering the global pandemic and its effects.

The team's solution was an adaptive needs assessment that would identify buyers' specific needs, reduce car buying and pandemic-related anxiety, and promote digitization and sustainability. The customer's answers influence the questions that follow, the salesperson they're matched with at the dealership, and the recommended vehicle model shown at the end.

Technology education teacher Phillip Harris says the all-female team "wanted to make the process more personal and efficient, especially with the disconnect in communication caused by the pandemic." Harris provided support and mentorship to the girls.

The Audi of America DRIVE Like a Girl program is an annual science, technology, engineering and mathematics (STEM) competition, in which high school girls from the Washington, D.C., Maryland, and Virginia area identify, design, and present a project focused on the automotive industry. The objective of this year's competition was to find a modern solution to make women feel more comfortable during the car buying and ownership process, as well as to encourage women to buy cars from Audi. With the ongoing pandemic, there was the added challenge of trying to find a solution that would be safe and would have minimal human contact. The students met with mentors from Audi for several weeks leading up to competition to develop a final idea and presentation. Annandale High will use the grant to fund future STEM and Technology Student Association competitions.

Comstock and Town of Herndon complete transfer of land

Comstock Holding Companies, Inc. announced that **Comstock Herndon Venture, LC** and the **Town of Herndon**, have closed on the transfer of land in historic downtown Herndon that is the subject of a public-private partnership between the parties.

Comstock's planned redevelopment of the 4.7-acre parcel is the centerpiece of Herndon's revitalization plan for its historic downtown.

Comstock and its design team worked closely with Town officials to develop a plan that is exciting, while honoring the historic character of Herndon's downtown. The plan earned the unanimous approval of the Herndon Historic District Review Board in 2019.

"We are excited to have completed this important part of the process and look forward to redeveloping this key piece of downtown Herndon into a vibrant mixed-use development," said Christopher Clemente, CEO of Comstock. "The closing represents an important milestone for this public-private partnership and positions the partnership to focus on finalizing the details regarding the financing of the development." Located approximately 1.5 miles from the new Silver Line's Herndon Station at the intersection of Elden and Center streets, the planned development will be adjacent to Herndon's Old Town Hall, the W&OD trail, established restaurants and retail stores, and the Town Green, site of events and concerts throughout the year.

Comstock's development will include approximately 273 residential apartments, 17,300 square feet of boutique restaurant and café space, a 16,265 square feet arts center, three public plazas with outdoor seating and dedicated art, and a seven-level parking garage with 726 spaces.

"This project is the culmination of years of careful planning and will result in an exciting, 21st century downtown that respects both our proud history and our vision for Herndon's future," said Lisa Merkel, Herndon's mayor. "Dynamic living spaces, retail, restaurants, the arts – all will come alive in downtown Herndon as a result of our collaboration with Comstock."

Real-time crowding information now available for Metrobus and Metrorail

Metrobus customers can now see how full a bus is before it arrives, empowering them with more information to decide when and how to travel.

Customers can find this real time information when tracking their bus at buseta.wmata.com, and in WMATA's open data feed for third-party transit and mapping applications like Google Maps.

Metrobus data is made possible by technology aboard every bus that senses when customers enter and exit. Metrorail doors are not equipped with the same sensors, but rail crowding predictions are also available based on recent crowding data.

"Metro is doing our part to help Metro customers feel safe when traveling, and we're proud to release this new tool to help customers make more informed travel decisions," said Metro General Manager/CEO Paul J. Wiedefeld. "Social distancing is a top concern as we all navigate this public health crisis, and we hope customers find this information valuable when deciding when to ride."

When accessing the data, customers will see a bus or train's capacity in one of the following categories:

- Many seats available
- Bus less than 25 percent occupied
- Rail car less than 20 percent occupied
- Few seats available
- Bus 25-49 percent occupied
- Rail car 20-32 percent occupied
- Full
- Bus is occupied 50 percent or greater
- Rail car is occupied 33 percent or greater

The categories are based on public health recommendations for social distancing, and will be adjusted based on the latest recommendations. Social distancing may not be possible on every train and bus.

Metro may temporarily suspend crowding data from the data feed and website for large-scale events, unplanned service disruptions, or significant track work when this information may become unreliable to customers.



COURTESY PHOTO

Jerry Mrykalo.

Dewberry manager receives Ray LaHood Award

Dewberry, a privately held professional services firm, has announced that Senior Associate and Department Manager **Jerry Mrykalo**, PE, PTOE, has been recognized as the recipient of the Honorable Ray LaHood Award by the Women's Transportation Seminar Washington, D.C., Chapter (WTS-DC).

Mrykalo was recognized during the virtual WTS-DC holiday party on December 8. The award is presented annually to a man who is a leader in transportation, has contributed to the advancement of women and minorities in the transportation field, has led by example seeking out opportunities to advance and advocate for women in his own firm, and has advanced the reputation and credibility of women in transportation through his support and career achievements.

"Jerry models a work environment where women are not only welcomed but are considered valued members of the team," said Dewberry Transportation Engineer Shelley Wynne, PE, PTOE. "Jerry has a solid reputation of supporting women at the hiring and promotion level at Dewberry and encouraging leadership roles for women on projects."

"Jerry has been a leader within our mid-Atlantic transportation business unit for many years, working hard to lead and promote our traffic engineering capabilities and team not only in the mid-Atlantic, but throughout the company," said Dewberry Vice President and Business Unit Manager Steven Kuntz, PE, DBIA. "We are excited for him to receive recognition in being named the recipient of the 2020 Honorable Ray LaHood award from the WTS-DC Chapter."

Mrykalo obtained his bachelor's degree in civil engineering from the Pennsylvania State University (2005). He is a licensed professional engineer in Georgia, Maryland, North Carolina, and Virginia. Mrykalo was named 2018 Rising Star by the American Council of Engineering Companies (ACEC). He is also a Professional Traffic Operations Engineer.







PHOTOS COURTESY OF BRAND POINT MEDIA

SMALL BUSINESS

CONTINUED FROM PAGE A1

Shop in person: For businesses with physical locations, visit shops in person if you can use proper safety measures. If you know what you want, many businesses let you order ahead and opt for curbside or doorway pickup as well.

Consider gift cards: Not sure what to buy? Gift cards are always one of the most desired gifts, so if you need to send a little love to a loved one, wrap up a gift certificate in a beautiful card and feel good about your present choice.

Leave reviews: Online reviews can make a big difference for small businesses in expanding clientele. Go online and leave rave reviews for your favorite stores and why others should support them as well to help spread the word.

Be vocal: In addition to online reviews, talk up your favorite small businesses among friends. From independent restaurants to local service providers, use your voice as a powerful tool to build their reputation and support growth.

Partnerships: Look for small businesses who partner together to offer products or services that complement each other in packages, such as a gift basket bundle featuring your favorite local treats. You'll support multiple businesses at once and often get a discount compared to buying separately.

Double up: For businesses like independent coffee shops or bakeries, consider a larger order. For example, go with that grande latte and order two dozen cookies to share with your neighbors.

Be patient: Small businesses are dealing with a multitude of challenges these days, from supply chain holdups to sluggish shipping and beyond. Your kindness is valued and your patience is crucial during these times.

"Actions big and small will help make a difference," says Malkoski. "This is our time to give back to the businesses that help build our culture and communities, and we at Newell Brands want to give back too."

Made For More Small Business Fund

Malkoski shares that the makers of Ball brand home canning products want to support its loyal small businesses and has established the Made For More Small Business Fund, open for applicants from Dec. 15, 2020 through Jan. 31, 2021. Ten winners will be awarded $10,000 and applications are open to U.S. based for-profit small businesses that have 0-99 full- or part-time employees, use Ball brand home canning products in some aspect of their business, and have supported their communities in some fashion during the pandemic.

The Made For More Small Business Fund was created to give an opportunity for small business customers that use Ball brand home canning products to be awarded $10,000 to help fuel more - more business, growth and community support. Learn more at www.freshpreserving.com/MadeforMore.

CVS

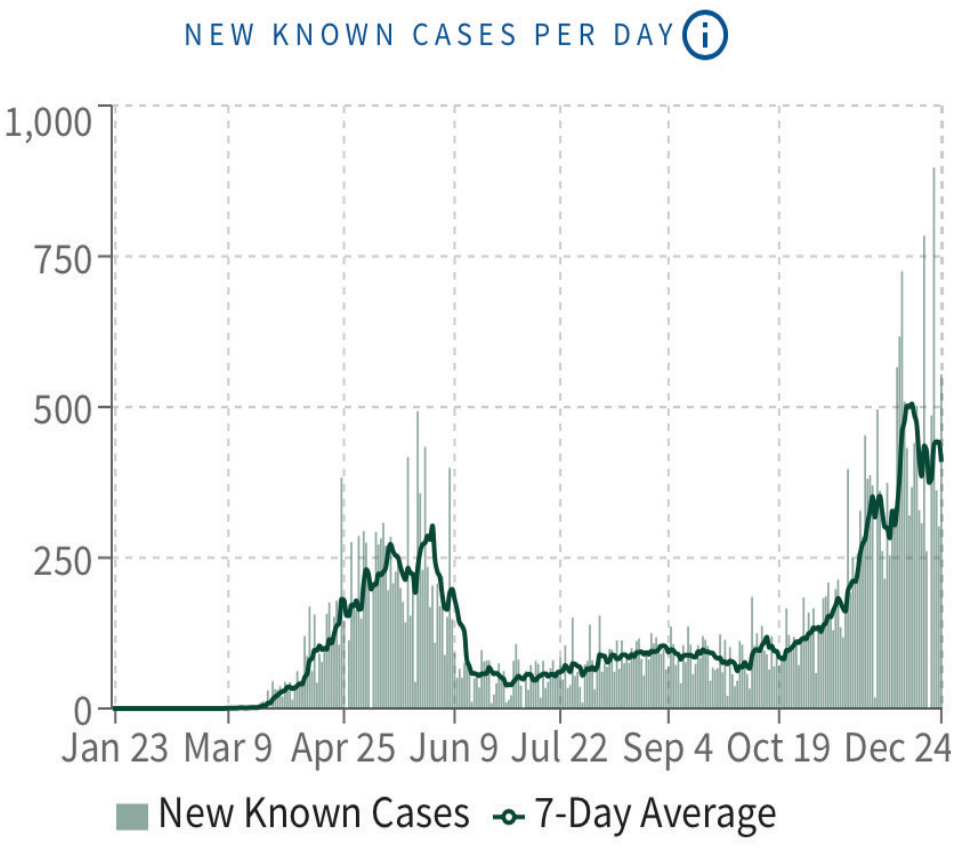
CONTINUED FROM PAGE A1

Long term care facility residents are the second cohort to receive the vaccination after health care workers in Virginia hospital systems began receiving the first COVID-19 vaccines last week. First, frontline workers who were affiliated with a hospital system - Fairfax County Hospital systems, Inova Health System, and Reston Hospital center - received their first dose of Pfizer-BioNTech vaccination. Then, 5,000 doses of the Moderna vaccination was provided to health care workers who were not affiliated with a hospital system. Dr. Jennifer Primeggia, an infectious disease physician, told ABC7 News reporter Victoria Sanchez "The sentiment around the hospital was, 'if there's something I can do to end this pandemic, sign me up now."

CVS CEO and Health President Larry J. Merlo stated that the rollout is the "culmination of months of internal planning and demonstrates how the private sector can use its expertise to help solve some of our most critical challenges." He also stated his gratitude for the 'herculean efforts of everyone involved, including our health care professionals who will be deployed throughout the country to bring peace of mind to long term care facility residents, staff, and their loved ones."

The vaccination comes not a moment too soon, as the current data is showing a peak in cases and deaths. The Virginia Department of Health reports that Fairfax County has over forty-two thousand cases. According to USAFacts.org , Fairfax County has reached an all-time high of daily new cases.

According to the governor's plan for vaccination distribution, the next cohort to receive the vaccination will be "a lot of frontline workers - for example, teachers, food preparers, those types of things," Governor Northam said in an NPR interview on November 29th. Phase three will include the general population. "Hopefully, by…early to midsummer [we will] have everyone in Virginia vaccinated.



USAFACTS.COM

OMMADE

CONTINUED FROM PAGE A1

"My friend told me I should make a coconut peanut butter, but I didn't think it would work. She kept at it though, so finally, I got organic coconut, came up with Coconut Bliss, and it's my best selling peanut butter. So I owe my name to my mother and my best selling peanut butter to my friend!"

Running the business during the pandemic has been very difficult, and in the initial months, she says business 'cratered'. But then help came in the form of a grant from the state and county government.

"The state of Virginia gives grants to producers who use Virginia agricultural products. So they reached out to me, did their due diligence, and through them and Fairfax County they decided that my business was one that helped the community."

Using the funds from the grant, she plans to open a storefront where she could not only sell her peanut butter but provide a place for other small business owners to market their goods.

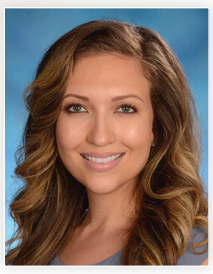
"I have gotten so much help from my community. I want a storefront where other small businesses can have pop-ups so they can display market-ready products and it can become a hub of high-quality products that may not otherwise get exposure."





COURTESY PHOTO

Ready to provide the extraordinary care you deserve



We thank

Dr. Danielle Baruch who will be departing from Fair Oaks Skin Care effective December 11. Dr. Reem Tadros and Certified Physician Assistants Amanda Unilivia and Lucrisha Banford are ready to assist patients with all their dermatological care.

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New year, new you

Get inspired for 2021

KEYS TO BETTER HEALTH



CINDY SANTA ANA

Here we go again…another new year and the resolutions, intentions and gym memberships increase only to be dashed by purported failed attempts and self-doubt. So, what can we do to turn this year around and make it really work? I've got a few simple self-care practices to help you stick with your new healthy habits. Let's make this the fresh start we all need!

What you don't need is more confusing health information or food guilt. You need support, guidance and accountability, but also simple systems in place that work with your life, your schedule and your taste.

Focus #1: You have to focus on eating nutrient-dense, whole foods. Everything we eat becomes our blood, our cells, and our organs as they continually regenerate. It's important to source organic as much as possible, grass-fed meats and eggs, locally grown produce, seasonal fruits, nuts, seeds and fatty fish. These are the foundations of health. Your focus is to find 20 recipes that you can keep in rotation every month. Make a list of your favorite chicken, beef, pork, poultry, game, fish, soups, vegetables and fruits you like. Pull out your cookbooks, favorite recipe websites or blogs and make a monthly meal plan. I have about 50 dishes on my list now that we rotate throughout the year.

Focus #2: Create healthy habits that work with your routine. If you don't have time for a morning workout, create several 10 minute slots throughout the day to move your body. Movement is critical every day. Do 10 squats, arm circles at your desk, stand while on the phone, park in the back of the parking lot or even fidgeting can burn calories and keep your lymphatic system moving throughout the day.

Focus #3: Rest. If you are not sleeping 6-8 hours per night, you have to focus on getting quality and quantity sleep. Turn off electronics at night at least 30 minutes before bedtime, get electronics out of your bedroom (that includes your cell phone) as the EMF's can increase cortisol and inhibit deep sleep. Use calming herbs like chamomile, lemon balm, valerian or ashwagandha to help you relax.

Focus #4: Set intentions, not resolutions. Two friends are chatting about their health. The first one says, "I want to be healthy and feel great." The second one says, "I intend to be healthy and feel great." Which one do you think is going to get healthy and feel great? Yep – the one who intends it.

Wanting is simply wishing you can have or do a particular thing. Intending means you're committed to achieving something by making a plan for success – and sticking to it!

The Fuel for Desired Results

The key to intention is action – try this to build your intention muscle:

• Get clear on what you want. Create a vision board by gathering images and words that pertain to your goal, and gluing them onto a poster board or bulletin board. Hang the collage in a spot where you'll see it often (you can use Pinterest to create a digital vision board, but it won't be front of mind).

• Do something to make your desire happen. Let's say you want to eat four servings of vegetables a day. Your first action may be to go to a farmers' market and purchase a few veggies you can slip into each meal.

• Celebrate your achievement! Don't forget to congratulate yourself for meeting your goal in a non-food way.

These are just a few ways you can create the health you deserve. If you would like consistent self-care, guidance and support for the next 3 months, join my Nourish + Flow group program and get the self-care you need. We start Jan. 9. More info can be found at www.UnlockBetterHealth.com.



ALEXANDER MILS / UNSPLASH

From cancer to COVID-19

How one company is transforming vaccine technology



BRAND POINT MEDIA

Courtesy of Brand Point Media

The race to create and distribute effective COVID-19 vaccines continues. Big pharmaceutical companies are producing promising vaccines and initial distribution is underway, however, this is not without numerous concerns or logistical hurdles. What you don't hear much about is the smaller biotech companies working hard behind the scenes to develop alternative medicines that have big potential in fighting the novel coronavirus and much more.

Concerns with current big pharma options

The COVID-19 pandemic is rapidly changing vaccine technology, with innovative approaches that are moving away from the use of live viruses towards genetic-based approaches using RNA and DNA vaccines.

Rather than injecting a weakened form of a virus or bacteria into the body, like with the flu vaccine, DNA and RNA vaccines use part of the virus' own genes to create antigens that stimulate an immune response. So, when someone who was treated with the vaccine gets exposed to the virus later on, their immune system will be able to fight it off more easily and reduce their risk for serious illness.

While it's critical to produce a safe, effective COVID-19 vaccine, the leading candidates are RNA vaccines, which despite promising results, do have several drawbacks. RNA is very easily destroyed due to the body's natural enzymes and chemical reactions which will break the RNA apart. As a result, these vaccines need to be manufactured, shipped and stored under very specific and extremely cold conditions in order to try to slow or prevent that breakdown of RNA.

These stability and manufacturing issues can lead to limited production capabilities, leaving governments and communities fighting for available supplies. Distribution and storage is complex, with one option requiring more than -70 degrees Celsius refrigeration. Supply chain issues may be an ongoing issue.

Small biotech with big ideas and the potential to save lives

While leading pharmaceutical companies are spearheading the fight against COVID-19, it's important to consider the potential technologies that smaller organizations are researching. One of those companies is Orbis Health Solutions, a South Carolina-based biotech using its deep cancer research experience and established vaccine technology to create a new approach to fighting COVID-19 - a DNA vaccine that addresses the shortcomings of the current frontrunners and with the ability to combat future viruses and biological threats.

Based on the research and science of Thomas E. Wagner, Ph.D., the company's founder and chief scientific officer, the potential COVID-19 vaccine uses a blueprint based on Orbis' success in treating cancer through personalized vaccines. In addition to positive data from its Phase IIb cancer clinical trial, proof-of-concept studies have demonstrated that Orbis' vaccine technology platform has a wide range of possibility, from addressing agriculture and veterinary applications to fighting future pandemics and biological threats.

"We have developed a very successful vaccine against cancer, which is the most difficult challenge for the immune system," says Wagner. "Now we've shifted our science and technology to fight the current COVID-19 pandemic and what we're seeing is incredibly hopeful."

The science for the new vaccine is based on cancer vaccine technology that delivers foreign substances (antigens) to help the immune system to recognize an invader and trigger an immune response. In cancer therapy, this is created with antigens from a patients' own tumor. For COVID-19, Orbis scientists have created a synthetic replica of portions of the DNA code of the virus focusing on the spike proteins, which is the external part of the virus that penetrates a healthy cell. The vaccine contains this information in order to trigger a response and help teach the immune system how to fight the foreign invader and eliminate the virus.

Neutralizing antibodies in 100% of trial participants

The good news: Early data shows promise. Results of a clinical trial evaluating 20 healthy volunteers demonstrated that one inoculation with the vaccine led to 100% of participants expressing neutralizing antibodies against the virus, meaning the vaccine is successful in triggering that critical immune response to COVID-19.

The Orbis COVID-19 vaccine doesn't use any part of the virus itself, only the DNA encoding the spike protein. For this reason, it is believed to be a safe option with few side effects. What's more, there's no need for low-temperature storage and it's highly scalable, so it may be easier to quickly get enough vaccine worldwide, especially to those who need it most.

"We are very encouraged by these Phase I data, which represent a critical milestone for our vaccine technology platform and echo the early success of our personalized cancer vaccine," said George E. Peoples, M.D., chief medical officer of Orbis Health Solutions. "Following further data analysis and discussion with regulatory authorities, we remain committed to initiating a larger Phase II trial that will move us one step closer to bringing this important treatment to patients as soon as possible so that we can help address this global health emergency."

These trials are particularly important because if successful, they will provide definitive proof of concept for the platform that could be rapidly applied to future vaccines to help with new viruses and health concerns within a matter of weeks versus months to years. To learn more, visit http://orbishealthsolutions.com/.

"Just as COVID-19 didn't exist a few years ago, other diseases and viruses will evolve," Wagner says. "The proprietary delivery platform for the Orbis vaccine provides a blueprint that can be updated quickly with different DNA information, which allows for rapid vaccine development and deployment to address the next viral or biological threat. This platform has the potential to save many lives both now and in the future."

Here's to a healthy 2021, with resolutions from heart doctors

By Michael Merschel
AMERICAN HEART ASSOCIATION NEWS & MORE CONTENT NOW



MORE CONTENT NOW

Deep in their hearts, everyone has to be looking forward to a fresh start in 2021.

And who would know better about matters of the heart than a cardiologist? We asked some of the nation's best about resolutions – what they're planning for themselves, and what they wish their patients would focus on for a healthy and happy new year.

Their advice begins with a reminder that the threat of COVID-19 will not vanish at the stroke of midnight on Dec. 31.

"You need to resolve to stay healthy and safe," said Dr. Ivor Benjamin, director of the Cardiovascular Center and professor of medicine at the Medical College of Wisconsin in Milwaukee. "It's an ever-present challenge for everyone, independent of where they are."

In California, Dr. Robert Harrington is chair of the department of medicine at Stanford University. He's making its institutional motto a personal one as the fight against the coronavirus goes on.

Stanford Medicine tells its health care workers, researchers, staff and students to be safe, be smart, be kind, Harrington said. "So my personal resolution is that I will work at staying safe through good public health measures of mask-wearing, frequent hand-washing and appropriate social distancing; at staying smart by keeping up to date with the latest news and research on COVID-19; and at staying kind by focusing on our extended community needs.

"Here's hoping that my patients can do the same."

Even as the pandemic is a top health concern, there's room for thinking beyond it.

"The new year is always a good time for patients to reprioritize their health," said Dr. Fatima Rodriguez, an assistant professor of cardiovascular medicine at Stanford. She'd like patients to focus on healthy eating and scheduling physical activity every day. "There are no quick fixes to optimal cardiovascular health. It takes consistency."

Dr. Rachel M. Bond, system director of women's heart health at Dignity Health in Arizona, suggests resolving to learn the art of relaxation.

"Although stress and anxiety are common; and we've had more than our fair share of both in 2020; chronic stress and anxiety can be dangerous for our heart health." Anxiety can trigger the release of stress hormones such as cortisol and adrenaline, which can increase heart rate and blood pressure. Women are at higher risk for stress-related heart issues, Bond said.

"Finding healthy ways to cope with this is a must," she said. She suggests meditation, exercise, listening to music, conversing with family or friends or even seeking professional help.

Relaxation was on Rodriguez's mind with her personal resolutions. She's aiming to take time to disconnect from devices; "no email, no cellphones, no social media. I'd also love to prioritize time for reading non-medical literature and journaling."

Bond said she isn't traditionally a resolution-maker. "I usually try to shy away from making yearly resolutions, as if I fail to stick to them, I feel an extreme level of guilt."

To that point, Benjamin said it's important to make resolutions that are realistic.

For example, he'd like to lower his handicap in golf. "But it's kind of hard to do that when I live in Wisconsin and there's still snow on the ground for the next four to five months."

For patients looking to make healthy changes, Benjamin offers this simple advice year-round: "I am looking for progress, and not perfection."

For example, instead of setting out to run a marathon, a good resolution for adults might be to follow the federal recommendation to get at least 150 minutes of brisk exercise every week. "I tell my patients walk 30 minutes a day and take a day or two off for good measure. Just do the math, and you're going to get there."

He and Bond both looked inward with some of their personal goals. Benjamin hopes he can spend more time in the present, "so that I can be a catalyst and, hopefully, a positive force for everything that's around me."

And Bond said "with 2020 being a year for the history books; and a chapter I am eager to close," she's focused on gratitude.

"What 2020 has taught me is that life-altering triumphs, no matter how great or small, should be celebrated, as who knows what tomorrow may bring. … I choose to take an initiative to ensure I am thankful for all the small mercies I've experienced and will continue to experience in my life."

Fairfax County Times' Guide to
Arts & Entertainment



PETS: HAVE A BARKINGLY MEOWING NEW YEAR Page B2

Celebrate an early New Year's Eve with The Seldom Scene

Bethesda-based group continues tradition of ringing in year at Birchmere

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Music fans around our area are very familiar with The Seldom Scene, as the popular American bluegrass band has been performing around Northern Virginia and Washington, D.C., since it first formed in Bethesda, Md., back in 1971.

The group has been instrumental in starting the progressive bluegrass movement as their shows often include bluegrass versions of country music, rock and even pop.

On New Year's Eve, The Seldom Scene will be playing at The Birchmere, in a show that starts at 7:30 p.m., due to restrictions that necessitate the venue close before midnight hits. Still, the band promises plenty of fun and it's a great way to get ready for 2021.

"It's a pretty long-standing tradition with the band to play New Year's Eve there, and it was actually my first show when I joined the band back in 1995," said Ronnie Simpkins, long-time bass player for The Seldom Scene. "It's a night I'll never forget. I can't believe another year has come and gone, but I suppose this a year we all want to forget."

Today's lineup also includes Dudley Connell on guitar, Lou Reid on mandolin, Ron Stewart on banjo and fiddle, and Fred Travers on dobro. Since the pandemic started, the band members haven't been able to play much together outside of a spattering of outdoor and socially distanced gigs.

"We did a show in Frederick at a drive-in and that was interesting and neat, but we may need to do more things like that next year to keep us going," Simpkins said.

When the band first began, everyone had full-time day jobs—there was a doctor, a mathematician, a cardiographer and a firefighter, and though some of the band members are now retired, a few still need to balance work and music.

"For instance, I work for the Smithsonian Folkways Recordings," Simpkins said. "So, music has always been like a hobby for the band. That's been a blessing especially during this year since we didn't need to totally rely on the music for income."

Everyone in The Seldom Scene was excited to learn that The Birchmere planned to be open for New Year's Eve and wanted them back—even it meant that they had to end before the ball dropped to welcome in 2021.

"It's such a special place and we actually played there Thanksgiving weekend, so we know they space things out well and we felt very comfortable and safe playing in the venue, because of the precautions and restrictions they've taken," Simpkins said. "Yes, it will be different because by 10, alcohol has to be stopped, but we can ring in the new year a little early together!"

The night will include plenty of band favorites, but Simpkins wants to make sure everyone has a great time and anticipates throwing out to the crowd to get song suggestions and play any requests.

"They are putting forth an effort to go out and hear live music, and we really appreciate that," Simpkins said. "That will most likely be our approach to the show."

One thing Simpkins will miss this year is mingling with the crowd and talking to fans, but that's one thing that can't be done for obvious reasons. Still, he feels everyone will feel close because of the shared love of music and the fun of spending the last night of 2020 together.



COURTESY PHOTO

Thanks to the band's incredible catalogue of music, which includes the bluegrass staple, "Live From the Cellar Door," The Seldom Scene has remained popular for 50 years. Simpkins credits a lot of that to the harmonies and singing style of original founder John Duffey.

"It's hard to fill those shoes, but it's just an honor to be in this group," Simpkins said. "When the band started, they pulled from different genres of music and created such an interest in bluegrass, and many will point to The Seldom Scene as leading them in that direction. With the material we have done over the years, the songs are just too good not to be heard."

Burn, baby, burn: a flaming dessert to wrap up a volatile year

By Ari LeVaux
MORE CONTENT NOW

The dark days around winter solstice make human beings hungry for light. It could be a decorated tree, a menorah in the window, or just some lights on your house. Whatever your creed or culture, you probably have a tradition that casts a glow during the holidays.

But this time around, as we bid farewell to a dumpster fire of a year, pretty lights might not be enough. It might be time to light things on fire.

Fire can be cleansing and creative as well as a force of destruction, and some of us surely hope to rise like phoenixes from the ashes. But first we have to tuck in 2020. And we're going to put it to bed in style, with an Orange Eggnog Crème Brûlée, finished with a bourbon flambé.

The bourbon and sugar bonfire doesn't produce the typical glassy crème brûlée finish. The sugar melts, but the bourbon prevents it from recrystallizing into a glassy sheet. Instead, they combine into a granular topping that's firm yet soft.

A fire that burns only to destroy isn't worth its emissions. But the bourbon and sugar bonfire atop a crème brûlée burns with purpose: to create a sauce that soaks into the orange vanilla eggnog custard below.

Orange Eggnog Crème Brûlée Flambé (Fills 4 ramekins)

For the custard:
- 2 cups cream
- 4 egg yolks
- ¼ cup sugar
- 2 teaspoons freshly ground nutmeg
- ¼ cup fresh orange juice + 1 tablespoon OJ concentrate, or similar amount of juice
- 1 tablespoon vanilla extract
- ¼ teaspoon salt
- Optional: Thin-sliced shards of orange peel for the garnish



COURTESY PHOTO

Flaming Bourbon Sugar Sauce
- 2 tablespoons white or turbinado sugar
- 2 tablespoons brown sugar
- 4 tablespoons bourbon
- 12 pinches cinnamon powder for the flame

Directions

Preheat the oven to 325 F. Place an edged cookie sheet on the top rack. Pour two cups of water into the sheet to create steam for the custard.

Heat the cream slowly in a heavy-bottomed pan on the stove. Meanwhile, combine the yolks, sugar, nutmeg, orange juice, vanilla and salt in a mixing bowl.

When the cream starts to simmer, add it slowly to the mix, stirring in a little at a time to temper the yolks. ("Temper" means heat the yolks and combine them with the hot cream in a smooth, controlled way that doesn't cook and curdle the eggs.)

Butter the ramekins and add the warm batter. Place them on the cookie sheet in the steaming water and bake for an hour, until they are bubbling evenly. The bubbling starts on the edge and moves toward the centers, until the entire surface shrinks and tightens and hardens into a darker yellow.

Remove from the oven. If serving right away, prepare to light your fire. If serving later, allow to cool to room temperature, and add the orange peel garnish, if using. Keep chilled until ready to serve.

Serving time could be the minute they come out of the oven, or the next day after the ramekins have properly chilled and the custard has settled. Whenever it's time to light those fires and serve those crèmes brûlée, mix the sugars together and get ready to pour the whiskey.

To each ramekin at a time, pour in a tablespoon of bourbon and light it with a long-necked lighter. Let it burn for 30 seconds while you toss 3 or so pinches of cinnamon into the flames, and watch the spraying sparks. Then add a tablespoon of sugar mix to the ramekin, and let the fire burn out, dissolving the sugar.

When the fire dies, it's ready to serve. When the first Orange Eggnog Crème Brûlée Flambé is gone, check the calendar. If it's still 2020, eat another. Repeat until it's finally over.

MOVIE REVIEW

Top 10 movies of 2020

By Ed Symkus
MORE CONTENT NOW

During a "normal" year, I tend to see between 150 and 170 new movies, most of them at cinemas. During the peculiar year of 2020, I just missed the 100 mark. Eleven of them were in cinemas, the rest were either DVDs or links I watched on my TV or my desktop computer. I sure do miss the majesty of movie theaters and their big screens.

Yet even with limited viewing and size restrictions, it wasn't difficult to come across some terrific films. Here are my favorites of the year. No countdown to No. 1. They are the collective top 10, alphabetically, followed by a handful of close runners-up.

TOP 10

"Emma." - A pre-"The Queen's Gambit" Anya Taylor-Joy stars as the young, wealthy, and well-meaning but manipulative Emma Woodhouse in this delightful and lavish version of the Jane Austen novel.

"Gunda" - No people, no words, no story, just lots of animals, with a focus on a big sow and her piglets, photographed in B&W on farms in Norway, Spain, and England, showing the ups and downs of their daily lives.

"I'm Thinking of Ending Things" - Charlie Kaufman's imaginative adaptation of the imaginative novel about imagination running amok dips in and out of the minds of four troubled characters. But are they

See MOVIES Page B2

Community Information

Please check the event and attraction websites to confirm operating status.

Twilight Boardwalk Stroll Join a park naturalist for a guided walk along the forested paths to experience the park as it transitions from day to night. 4:30 p.m. Jan. 2. Cost is $9. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit https://bit.ly/3aYv3sn.

Unmeltable Snowman Using a felting process, make a snowman and decorate it with style. Several sessions on the hour from 10 a.m. to 2 p.m. Jan. 4. Cost is $20 per family. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit https://bit.ly/37TEFm2.

Winter Survivor Series Based on the popular winter camp, discover survival techniques, identify winter plants, track animals and focus on shelter building during this session. 3 p.m. Jan. 4. Cost is $8.

Ages 6 to 10. Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. For more information visit https://bit.ly/37SgN2j.

Waterfowl Walk the shores of the lake in search of loons, lesser scaups and ring-necked ducks. Bring binoculars. 10 a.m. Jan. 5. Cost is $8. Burke Lake Park, 7315 Ox Rd., Fairfax Station. For more information visit https://bit.ly/38KqE9I.

Online Storytime with Fairfax County Public Library. Every Tuesday and Thursday at 10 a.m. Visit https://bit.ly/2HOBkut.

Forest Fledglings Learn about local animals and plants through hikes, stories and games in this monthly program. The topic for January is Nature in Winter. 10 to 10:45 a.m. Jan. 6. Ages 4 to 5. Cost is $8. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit https://bit.ly/3hnsJMs.

ONGOING

Ice and Lights Visit the Winter Village at Cameron Run. Tickets must be purchased in advance. 5 to 10 p.m. nightly Dec. 25 to 27 and Dec. 31 to Jan. 3. Cost is $9.35 to $24. Cameron Run Regional Park, 4001 Eisenhower Ave., Alexandria. For more information visit https://bit.ly/2LK1AHN.

Age of Elegance Tours See the 1794 historic house decorated in traditional fashion for the holidays in a private, walk-through tour. Tours run through Jan. 2 on Thursdays to Sundays. Cost is $25. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information and hours visit https://bit.ly/3955rsA.

Winter Walk of Lights bring the family to enjoy the magical half-mile, animated light show. Round out your visit roasting marshmallows, and sipping hot beverages by the fire. Through Jan. 3. Cost is $9 to $16. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. For more information visit https://bit.ly/35Wvtey.

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

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

Art News

Back to the 90s Enjoy this socially-distanced concert as part of the A Song & A Slice series. Doors open at 6:30 p.m. Show starts at 7:30 p.m. Jan. 2. Jammin Java, 227 Maple Ave. E., Vienna. For more information visit https://bit.ly/38HcGFf.

Joe Keyes & The Late Bloomer Band Go back to the days of Miles Davis and early P-Funk in this free outdoor concert. Doors open at 4 p.m. Show is at 5 p.m. Jan. 2. The State Theatre, 220 N. Washington St., Falls Church. For more information visit https://bit.ly/3nUCEf9.

Civic Duty plays hard-nosed, high energy rock performed by this Washington D.C. band. Doors open at 6:30 p.m. Show is at 8 p.m. Jan. 7. Cost is $7 to $10 general admission. Jammin Java, 227 Maple Ave. E., Vienna. For more information visit https://bit.ly/3aKIiww.

Fiber Art 5 Ways showcases the different approaches to the use of fabric and thread to make original artistic statements that may be new to those used to thinking of quilts as simply bedcoverings. On exhibit Jan. 4 through 31. Free. Jo Ann Rose Gallery, 1604 Washington Plaza North, Reston. For more information visit https://bit.ly/37Vn9h6.

The Nutcracker Join Clara, Fritz, party guests and dancing dolls as they lead the way through a journey of fantasy and sweets. Presented by Manassas Ballet Theatre. Live streaming through Jan. 25. Cost is $25. For more information visit https://bit.ly/37irnPK.

Right to Vote Artist Julie Dzikiewicz weaves feminist parables into immense encaustic wax paintings. Exhibit continues through January 10. Free. Workhouse Arts Center Muse Gallery, Bldg. W-16. 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/33Ws6Dw.

Colors of Fall This exhibition encompasses classic scenes of autumnal landscapes to abstract visions of cool fall air and changing foliage. Through January 11. View the exhibit in person on weekends from noon to 5 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/2UaAVF8.

MOVIES

CONTINUED FROM PAGE B1

really all there?

"Mank" - David Fincher directs his late-father's script that suggests what real-life events might have led up to ideas that booze-swilling Herman Mankiewicz (Gary Oldman) incorporated into his script for "Citizen Kane."

"News of the World" - Captain Jefferson Kyle Kidd (Tom Hanks) rides through post-Civil War Texas reading newspapers to information-starved townsfolk, and becomes a guardian, of sorts, to a young orphaned girl he finds along the way.

"The Painted Bird" - The Jerzy Kosinski novel, about a young boy roaming devastated Eastern Europe near the end of WWII, transfers to the screen with its brooding atmosphere and deeds of psychological horror, and a bit of hope, intact.

"The Personal History of David Copperfield" - This wonderfully entertaining, perfectly acted, gorgeously designed rendering of the Dickens classic freely ranges, like the novel, from being overly dramatic to extremely funny.

"Soul" - The newest Disney-Pixar film tells of a man who achieves his dream of being a musician, almost immediately "dies" (he's stuck in a "holding pattern"), then tries to get back to life, and his dream, while also helping an "unborn soul" find her own inspiration to live.

"The Truffle Hunters" - It's a charming and offbeat documentary about the ins and outs of the rare-mushroom trade in Italy, focusing on the senior citizens who find them, then have to deal with middle-men who have to deal with restaurants. (Opens in March)

"The Vast of Night" - Quiet yet talky, with many incidents but little action, and no "proper" storyline, this engaging and atmospheric little gem seems to be about ETs landing somewhere in New Mexico in the 1950s. I'm still not sure.

RUNNERS-UP

"Da 5 Bloods" - Decades after the war, four American pals return to Vietnam to bring back the remains of a fifth friend … along with oodles of buried gold.

"Mulan" - The best Disney animation-to-live-action adaptation so far.

"Nomadland" - A woman who's tired of the cards she's been dealt hits the road, joining others who have also chosen the roving life.

"The Outpost" - An intimate but tense and action-packed true story of 53 American soldiers trying to fend off 300-400 Taliban fighters in Afghanistan.

"Sound of Metal" - A problematic rock drummer loses his hearing, and the woman he loves, then sets out on a journey of spiritual recovery.

Ed Symkus can be reached at esymkus@rcn.com



TOM HANKS IN "THE NEWS OF THE WORLD" [COURTESY PHOTO / UNIVERSAL PICTURES]

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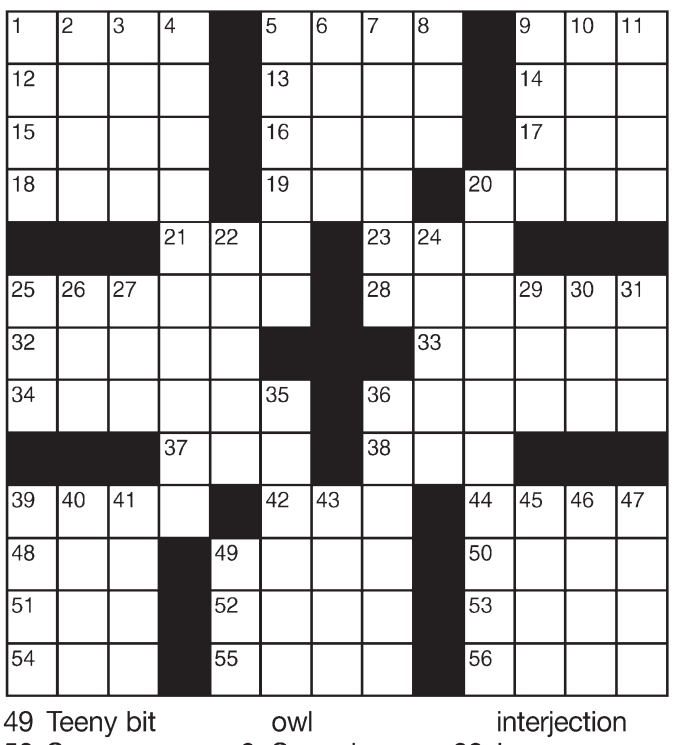
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King Crossword



ACROSS

1 "— Lang Syne"
5 Steed stopper
9 Plead
12 Dandling site
13 Reactions to pyrotechnics
14 Preceding
15 Mid-month date
16 Automaker Ransom Eli —
17 Have a bug
18 Small winning margin
19 Go blue?
20 Air for a pair
21 "How I Met Your Mother" net
23 Census stat
25 Off-course
28 Auction, often
32 Use crib notes
33 Rechargeable battery
34 Grow canines
36 Tourist attractions
37 Moray or conger
38 Coop occupant
39 Witty one
42 Clay, now
44 "Super-food" berry
48 Tramcar contents
49 Teeny bit
50 So
51 Meadow
52 Expression
53 Deserve
54 Spigot
55 Whirlpool
56 "Phooey!"

DOWN

1 Related
2 Loosen
3 Dregs
4 Treated with irreverence
5 "Give a hoot, don't pollute"
6 Sacred owl
7 "Heavens to Murgatroyd!"
8 Donkey
9 Suitor
10 One of HOMES
11 Money
20 Like some drivers or hitters
22 Wash
24 Aladdin's ally
25 Performance
26 The girl
27 Shirt shape
29 Interlaken interjection
30 Long. crosser
31 Mag. staffers
35 Very happy
36 Vibrate abnormally
39 Filly's brother
40 Vicinity
41 Harvest
43 Byron or Tennyson
45 Burn somewhat
46 Atmosphere
47 "— It Romantic?"
49 Chowed down

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FROM THE DOG'S PAW

Have a barkingly meowing New Year!

By Noah! and Samson!

SPECIAL TO THE FAIRFAX COUNTY TIMES

"WOOFS! Happy New Year, Everyone! I hope you had a very Merry Christmas and Santa was good to you!"

"MEOWS! Paws, hard to believe another Christmas passed, and we are celebrating a New Year! The last year went pretty fast, didn't it, Noah?"

"Barks! Yes, and it was a different year too. I liked 2020 because my humans were around more, so we spent more time together! We went on long walks more often, got my belly rubbed a lot, and played fetch more too. Woofs!"

"MEOWS! Well, I enjoyed it too…that is until Dad had to break out into song and scare me half-to-death! I just don't know about him! To think, his father had a beautiful tenor voice. Him? His singing scares the birds, and neighboring dogs start barking! HISS! What is up with that? Other than those moments, it was good to have them home. Especially mom! She and I got to cuddle quite a bit!

I hear humans talking about the New Year and making resolutions. I guess it's their attempt to try and achieve pawfection, right? I'm pawsitive that I am already there. You know cats! We are pawfect from the start and don't have to worry about changing anything or resolutions to get ourselves there! Meow!"

"Well, I know humans, woof, and they would do well to make many resolutions with their pets and achieve them. I have a few ideas to help humans be successful in 2021! Barks!

"Woofs, first and foremost, walk their pets daily. My human takes me on walks twice daily. One walk is our "work-walk," which is a quick half-mile to make sure I do my "business" before he goes to work or appointments. The second walk is my favorite, my "sniff-walk." We go for a few miles for this walk, and I get to stop and sniff along the way. Dad loves this one as he finds spending time with me helps him to de-stress."

"Meows, speaking of stress, humans should spend more time daily petting their cats. Paws, determine a time when you can sit and just relax with your little purrster! Pawchase a few new toys, like wands or balls with catnip. At the end of the workday, or before you start your day, spend a few minutes pawlaying! Purrs that should really reduce your stress."

"I heard my human talking about reading more. Woofs, I like that idea! He has a subscription to a few railroad history and dog magazines, which he wants to read more often. He wants me to curl up with him on the couch or the floor chewing on my favorite toy. I will pawbably snitch his dog magazines and read them so I can be the bestest-dog-I-can-be!"

"Purrs, I know he gets cat magazines too. I am not sure why since he knows that I am the mostest-pawfect-cat-ever, so there is no need to worry about improving me or whatever! I may join in on that reading pawty that could be fun! I'll snitch his cat magazines and learn where OTHER cats need improving! PURRS!"

"Eating healthier? WOOFS! This should be fun and pawlenty of laughs! Dad is a very picky eater, will not eat anything he cannot identify, has sauces, or remotely smells odd or different. He likes meat and potatoes, but that isn't healthy every meal! If he starts a diet of eating healthier, it could be great for me too. Some meals, like a boiled chicken with certain vegetables, could be shared with your pets. Barkingly, don't just do it though, research healthy meals thoroughly for your pets. A consultation with your pet's Veterinarian is a must. In some cases, for medical reasons pawssibly, it could be harmful to feed a healthy human diet to your pets. BARKS! Certain foods, including some fruits and vegetables, are not healthy for them too."

"Meows, oh, this is going to be a pawsomely fun year! Whenever Dad makes resolutions, even just a few, it's fun watching him try. What I find so cool is he always takes care of Noah and me, and if he can spoil us even more, he'll do it."

Get a dog or cat for Christmas? Next week, we paw and meow about your New Year's Resolutions to them!

About us! Barks! Meows! Using humor with facts, Samson and I write about dog/cat adoption, humor, pet care tips and entertaining stories about life with pets! Enjoy our articles? Pawlease follow us at fromthedogspaw.com by email. Samson is Cat-in-Charge, I am Noah, Dog to our human, Allen Pearson Dog Photographer and Writer, www.allenpearsonphotography.com, www.allenpearsonphotographyjournal.com, www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.



ANNA SHVETS / PEXELS



ANNIE SPRATT / UNSPLASH

— King Crossword —

Answers

Solution time: 24 mins.

T	A	R	D	■	Y	D	D	E	■	P	A	T
N	A	R	E	■	M	E	R	T	■	A	E	L
S	U	H	T	■	M	O	T	A	■	E	R	O
I	A	C	A	■	I	L	A	■	D	A	R	C
■	■	■	N	E	H	■	L	E	E	■	■	■
S	T	H	G	I	S	■	E	H	T	E	E	T
D	A	C	I	N	■	■	■	T	A	E	H	C
E	L	A	S	E	R	■	Y	A	R	T	S	A
■	■	■	E	G	A	■	S	B	C	■	■	■
T	E	U	D	■	E	Y	D	■	E	S	O	N
L	I	A	■	S	D	L	O	■	S	E	D	I
E	R	E	■	S	H	O	O	■	E	E	N	K
G	E	B	■	A	O	H	W	■	D	L	U	A

ADORABLE ADOPTABLES

The Feline Foundation

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

Barbie



Breed: Domestic medium hair
Age: 1 year **Gender:** female spayed
Barbie recently gave birth to 6 adorable kittens. She was a great mom and is now ready for her own forever home. Barbie is a petite kitty with a furry tail who enjoys being pet, playing, and hanging in her cat tree watching the happenings outside the window. We think she would be ok with other cats.

Chester



Breed: Domestic short hair
Age: 3 months **Gender:** male neutered
Chester was rescued from a rural overcrowded shelter along with his sister Midnight. He is a snuggle bug and loves to be held. He's the perfect lap warmer for those chilly nights.

Midnight



Breed: Domestic short hair
Age: 3 months **Gender:** female spayed
This sleek black beauty enjoys playtime with her brother Chester. They both came to FFGW from a rural shelter and are looking for a new home together. They are easy going and friendly kittens who can't pass up a good lay to lie on.

Mrs. Clause



Breed: Domestic short hair
Age: 1 year **Gender:** female
Mrs. Claus is ready for a home for the holidays. Mrs. Claus is a sweet affectionate lady who raised two kittens and is ready to be pampered. She likes to play with her kittens as she's a youngster herself. She purrs, loves to be with people and take in as much attention as she can. She has a quiet meow but likes to talk when she is happy to see you.

Sawyer



Breed: Domestic short hair
Age: 3 months **Gender:** male
Sawyer came to FFGW along with his sibling Dalton. Sawyer is outgoing and loves attention. He loves to be held, and purrs all the time. He likes snuggles on the couch after he's had playtime with his feather wand toy.

Dalton



Breed: Domestic short hair
Age: 3 months **Gender:** male
Dalton is a handsome Tabby boy. He loves wrestling with his brother Sawyer who helps him come out his shell. He enjoys a warm lap, lots of treats and chin scratches. He's ready for his forever home with his sibling Sawyer.



Help support FFGW while you shop with our year-end fundraiser! Go to: BoonSupply.com and search Feline Foundation of Greater Washington under find a fundraiser. Every purchase you make sends 40% right to our cause. Gifts, totes, seasonal candles, high quality gift wrap and other goodies to simplify your holiday gift giving. Together, we can make good things happen. Thank you and happy holidays from FFGW!

The Feline Foundation OF GREATER WASHINGTON, INC.



Hand sanitizer safety



By Melissa Erickson
MORE CONTENT NOW

Attached to purses and backpacks, tucked into glove boxes and desk drawers, alcohol-based hand sanitizers are part of our daily defense against COVID-19, but used incorrectly they can be dangerous or even deadly.

At least four people died and others have suffered impaired vision or seizures from drinking alcohol-based hand sanitizer, the Centers for Disease Control and Prevention reported in August.

The potential for danger ranges from incorrectly storing hand sanitizer to mistaking it for a different product or imbibing it as a substitute for an alcoholic drink, said Dr. Diane Calello, executive and medical director of the New Jersey Poison Control Center at Rutgers New Jersey Medical School.

"If you ingest high concentrations of alcohol, you are risking your health and your life; the effects of severe alcohol overdose can be irreversible and deadly," she said.

"Like any product you'd find in a medicine cabinet, these products are designed to be used as intended," said Chris Gerling, senior extension associate at the New York State Agricultural Experiment Station in Geneva.

What's in hand sanitizers

The alcohol content in hand sanitizers is very high, about one and a half to two times as high as might be found in most spirits at the liquor store, Gerling said. The product also contains denaturants, added biological compounds that makes it unfit for drinking, as well as gelling/wetting agents to make it more shelf-stable or to fight molds, and other additives.

"None of these additives is generally good to drink," Gerling said. "An accidental sip will probably not cause much lasting harm, but much more would make you pretty sick."

Even more dangerous, some hand sanitizers that contain methanol, which is even more toxic, are being distributed, warns the Food and Drug Administration. There are over 190 hand sanitizers on the FDA's "do not use" list, with the number continuing to increase. See it at fda.gov/handsanitizerlist.

Stop using any hand sanitizers on the "do not use" list and dispose of in a hazardous waste container if possible. If not, contact your trash or recycling company or local government to ask where you can get rid of hazardous waste.

Those most at risk for life-threatening effects of alcohol overdose from hand sanitizer products are young children and pets who accidentally swallow more than a lick of the liquid or gel, as well as youths and adults who intentionally drink these products to get drunk or high.

"Some people do drink these products to obtain the ethanol in them," Calello said. "While that is a dangerous practice due to the high ethanol concentration, it is clearly more dangerous if the product is contaminated with methanol."

Consuming methanol can lead to blindness, organ failure and even death, she said.

Proper use, storage

Be vigilant when shopping for and storing hand sanitizer. A serious concern is that some manufacturers have designed sanitizers to resemble consumable products such as yogurt pouches, candies, water bottles, beer cans and vodka bottles.

The FDA does not approve hand sanitizers, so if a product says that or makes some other unreasonable claim, it is suspect, Calello said.

If you have young children or pets at home, keep these products up high, out of sight and reach. Do not leave hand sanitizers in easy to reach places. Locked up is always best.

Supervise young children using hand sanitizer and avoid placing in young children's backpacks, lunchboxes or luggage.

"Hand sanitizers are only part of our defense against the spread of coronavirus, and do not replace thorough hand hygiene whenever that is possible," Calello said. "Maintain social distancing, wear a face mask and disinfect frequently touched surfaces in your home, car and office. All of these measures add layers to personal safety, and every bit counts."

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Legal Notice

[(Full name(s) of owner(s)]:
Sang Myung Inc

Trading as:
Evergreen
13860 Braddock Rd Ste B
Centreville, Fairfax County, VA 20121

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

Sang Lee, Owner

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

3007926 (12-25-20, 01-01-21)

PUBLIC NOTICE

The **Fairfax Joint Local Emergency Planning Committee (FJLEPC)** would like to announce that facilities covered under the Emergency Planning and Community Right to Know Act (EPCRA) have submitted the emergency response plans, safety data sheets, and Tier II inventory forms per 42 CFR 116 – 11044. Follow-up emergency notices may subsequently be issued.

Members of the public who wish to review any such plan, sheet, form, or follow-up notice may do so from 8:00 a.m. – 3:30 p.m., Monday through Friday (excluding holidays) at the Fairfax County Fire and Rescue Department, Office of the Fire Marshal, Fire and Hazmat Investigative Services, 12099 Government Center PW, 4th Floor, Fairfax, VA 22035. For more information, please call the FJLEPC staff at 703-246-3973 or email trice.burgess@fairfaxcounty.gov.

Help Wanted

Walk-in Medical Care is looking for a FT/PT physician with ambulatory care experience for immediate start. Please call 703-930-1980 cell daylight hours.

ICloud Technologies Corp, Sterling, VA, seeks Sr. Soft. Dvlprs, Qlty Engrs/ SDETs, Auto. Engnrs. Visit http://www.ictcrp.com/careers/ for reqmnts & to apply online. Or mail resume to 100 Executive Dr, Unit D, Sterling, VA 20166.

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, January 6, 2021, at 7:00 p.m. and a public hearing on Wednesday, January 20, 2021, at 7:30 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR A MASTER SIGN PLAN, ARB #20-027, to consider an application to approve a master sign plan for the multi-tenant commercial building and accessory low rise commercial buildings located at 1025 Herndon Parkway, Herndon, Virginia, located at the southwest corner of the intersection of Elden Street and Herndon Parkway, and further identified as Fairfax County Tax Map 0161-02-0015E. The property is zoned CS, Commercial Services, and consists of 325,968 square feet of land. Owner/Applicant: Elden LLC c/o Ryan Lorey, EDENS. Applicant's Representative/Agent: Gary Brent, MG Permits. **(Continued from the December 16, 2020 ARB Public Hearing.)**

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-001, to consider an application to construct a new wall sign on the multi-tenant commercial building located at 171 Elden Street, more specifically for Unit 3B, Herndon, Virginia, located between the intersection of Elden Street and Carlisle Drive and the intersection of Elden Street and Fairfax County Parkway, and further identified as Fairfax County Tax Maps 0171-29020302A and 0171-29020302B. The property is zoned O&LI, Office and Light Industrial, and consists of 2,673 square feet of floor area within the multi-tenant building. Owner/Applicant: Matthew Fitzer. Applicant's Representative/Agent: Ken Padgett, Mid-Atlantic Permit Services.

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-002, to consider an application to construct a new wall sign on the southern multi-tenant commercial building located at 450 Springpark Place, Herndon, Virginia, located at the northeast corner of the intersection of Springpark Place and Spring Street, and further identified as Fairfax County Tax Map 0162-02-0164B. The property is zoned PD-B, Planned Development - Business, and consists of 274,148 square feet of land area. Owner/Applicant: Springpark Place, LLC c/o Penzance Management, LLC. Applicant's Representative/Agent: William M. Kuker, Klas Government, Inc.

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-003, to consider an application to construct a new wall sign on the southern multi-tenant commercial building located at 505 Huntmar Park Drive, Herndon, Virginia, located at the northwest corner of the intersection of Huntmar Park Drive and Spring Street, and further identified as Fairfax County Tax Map 0162-02-0156D. The property is zoned O&LI, Office and Light Industrial, and consists of 221,890 square feet of land area. Owner/Applicant: Brit-Herndon Square, LLC c/o Kevin Lewis, BECO Management, Inc. Applicant's Representative/Agent: Ken Lake, ARK Sign Services, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning December 31, 2020 after 3:00 p.m.

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 January 1 and January 8, 2021

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, January 6, 2021, at 7:00 p.m. and a public hearing on Wednesday, January 20, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-001, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 647 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0002. The property is zoned R-10, Residential, Single-Family; and consists of approximately 4,926 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-002, to consider an application for a Certificate of Appropriateness to construct a new residential structure and a new accessory structure at 649 Jefferson Street, Herndon, Virginia, located between the intersection of Jefferson Street and Monroe Street and the intersection of Jefferson Street and Quincy Street, and further identified as Fairfax County Tax Map 0162-53-0001. The property is zoned R-10, Residential, Single-Family; and consists of approximately 5,101 total square feet of land. Owners/Applicant: Station House, LLC c/o Stephanie Wright.

APPLICATION FOR NEW CONSTRUCTION, HDRB #21-004, to consider an application for a Certificate of Appropriateness for a newly constructed accessory structure at 757 Grace Street, Herndon, Virginia, located between the intersection of Grace Street and Vine Street and the intersection of Grace Street and the Washington and Old Dominion Trail right-of-way, and further identified as Fairfax County Tax Map 0162-02-0007B. The property is zoned R-10, Residential, Single-Family; and consists of approximately 28,224 total square feet of land. Owners/Applicants: James L. and Elizabeth A. Leach.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning December 31, 2020 after 3:00 p.m.

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Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish January 1 and January 8, 2021



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