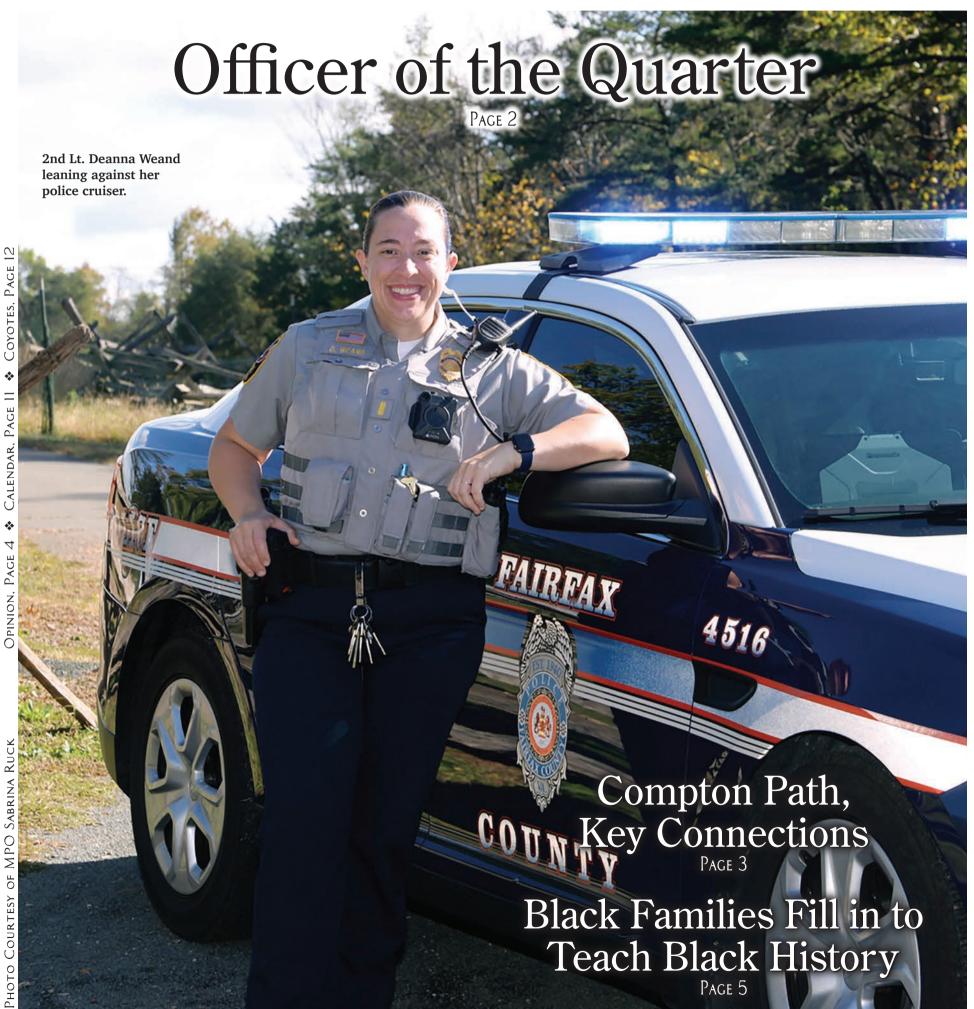
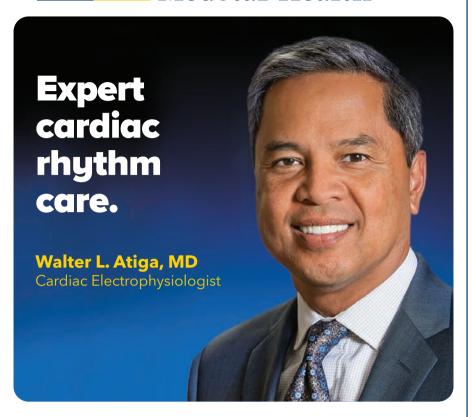
CONJECTION
Reston*Herndon*Chantilly*Centre View



MedStar Health



Dr. Walter Atiga is Director of Cardiac Rhythm Management for Medstar Heart & Vascular Institute's Cardiac Electrophysiology program. He is an experienced leader in the diagnosis and treatment of all types of cardiac rhythm conditions including atrial fibrillation, various types of tachycardia, premature ventricular complexes, bradycardia and syncope (fainting). To treat these conditions, Dr. Atiga uses techniques that include lifestyle management, modern medications, catheter ablation, and the implantation of pacemakers, defibrillators, and other state-of-the-art heart rhythm devices.

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News



PHOTO COURTESY OF MPO SABRINA RUC

2nd Lt. Deanna Weand leaning against her police cruiser.

'Thank You; It Means a Lot when We're Recognized'

Weand is named Sully's Officer of the Quarter.

By Bonnie Hobbs The Connection

raised as a strong leader, 2nd Lt. Deanna Weand was named the Sully District Police Station's Officer of the Quarter for the fourth quarter of 2021. She was honored at the Jan. 12 virtual meeting of the station's Citizens Advisory Committee.

1st Lt. John Lieb, assistant commander of the Sully District Station, nominated her for the award. In it, he noted that she currently serves as squad supervisor of the station's Daywork B squad, as well as the Fairfax County Police Department's Honor Guard coordinator.

In both positions, wrote Lieb, "She leverages her high degree of motivation and her attention to detail to best serve the officers who work under her supervision and the citizens of Fairfax County." And, he added, "During the fourth quarter of 2021, I witnessed firsthand her ability to provide strong operational oversight over several, high-priority calls for service."

For example, he wrote, "In early October, the Daywork B Squad responded to Centreville Regional Library after a community member called 911 to report what appeared

SEE OFFICER WEAND, PAGE 8

Sully District Police to Residents: 'Lock Your Vehicles'

Local police are warning Centreville and Chantilly residents to pay attention to their cars and trucks – because thieves certainly are. During the Feb. 9 virtual meeting of the Sully District Police Station's Citizens Advisory Committee, 2nd Lt. Christopher Wright discussed a recent uptick here in thefts of catalytic converters from vehicles.

"Eight were stolen today in the Sully District," he said. "Thieves are especially targeting Priuses and large trucks. Priuses because of their clean emissions, so their converters aren't as dirty [as other vehicles], and large trucks since – because of their size – their catalytic converters have more minerals in them."

Then MPO Sabrina Ruck spoke about thefts from inside vehicles. "In 2021, the Sully District Police Station took 300 re-

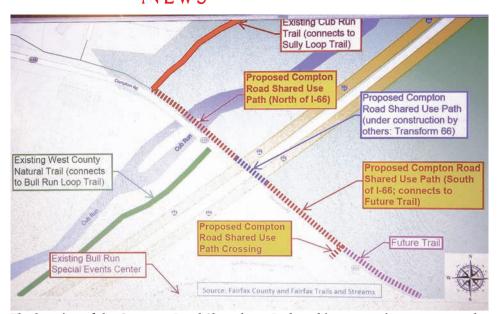
ports of thefts from vehicles – and nearly all were unlocked," she said. "These incidents accounted for 10 percent of Sully's crime."

"Unlocked cars are tempting to thieves, and this type of crime is totally preventable," added 2nd Lt. Deanna Weand. "So make sure to secure your car doors and your valuables."

Furthermore, advised Lt. John Lieb, the station's assistant commander, "Always report these thefts to us, either by phone or online."

For further information, Ruck and Weand made a 3-minute video on this topic, specifically for residents. To view it, go to https://m.youtube.com/watch?v=H-i707L8Wcc.

— Bonnie Hobbs



The location of the Compton Road Shared-Use Path and its connections to surrounding trails.

Project Concept (Section A-A)

One of the trail sections to be constructed

'The Improvements Are Welcome – Keep them Coming'

Shared-use path planned for Compton Road in Centreville.

By Bonnie Hobbs The Connection

airfax County and VDOT are working together to build the 10-foot-wide Compton Road Shared-Use Path in Centreville. One section will go along northbound Compton Road from the Bull Run Special Events Center Access Road to just south of the I-66 bridge. The other section will go from just north of the I-66 bridge to a connection with the existing Cub Run Stream Valley Trail.

The project also includes widening the Compton Road bridge over Cub Run to accommodate the new, shared-use path. The portion of the path under the I-66 bridge is being constructed separately as part of the Transform 66 Outside the Beltway Project. VDOT will construct the parts of the path north and south of the bridge, along the east side of Compton Road.

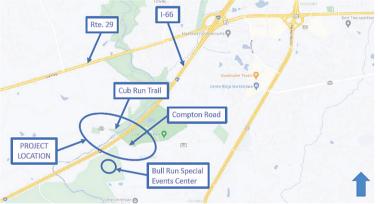
The path is intended to improve mobility, travel choices and safety for pedestrians and bicyclists. It will also provide a connection to surrounding, existing and/or future trails. The segment south of I-66 will be approximately 430 feet long. The segment north of I-66 will be about 380 feet long and includes items that will add to the construction duration – the Compton Road bridge widening, plus relocation of a waterline for the project fill slopes.

Area residents recently learned about the plans during a VDOT, virtual, pub-

lic-information meeting. VDOT Consultant Project Manager Kevin Hurt presented the details. He said the bridge widening will be in the final portion to be completed and that handrails and guardrails will be included.

The project is financed with a combination of federal, state and local funds. VDOT Project Manager Jenny Ha went through the path's estimated schedule and costs. She said a design public hearing will be held this summer, with design approval anticipated by sometime in late spring.

Right-of-way acquisition and utility relocation is expected to begin, the end of this year and continue into 2023. If all goes well, construction should start by spring 2024 and



A wider view of the project's location.

last approximately 20 months.

Total project cost is estimated at \$7.9 million. Of that amount, preliminary engineering is earmarked at \$1.5 million; rightof-way acquisition and utility relocation, \$1.1 million; and construction, \$5.3 million. Some \$4.5 million has already been allocated, with another \$3.4 million pending.

During the meeting's question-and-answer period, resident Mark Scheffler asked what bike-path improvements are planned in Bull Run Regional Park, itself. But FCDOT Project Coordinator Dan Stevens replied, "No other improvements in the park are planned as part of this project."

FCDOT Director Tom Biesiadny explained

that "The purpose of the I-66 trail is to get to the park and connect to the road that parallels I-66 on the south side."

Scheffler asked if a bike-repair station would be part of the project and was again told no. "What safety features are proposed for the entrance to Bull Run Regional Park at Compton Road?" asked John Bell. Hurt said there'll be a painted crosswalk on Compton, plus signage, and the sight distance will be checked

to make sure it's adequate.

Meanwhile, James Zellner stressed that "There's much more foot traffic from the south because there are more houses there."

"We know there's a need for a trail south of the Bull Run Events Center Drive," responded Biesiadny. "But this project is to connect to the I-66 trails and the existing trails to the north."

"The entrance to Bull Run Park is where the traffic is moving quickly," said Zellner. "[So] the improvements are welcome – keep them coming."

For more information about this project, go to https://www.virginiadot.org/ComptonRoad.

FCPS Initial 'Test-To-Stay' Pilot Results

Limited participation attributed to high vaccination rates.

By Mercia Hobson The Connection

ypically, any students who are deemed close contacts of someone who tests positive for the virus in Fairfax County Public Schools are sent home to quarantine for ten days, disrupting in-person learning for remote learning.

FCPS provides an alternative to quarantining to its unvaccinated students through the division's participation in the Virginia Department of Health's Virginia Test to Stay Pilot Program.

school, even if exposed to #COVID19, so they don't miss school to quarantine. Test to Stay + multi-layered prevention strategies help keep children safe & in school for in-person learning," said Rochelle Walensky, MD, and @CDCDirector. According to Kathleen Miller, FCPS media outreach specialist, FCPS began its pilot program the first week in February

2022. "South Lakes High, Robinson Sec-

The Centers for Disease Control and Pre-

vention endorsed "test-to-stay" on Dec. 17,

2021. "Test to Stay is an encouraging pub-

lic health strategy allowing kids to stay in

ondary, Katherine Johnson Middle School, Glasgow Middle School, Bush Hill Elementary School, Baileys Primary School, and Hybla Valley Elementary School ... all participate," she said. FCPS is one of the first school systems in Virginia to roll out the

Dr. Tammy Silipigni is the principal of Katherine Johnson MS in Fairfax, one of the participating schools. She said, "I think it helps alleviate a lot of parent concerns when they hear their child was in close contact

SEE "TEST-TO-STAY', PAGE 8



Mercia Hobson/Connection Newspapers

Jennie Choi, FCPS, removes one of BinaxNOW COVID-19 home tests that eligible COVID-exposed unvaccinated students can use to test at home and, if negative, can return to school without having to quarantine.

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OPINION

Progress Impeded

Delegate Kenneth R. "Ken"
Plum

or much of the last two years I have used this column to laud the steps that were being taken in the Virginia General Assembly with the support of then Governor Ralph Northam to bring Virginia into the modern era. Virginia has a rich history, but one that is also

shrouded in controversy. There is a tendency on the part of long-time Virginians to want to focus on the earliest history of the Commonwealth in the new nation with an emphasis on the Virginia Statute of Religious Freedom, the Declaration of Independence authored by a Virginian, and the Virginia Declaration of Rights that served as a model for the federal Bill of Rights. Unfortunately, the history that surrounded that era is not so glorious. Forgotten until recent times were the indigenous people who were forced out with the settlement of the colony and new state, the horrors of slavery, a Civil War in which the state was a major battleground, and a white supremacist government until recent years.



The shift in attitudes was not confined to Virginia alone as movements such as Black Lives Matter forced us to examine our history and our actions under the laws as they had been written. The success of Democrats at the polls to control both houses of the General Assembly as well as the governorship and attorney general's office brought about the amazing changes in the laws of

Virginia in 2020 and 2021.

Virginia moved into a leadership role in rewriting its election laws to make them among the most progressive in the nation. Early voting was instituted, absentee voting was permitted without the need for an excuse and voting generally was made more accessible. Laws against all forms of discrimination were passed and hate crime laws were strengthened. Common sense gun control laws were passed including my universal background checks bill. Major steps were taken to end the classroom to prison pipeline, and laws that were unevenly applied to racial minorities were repealed or revised. Symbols that represented the oppressive period

of our history were removed. Our educational institutions moved to interpret our history more broadly to be inclusive of all persons who lived in the state.

I was feeling good that democracy was expanded, we were becoming more inclusive, our criminal justice system was being reformed, and our communities were becoming safer. And, then there was the election of 2021. Democrats lost the majority in the House of Delegates, and Republicans swept the statewide elections of governor, lieutenant governor and attorney general.

In the current session of the General Assembly bills have been introduced to turn back all the progress that had been made over the last two years. The clock is being turned back to the more conservative Virginia that many of us have been struggling to get past for many years. All the bills are passing in the Republican controlled House of Delegates. Fortunately Democrats have a majority in the State Senate that will be able to defeat these Republican measures, and our progressive measures will remain in place. We must be eternally vigilant to ensure that while progress might be impeded it is not lost.

Light at the End of Reston Association Tunnel?

By John Lovaas

t seems we are all looking for a "return to normal" these days. The Covid 19 virus has resulted in widespread illness, hospitalizations and a

million deaths. And, thanks largely to Ex-President Voldemort's malicious politicization of public health measures, it has immersed us in destructive social and political upheaval. Essential health protocols of course have affected our schools, government, businesses and community organizations, like Reston Association (RA).

RA leaders and staff, by avoiding direct contact with people they serve and moving to the virtual world of Zoom have been less accessible and transparent. Nearly all RA staff were at home, presumably on duty, but largely out of touch with Reston. In one stretch, for example, the RA CEO was gone from Reston (to a Norfolk, VA home) for four months. The community was unaware he was away. RA leadership is still in pandemic mode, in the virtual world. The current Board of Directors seems content with seclusion.

From what we know, these two years have not been RA's finest hours. Maintenance of swimming pools was delayed. Permanent closure of four pools, three of them in lower income neighborhoods, was being considered and may

The Independent Progressive

have contributed to delaying maintenance. When word of the plans somehow leaked, the Board denied this was the case, despite

remarks by the now former CEO to the contrary. Happily, hurried refurbishing is now scheduled at the Shadowood Pool, a target of closure plans, and will allow it to open on schedule this year.

IT operations in general have been a shambles. The main RA website has been down altogether or "under construction" for two years. There have been security breaches, hidden by the Board until they were blurted out by a fedup Board member ignoring a Board gag order. A breach cost RA about \$100,000, all but \$10K of which luckily was covered by insurance. The former IT chief left two years ago. A new one hired to straighten out the mess left several months ago. There is now an interim, consultant Chief Information Officer. After much dispute on the Board, an IT Advisory committee was created to audit the IT wreckage and recommend a way forward, presumably including the hiring of a full-time CIO.

In what appears to be a response to revealing of covered-up breaches, the Board Governance Committee began work on a new Non-Disclosure Agreement (NDA)

rule to prevent Board members and VOLUNTEER advisory committee members from revealing sensitive or embarrassing stuff. I'm sure readers will remember NDAs! They are the devices used by former President Voldemort to silence mistresses and other corrupt acts. They have no place in our community association.

Otherwise, what do we have to show from RA for the last couple of years besides less responsiveness and now a sharp increase in our assessments? So, where is the light at the end of this gloomy tunnel? Let me explain.

First, the search for a CEO to replace the guy who left last August is about to conclude, hopefully with a vast improvement. Once the new CEO is on Board, he or she will need to promptly recruit his picks to fill gaping holes in senior staff ranks—a CFO, CIO, HR, and Director of Environmental Operations. In addition, I'm thinking

he'll need a new Deputy or COO, as 35-year veteran Larry Butler is likely to retire in the near future. Renewal of nearly all of the organization's top echelon is overdue and should bring needed new energy.

Lastly and equally important, three of the nine members of the RA Board will be replaced by election in the March vote. This is great news. All three candidates are unopposed, hence almost certainly will be elected to full 3-year terms ... assuming they get the requisite 10% of the eligible votes. The three candidates are exceptional, well qualified RA members familiar with the Association and our community. Laurie Dodd, Irwin Flashman and Glenn Small are all worthy of your votes.

The result of their election will be to create a new majority and a new direction for the Reston Association. So...Not only is there a light at the end of the tunnel, but it is a bright one!

Submissions for Pet Connection

Our next Pet Connection will publish the last week of February, Feb. 23, 2022. Photo submissions are due by Sunday, Feb. 20, 2022. Sooner is better. Please complete a submission form and send us your photo(s). http://www.connectionnewspapers.com/pets/ or email editors@connectionnewspapers.com

We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults. Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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Black History Month: Filling in the Gaps

African American parents are giving their children accurate and comprehensive

lessons on Black history.

BY MARILYN CAMPBELL THE CONNECTION

hen Tracy Grant's fifth-grade son Hunter came home from school one day during Black History Month several years ago, she recalls his recounting of a lesson that he'd just learned. He said that his social studies teacher told the class that most slaves were treated well because their owners saw them as an expensive investment. Grant was speechless.

"I was baffled by that level of ignorance. Did that teacher not know that slaves could have their finger chopped off for knowing how to write or that some small slave children were fed slop in the same trough that were used to feed pigs on the plantation?" asked Grant, a registered nurse and Springfield mother of two. "That was when I decided that if I wanted my children to learn about Black history, I would have to teach them myself."

In the age of racial tension and restrictions around the teaching of African American history, black parents are serving as history tutors to ensure that their children receive a comprehensive and unbridled education on the atrocities, both past and present, faced by members of the African diaspora. A few local parents share their ideas.

"I don't focus on blaming or bad mouthing anyone, but I make sure my children know about the racist things that happened in the past," Anderson said. "They have to know our country's past actions so that they can understand what is going on today and why. Minimizing the realities of slavery does a disservice to not only Black students, but to society as a whole. How can we even begin to deal with racial problems in this country if children grow up with inaccurate views of the tragedies of our

From slavery and lynching to the Jim Crow era and the Civil Rights Movement, Grant uses trips to historical sites to give her children a lesson in Black history. "When I take my children and their friends to Mount Vernon, I don't go on the guided tour," she said. "I give them my own tour and explain our history. No matter how the media portrays us today, our children need to understand that we come from hardworking ancestors."

As an African American parent, Gloria Anderson, a Chevy Chase, Maryland mother of three, believes that it is her job to offer her children in-depth lessons rather than www.ConnectionNewspapers.com



African American parents and grandparents, like Vonetia Hartley, pictured here with three of her grandchildren, are giving their offspring in-depth lessons during Black History Month.

"Most people think of Martin Luther King and Rosa Parks when they think of Black history, but there are so many more people of color who have made great contributions to this country,

— Tracy Anderson, mother of three

broad overviews. "Most people think of Martin Luther King and Rosa Parks when they think of Black history, but there are so many more people of color who have made great contributions to this country," she said. "Everyone should visit the African American History Museum. Even though we've made strides, stereotypes and feelings of victimization have caused members of our race to have a sense of hopeless-

"I have to make sure that my children know about Black heroes like Dr. Charles Drew, continued Anderson, referring to an African American surgeon who was known

See Black History Month, Page 8



The Closet thanks the shoppers, donors, volunteers, and staff who make The Closet successful and allow us to give back to the local community!

In 2021, over \$132,000 in grants were given to these local non-profits:

All Ages Read Together

Insight Memory Care Center

Britepaths

Just Neighbors

Cindy's Legacy

Kidpower

Computer Core

Kids R First

Cornerstones

Lift Me Up

Dolly Parton Imagination Library **Literacy Council of** Northérn Virginia

Family Pass

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Fellowship Square

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Food for Neighbors

Pathway Homes

Helping Hungry

Shelter House

Herndon-Reston Fish

Stroke Comeback Center

Herndon Senior Center

Vecinos Unidos

Herndon Village **Network**

Additionally, \$32,000 in post-secondary education scholarships were given to students from five area high schools.



The original U.S. Army Band at Fort Hunt in 1922.

It All Started at Fort Hunt The U.S. Army Band centennial was Jan. 25, 2022.

By Glenda C. Booth THE CONNECTION

ort Hunt Park's visitors today hear crows cawing, chickadees chirping, airplanes descending to National Airport and vehicles buzzing up and down the George Washington Memorial Parkway. One hundred years ago, they might have heard the melodious sounds of trumpets, saxophones and flutes rippling across the rural landscape from what was then the U.S. Army's Fort Hunt.

January 25, 2022, marked the centennial of the U.S. Army Band's founding at Fort Hunt.

In 1922, the Coast Artillery Corps was stationed at the fort to help protect Washington, D.C., the nation's capital, from naval assault ships coming up the Potomac River, though one observer at the time wisecracked that this unit was not capable of attacking a dinghy.

The Army had started a music school in 1910-1911 at the Washington Barracks, today's Fort Mc-Nair, but when they organized a formal band of around 100 men, they moved to Fort Hunt because some buildings, now long gone, were available. Most of the band members were single and lived in barracks. In just nine months, September 1922, the band moved from Fort Hunt to the Washington Barracks.

There's another local connection: Fort Belvoir's Army Institute of Heraldry created the Army Band's uniform, one authorized exclusively for this band.

The original band had both professionals and novices. The first leader, Warrant Officer Francis Leigh, graded the musicians.

"Some could barely play an instrument," snickers Adam Lessard, today's head of the band's collections and archives.

The band's first public performance was at an April 27, 1922 dedication of a statue of General Ulysses S. Grant at the U.S. Capitol. To travel from Fort Hunt to performance sites members had to be

Members of the U.S. Army Band "Pershing's Own" march down Pennsylvania Avenue during the 59th Presidential Inauguration in Washington, D.C., Jan. 20, 2021. Military members from across all branches of the armed forces of the United States, including Reserve and National Guard components, provided ceremonial support and Defense Support of Civil Authorities during the inaugural period.



The Official Fanfare Ensemble to The President of The United States.

"creative," Lessard says, navigating over muddy roads, using street cars and taking water taxis across the Potomac River. (The south section of the George Washington Me-

morial Parkway to Mount Vernon Estate was completed 1932.)

They had their first radio broadcast in 1923 and in the 1930s averaged four a week. In 1927, they / Chantilly Connection / Centre View February 16-22, 2022

In 1942, Fort Myer in Arlington

performed at a ceremony honoring

Charles Lindberg's historic Spirit

of St. Louis flight from New York

to Paris, France.

became their home installation they often play for funerals and ceremonies. Fort Myer today is called Joint Base Myer-Henderson Hall.

Starting as a mostly concert \bar{b} band of around 86 musicians, today the band has 256 professional musicians who stage 6,000 performances or missions a year. There's a concert band, ceremonial band, strings, chorus, herald trumpets, blues band and a band that plays rock, pop, country, rhythm and blues and inspirational music.

Pershing's Own

The band is called "Pershing's Own" because General John "Black Jack" J. Pershing believed the U.S. Army should have a band like the polished ones he had seen in Europe in World War I. He ordered the band's formation and believed it could boost the troops' spirits.

MAKING HISTORY

Today's Pershing's Own is a group of highly-trained, professional musicians who perform at some of the nation's most high-profile events, for U.S. Presidents, the U.S. Congress and foreign dignitaries.

They are the official band for full honor ceremonies at Arlington Cemetery's Tomb of the Unknown Soldier. They provide buglers for wreath layings and do the fanfare for arrivals of foreign heads of state. They perform patriotic programs, for example, at the U.S. Capitol with the National Symphony Orchestra.

Mount Vernon resident Sergeant First Class Paul Tucker, a saxophonist, loves the camaraderie, shared sense of mission and playing with world-class musicians, he says. "Performing in the Army Band at important ceremonies and concerts in our nation's capital has been an incredible honor, whether it is the Presidential inaugural parade or a Medal of Honor recipient ceremony or an outdoor summer concert. It is personally very re-

SEE IT ALL STARTED, PAGE 7 www.ConnectionNewspapers.com

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Sgt. Major Christal Rheams sings with The U.S. Army Blues.



The U.S. Army Strings perform in the Rose Garden of The White House.

It All Started at Fort Hunt

warding to both make music and also represent the U.S. Army."

The band welcomed John Glenn back from his historic space flight in 1962 and played for the Apollo 11 astronauts' return from the moon in 1969. Pershing's Own performed at the 1987 summit of U.S. President Ronald Reagan and the Soviet Union's General Secretary Mikhail Gorbachev.

After the Sept. 11, 2001, terrorist attacks, band members helped with recovery efforts at the Pentagon and a month later, participated in a memorial service at New York City's Ground Zero. They performed for the 50th anniversary of NATO (North Atlantic Treaty Organization) in 2005.

In 2021, they played for the post-inauguration wreath-laying ceremony for President Joseph Biden at Tomb of the Unknown Soldier. Their brass quintet, one of the band's ensembles, played for people arriving for the late General Colin Powell's funeral this past November.

Diplomacy

The musicians have also practiced diplomacy. In World War II, the band had a two-year deployment to North Africa and Europe. It came under a German V-2 rocket bomb attack in Antwerp, Belgium, in 1944. Rockets aside, "Playing concerts in countries like Algiers and Morocco, they were representatives of the American liberating force," Lessard says.

In 2002, some band members did a six-day USO tour of Kuwait, Afghanistan and Uzbekistan to support Operation Enduring Free-

The band had a memorable exchange with China's Military Band of the People's Liberation Army in 2011 and 2012, performing together at the Kennedy Center, at the United Nation in New York and in China, playing both American and Chinese pieces. "We are more similar than we are dissimilar," commented then Major General Michael Linnington.

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The U.S. Army Herald Trumpets for the White House arrival of Chinese President Hu Jintao with U.S. President George W. Bush.



Staff Sgts. Adrienne Doctor and Sidonie McCray play taps for a wreath-laying at The Tomb of the Unknown Soldier.

When dignitaries visit the U.S., the band plays the national anthem of the visitor's home country.

Hollin Hall resident and percussionist Larry Ferguson found his two USO tours to Iraq and Afghanistan to be very rewarding. For him, the band has been a capstone of his musical pursuits that started 36 years ago. At age 10, he began playing drums and he's been a percussionist playing instruments like the drum, cymbals, xylophone, triangle and tambourine for 20 years. "The Army and the Army band have been an amazing career. I've been fortunate enough to pursue my passion while giving something back to the nation through concerts and high-profile ceremonies," he says.

Emily Ross, who handles band operations, played the clarinet

with the band for 17 years. "It's a great way to serve your country and perform the music that you love," she believes. Band members surely agree.

Forthcoming Events

The U.S. Army Band will have several centennial events, including an April gala concert at Washington's Constitution Hall, virtual and outdoor concerts and possible tours. Visit usarmyband.com, Facebook www.facebook.com/ usarmyband, Instagram @usarmyband, and YouTube www.youtube. com/c/usarmyband

In China

See the YouTube documentary, "In China," the U.S. Army Band's trip to China, https://www.youtube.com/watch?v=BL5VJ9o7y6g





Publishes: February 23, 2022 Ads submitted by: February 17, 2022

The Pet Connection will publish on February 23 and photos and stories of your pets with you and your family should be submitted by February 17.

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Reaching Suburban Washington's Leading Households

Oak Hill/Herndon / Reston / Chantilly Connection / Centre View 💠 February 16-22, 2022 💠 7

Weand Is Named Sully's Officer of the Quarter

From Page 2

to be someone sleeping or passed out on the sidewalk, just beyond the library parking lot. Once inside an ambulance, [the female victim] disclosed that she was raped by two unknown men the night prior."

Lieb wrote that Weand assumed operational command over this scene and "ensured that the victim was treated with the compassion and care she deserved, while making certain that the integrity of the evidence on scene was not compromised. The Commander of the Major Crimes Bureau expressed appreciation for the work of the first responding officers and for the smooth transition of the case to investigators who are working diligently to ensure closure and successful prosecution."

Then, in mid-November, Weand responded to the 4500 block of Quiet Brook Court after police received a report of a grandfather chasing his teenage grand-children with a kitchen knife in an attempt to stab them. According to Lieb, "Weand took command and tactically orchestrated a perimeter while arranging via phone for the teenagers and their grandmother to safely exit the house. Upon verifying that all victims and innocent bystanders were out of the house, Weand and her officers attempted to order the suspect out of the home, but he refused.

"Recognizing this as a single-person barricade with a suspect who posed no additional imminent threat to himself or others, Weand properly de-escalated and tactically repositioned her officers away from the house." Professional services were provided to the victims and their grandmother; as for the grandfather, police arrested him, several days later, without incident.

"It should be noted that, following critical events and priority calls for service, Weand ensures that her squad conducts thorough de-briefs and identifies areas for improvement," wrote Lieb. "She also routinely praises her officers for superior conduct and fosters a family-like environment on her squad."

Exemplifying this attitude, Weand and her officers volunteered to oversee the Sully District Station's holiday-decorating efforts in both October and December 2021. "She sacrificed her off-duty time to ensure that the roll-call room was well-decorated and provided for a festive environment for all personnel to enjoy," wrote Lieb. "Due to her efforts, the Sully District Station was awarded by [County Police] Chief [Kevin] Davis with a pizza party, as winner of the Halloween decorating contest."

Finally, concluded Lieb, "It is with great pleasure that I nominate 2nd Lt. Weand as Officer of the Fourth Quarter, 2021. I know you share in my appreciation for her reliability as part of our leadership team. Thank you in advance for your consideration of this nomination."

After the presentation at the CAC meeting, Weand – who joined the event via Zoom – said, "Thank you very much for this honor. It means a lot to the officers when we're recognized."

Education Learning Fun

Black History Month: Filling in the Gaps

From Page 5

for his lifesaving blood plasma research.

Many Post-Civil War periods in African American history, such as the forced sterilization of African American women, are omitted from mainstream teachings, says Anderson. "Reading historical fiction gives children a sense of the psychological damage that African Americans have endured throughout history," she said. "I make sure that all of my children read books like 'Like Roll of Thunder Hear My Cry' by Mildred Taylor. It paints a real picture of what life was like for sharecroppers. There are some children who grow up thinking that sharecropping helped Black people get on their feet and create a better life for themselves after slavery ended. In reality, Whites used lynching, beatings and burnings to intimidate sharecroppers so they stayed chained to the land without the possibility of improving their lives."

Presenting Black history in a way that young children can understand, preschool teacher Vonetia Hartley, Alexandria mother of three adult children and four grandchildren, uses the achievements of prominent African Americans figures to help her students and grandchildren realize that there are no limits to what they can achieve. "I want them to understand the importance of knowing who they are and how unique they are," she said. "I want them to know that there are so many options in their future. Whether they want to be president, governor, doctor, police officer, airplane pilot or inventor, they can become it."

Extending lessons on African American history beyond 28 days in February is what Grant encourages. "It should be woven into our everyday lives so that it's not seen as something special to think about in February," Grant said. "Our ancestors made contributions that affect us every day."

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FCPS Initial 'Test-To-Stay' Pilot Results

From Page 3

because they are getting that every-day-able to test for those critical days when they're worried themselves," she said. Silipigni noted that the school has a population of students that have not elected to be vaccinated. "This is helping kids who will be out much longer than their peers," she added.

Silipigni said she had heard from some parents who were initially excited about the testto-stay program, "but they didn't realize it was for unvaccinated."

Asymptomatic students who are not up-to-date on COVID-19 vaccines, willing and able to mask, with a signed consent form and no special circumstances existing such as outbreaks are eligible; the exposure must have been school-associated, not from the household. If the student is not eligible, the student must comply with the current FCPS quarantine policy.

Jennie Choi is the Case Manager at Katherine Johnson school. "The test is for five (consecutive) days, weekends and holidays we don't count," she said. The parent sends the school an email in the morning with the proof of the negative test, and the student can attend in person that day.

According to FCPS: "Three FCPS students took advantage of the Test to Stay program during the first two weeks the program was available. These unvaccinated, symptom-free students who were deemed close contacts to a person with Covid-19, were able to continue to attend school while completing daily testing and remaining symptom-free."

According to FCPS, several of the seven participating schools in the pilot program have not yet had any students participate. "FCPS attributes this to high vaccination rates in Fairfax County, especially among middle school and high school-age children."

Fairfax County Fire & Rescue Transitions From All Advanced Life Support System

Reintegration of the dual-tier EMS system.

By Mercia Hobson The Connection

ver the next several months, the Fairfax County Fire & Rescue Department is making some changes in staffing to accommodate staff shortages beyond concerns about Covid. Migrating from an all Advanced Life Support system back to a two-tiered Emergency Medical System system will allow countywide coverage that addresses the current hiring situation.

On Feb. 8, Assistant Fire Chief Thomas Arnold said that the county's Fire & Rescue Department does not view any challenges or negative impact on the 12 stations that have converted units. The initial change will be followed by a performance data acquisition and analysis review period.

The twelve fire stations are Annandale 8, Bailey's Crossroads 10, Great Falls 12, Chantilly 15, Clifton 16, Gunston 20, Reston 25, West Springfield 27, Fox Mill 31, Fairfax Center 40, Crosspointe 41, and Scott's Run 44. According to Arnold, the Fire & Rescue Department would operate 43 transport units, 12 Basic Life Support, and 31 Advanced Life Support.

While Great Falls Citizens Association expressed concern about the plan, Supervisor John Foust said, "Chief Butler and his team are very conscientious and provide an excellent level of service to all county residents, including Great Falls residents," Foust said. "They would not adopt a service model that puts peoples' lives at risk. They have explained the difficulty in recruiting and retaining paramedics and how their plan makes adjustments that will maximize the utilization of the paramedics. I believe that plan will be implemented without adversely impacting the service that is provided."

The degree of training and certification dictates duties, with Advanced Life Support, paramedic being the highest. Advanced Life Support providers may provide cardiac life support, CPR, endotracheal intubation for airway management, intravenous catheters for medication and fluid administration, and more as pre-hospital emergency medical treatment.

Arnold wrote the factors that came into play to determine which stations were the percentage of Advanced Life Support/Basic Life Support dispatches, call volume, and proximity to hospitals. He cited that some averaged less than two hours of utilization per 24-hour shift due to the saturation of Advanced Life Support equipped transport units. Using a variety of data points and an equity lens avoided disproportionately impacting certain county areas more than others.

The Fire & Rescue Department's former all Advanced Life Support system prioritized having an Advanced Life Support provider, www.ConnectionNewspapers.com



Screenshot

Fire Chief John Butler, Fairfax County Fire and Rescue



Fairfax Center, Station 40 in Fairfax

a trained paramedic, on all transport units. However, he added, "This move requires the abundant availability of Advanced Life Support providers and comes with associated personnel, equipment, and training costs." When the Fire & Rescue Department implemented the current staffing model in 2015, it was determined that the county needed to hire 48 new paramedics each year to meet the target goal of Advanced Life Support providers and account for attrition. But the Fire & Rescue Department has averaged only 20 new Advanced Life Support providers per year over the last eight years, accounting for 43 percent of the target goal.

The loss of Advanced Life Support providers and not being able to replace them left the Fire & Rescue Department to depend on staff overtime and the use of "dual-hatters," Advanced Life Support providers who served in two roles at the same time — as an Advanced Life Support provider and an apparatus driver, or as an Advanced Life Support provider and a unit officer. Conflict may arise when both tasks are vital and time is of the essence.

Although the Fire & Rescue Department



Fairfax County Fire and Rescue





Photo by Mercia Hobson/Connection Newspapers

Reston, Station 25 in Reston

relied on using dual hatters for over ten years, which helped bridge staffing challenges, it proved less than ideal due to the issues presented, according to Arnold. When dual hatters have other primary responsibilities, their skills degrade when assigned to stations with lower call volumes. "Over time, this may adversely impact patient care," Arnold said.

Arnold added that the overall impact of the change on staffing needs would be a decrease in Advanced Life Support providers per day and an increase in Basic Life Support providers per day. The transition would be permanent and not part of the staffing adjustments made in early January due to the rise in COVID cases among staff.

As for procedures, EMTs can perform, Arnold wrote, "The potential skills at which our EMTs can perform has increased over the last several years as the Virginia Office of Emergency Medical Services (VAOEMS) adds skills to the EMT scope of practice." These include administering oral glucose, Epi Rite, baby aspirin for chest pain, iGel airway insertion, tourniquet use, and hemostatic gauze for wound packing. "Working with our Operational Medical Director, the Fire & Rescue Department has added skills to the EMT. This increased skill set will allow EMTs to perform skills that previously could only be completed by an ALS provider," he said. Skills that will be implemented soon, according to Arnold, are administering oral ondansetron for nausea/vomiting, acetaminophen/ ibuprofen for pain, and other procedures.

Proposed unit reductions formally came to light on Jan. 11, during the Board of Supervisors Public Safety Committee Meeting. According to Fire Chief Butler, it was a question of balancing reduced staffing and health and safety department staff with service to the community.

"We're working through some challenging times as you've seen and heard me talk about," Butler said, referring to, among other things, vacancies, COVID cases, and attri-

"We estimated we would have around 90 vacancies today (as of Jan. 1, 2022), but we're currently at 105 with the two recruit schools in session. ... Then omicron happened, and that took up a lot of the gains we had achieved from the new graduating classes and wiped those gains out ... causing our vacancies to spike," Butler said.

There is a concern for the health and safety of the Fire & Rescue Department providers and frontline responders.

"Some have been working 60 consecutive hours at a time. This poses a risk to them at work and commuting to and from their homes to their families, the fatigue factor," Butler said. "So, we're here to provide the highest quality service to our community and balance staffing." The Fire & Rescue Department has a reported 1,260 career staff.





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Obituary

Obituary

WEHMANN- Grace Meta, age 92 of Herndon, VA was the last Haefele child of her generation. Grace passed quietly with family by her side. Grace was lovingly cared for by her daughter Janet and family, with whom she lived the past several years.

She was born in Huntington, New York on February 23, 1929, the year of the Great Stock Market Crash. She is preceded in death by her husband Benjamin, and children Robert Benjamin and Nancy Joyce. Also preceding her were parents Frank Xavier and Meta Lena Haefele, grandparents George and Lena Schlotterer and Frank and Ana Haefele, and siblings Helen Adams, Alberta Calandrillo, Edna Morgan, Ethel Haefele, Frank Haefele and Henry Haefele. She is survived by children John Frank Wehmann, James Henry Wehmann, Janet Grace Higgins, Jennifer Caroline Picardi, eleven grandchildren and four great grandchildren.

Grace left her childhood home after a devastating fire, spending her senior year in high school in Fayetteville, North Carolina with Kenneth and Helen Adams, Grace's sister. She returned to Long Island, New York upon graduation and worked at Hazeltine during WWII. She married the love of her life Benjamin Henry "Red" Wehmann on February 12, 1949 at Central Presbyterian Church in Huntington. Grace and Ben later became members of Northport Baptist Church until moving to Reston, VA in 1996.

She inherited her love of music and the arts from her parents and enjoyed playing the piano. Her faith and family gave her the greatest joy.

A service was held at Cornerstone Chapel, 650 Battlefield Parkway SE, Leesburg VA 20175. Receiving of friends was held at 1:00 pm with the service starting at 2:00 pm on Thursday, February 10, 2022. A graveside service was held at Long Island National Cemetery; service area 2L located at 2040 Wellwood Avenue, Farmingdale, NY at 1:30 pm on Friday, February 11, 2022.

Employment

Employment

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Calendar

NOW THRU FEB. 27

"Winter Winds" Art Show. 12-5 p.m. At Reston Art Gallery and Studios, 11400 Washington Plaza W. at Lake Anne, Reston. See the season's sentiments depicted in oil, acrylic, and watercolor paintings, mixed media collage, metal mobiles, and more, created by the eight artists of RAGS. Open weekends, 12-5 pm, through February 27, located at the "ART" sign on Lake Anne Plaza.

Visit the website: www.restonartgallery.com.

NOW THRU MARCH 13

"The Phlebotomist." Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. At 1st Stage, 1524 Spring Hill Road in Tysons. Tickets can be purchased online at www.1ststage.org or by calling the 1st Stage box office at 703-854-1856.

THURSDAY/FEB. 17

Mardi Gras Celebration. 12-2 p.m. At the Vienna Community Center, 120 Cherry Street SE, Vienna. Cajun cuisine lunch, Mardi Gras mask making, trivia and entertainment. Dressing up is part of the celebration so be sure to wear purple, green and gold. To register, call 703-281-0538.

FRIDAY/FEB, 18

Les Ballets Trockadero de Monte Carlo. 7 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Couldn't you use a good laugh? "The Trocks" recreate the glories of the Royal Imperial ballet in the biggest pointe shoes you'll ever see. Cost is \$40/\$30 MCC district residents.

FEBRUARY 18 TO MARCH 13, 2022

"Every Brilliant Thing." At NextStop Theatre, 269 Sunset Park Drive, Herndon. Guided by an unnamed narrator, the audience is drawn into the story of a young boy who tries to cure his mother's depression by creating a list of all the most wonderful things in the world. At times humorous and at others gut-wrenching, this extraordinary, interactive play brings the actor and audience along together on a unique journey of shared discovery and catharsis. Visit www.NextStopTheatre.org.

FRIDAY/FEB. 18

Old Firehouse Snack & Paint Night. 7–9 p.m. At the Old Firehouse, McLean. Whether you are a beginner or an expert, love snacks or want to get your hands dirty with some paint, come on down to the Old Firehouse for our Snack and Paint Night. Led by a professional art teacher, the event will allow you to create your own masterpiece with your family while having tons of fun doing it. All materials and snacks are included in the fee.

SUNDAY/FEB. 20

Annual Salzman Lecture. 7 p.m. Via Zoom. At Lewinsville Presbyterian Church, 1724 Chain Bridge Road, McLean. The lecture will feature Dr. Charles Chavis, Jr. on the subject of "Hidden in Full View: Confronting the Legacy of Racism in the Age of Fracture." Dr. Chavis is the Founding Director of the John Mitchell, Jr. Program for History, Justice, and Race at George Mason University's Jimmy and Rosalynn Carter School for Peace and Conflict Resolution. Visit the website: https://www.lewinsville.org/events/salzman-lecture/

SUNDAY/FEB. 20

Traditional Celtic Music. 4:30 and 6:30 p.m. At the Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Featuring Abbie Palmer: Scintillating Celtic harper and singer. Tickets must be purchased in advance through the link at www.oldbrogue.com: \$21 general admission. Season ticket: \$110.

SUNDAY/FEB. 20

Maple Syrup Boil Down. Noon, 1 p.m. and 2 p.m. At Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Bundle up, watch, and learn as sap is boiled down into sweet syrup over an outdoor, open fire. Sample the delicious combination of maple syrup served



Les Ballets Trockadero de Monte Carlo will perform on Friday, Feb. 18, 2022, at the McLean Community Center in McLean.

over cornbread made from Colvin Run Mill cornmeal. Cost is \$10 per person. Call 703-759-2771.

FEB. 21-MARCH 30

Fiber Optics. 11 a.m. to 4 p.m. At McLean Textile Gallery, 6819 Elm Street, McLean. Philadelphia printmaker Fay Stanford will show her fabulist banners. Stanford creates wry fairy tales about suburban family life – especially death, disease and aging. Visit the website: mcleantextilegallery.org.

THURSDAY/FEB. 24

Performing Arts Documentaries. 1 p.m. At The Alden, McLean Community Center, McLean. Learn a little about the performing arts through these one-hour (or so) documentaries. Safety permitting, join Performing Arts Director Sarah Schallern Treff for a discussion after.

FRIDAY/FEB. 25

Sweetheart Parent & Child Dance. 7–9 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. For all ages. Children can come to MCC for a fancy "date" with their parents or guardians. Create lasting memories by joining us at the MCC's Sweetheart dance. Activities include a dance lesson, music played by a DJ, a photo booth and craft activities. Visit www.mcleancenter.org

FRIDAY/FEB. 25

McLean Art Society Meeting. 10 a.m. to noon. Via Zoom. Ann Wallace, an established local artist who paints with pastels, will be the featured presenter at the meeting of the McLean Art Society. The meeting will be held on Zoom and the art demonstration will begin at 11 a.m. Guests are invited and anyone who would like to be included for the Zoom presentation should contact M.A.S. President Anna Katalkina at annakatalkina@aol.com.

FEB. 25-26

Capital Remodel and Garden Show. At the Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Barry Williams, former teen star of "The Brady Bunch" and of HGTV's "A Very Brady Renovation," will be headlining. More than 200 companies will be on hand to showcase the latest products and services in ome remodeling, renovation, home décor landscape and garden design. An ongoing schedule of home remodeling and landscape experts conducting seminars will be carried out throughout the three-day event. From 10 a.m. until 9 p.m. Friday and Saturday and from 10 a.m. until 6 p.m. on Sunday. Tickets may be purchased at: www.capitalremodelandgardenshow.com

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Date With Destiny – Or Not



By KENNETH B. LOURIE

Despite having cancer and having been given a "terminal" diagnosis/"13 month to two years" prognosis in late February 2009, I rarely, believe or not, consider my own mortality. Well, occasionally in these columns, but day-to-day, hardly ever. Oddly enough, something occurred the other day which meant very little to me when I first heard about it until I read more about it today on the ESPN website. 'It' being that former Major League baseball player Jeremy Giambi had died. Mr. Giambi was 47, but initially no cause of death or any other particulars were provided. Today's story, an Associated Press release filled in some of the gaps. His cause of death was suicide and listed his date of birth (finally the point of this column) as September 30, 1974.

Why should you care? Probably not for the same reason as I do. Jeremy Giambi and I share the same birthday: Sept. 30, though not the same birth year. Nevertheless, seeing a person you have heard of – which I have, or whom billions of others haven't, die, and whose birthday is identical to yours is - sobering, and I don't even drink. In an odd and complicated way, seeing/hearing/reading about someone dying with whom you share a birthday is unsettling somehow. To invoke a "Star Wars"' reference, I feel something akin to a weakening of the force. And in this context, that feeling being whatever intangible/ physical/spiritual 'force' keeps us alive. I don't want to see anyone dying, especially anyone who has the same as birthday as I do. It's as if any other person dying who has a September 30 birthday affects my mortality somehow, and that I'm at greater risk because of it, like we have some sort of connection. It's like when another cancer patient succumbs to our shared disease. I don't exactly feel their pain, but I feel the loss, as if I've lost a key member of Team Lourie. And as a cancer patient still undergoing treatment, I don't need any negativity

In fact, I can't see how thinking about death in any context is helpful. Early on in my cancer life, I was told by multiple medical professionals how important – and helpful, maintaining a positive attitude would be – and has proved to be. Though there's no real empirical evidence, anecdotal evidence suggests however, that there is a link between attitude and survival. As a longtime cancer patient who has remained positive about this incredible negative, I believe this to be way more than an abstract theory.

For me, and all of you, life goes on until it doesn't, duh. Still, I don't want or need to be reminded of my own mortality, in any context. Moreover, I realize I had already jumped to the head of the mortality class when I was diagnosed 13 years ago. Perhaps I'm overstating the significance of Mr. Giambi's death to me? Perhaps, his having been a Major Leaguer who played his last season for the Boston Red Sox, my hometown team, and I'm a sports' guy from Boston, intensifies the effect on me? Whatever it is, I don't ever want to see my birthday associated with death.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

Coyotes Spotted in All Parts of Fairfax County

Seldom seen, coyotes have been living next to people for a long time.

By Mike Salmon The Gazette

coyote spotted in Lee
District Park caused some
alarm amongst nearby
residents that coyotes
possibly pose a threat to pets that
are left unattended.

"Coyotes differ from most other wildlife species in urban areas in that they are often perceived to be a danger or a nuisance simply by being seen," says Fairfax County information on the website. "Most complaints regarding coyotes are that they occur near people, even when no incidents or damages have occurred. Simply seeing a coyote should not be cause for alarm."

A picture of the animal at Lee District Park was posted on the Nextdoor social media site, and there were several responses.

Renee Grebe, of Loft Ridge Small Side, praised the presence of coyotes. "We've got them all over here - what a joy to have! Thank you, coyotes, for helping keep our rodent population in check," she said.

In nearby Huntley Meadows Park, coyotes have been heard after dark, said one of the Friends of Huntley Meadows Park.

Marlene Koenig of Manchester Lakes said on social media, "I have seen [coyotes] in the Kingstowne area since the late 1990s. There is a pack of perhaps six that live in Huntley Meadows. You can hear the howling at times."

According to the county, coyotes are opportunistic foragers with diverse diets that commonly prey on small animals such as mice, rats, voles and rabbits but will also readily eat fruits, plants and carrion.

But coyotes may "mistake" small, unattended pets including cats and small dogs as prey.

"They will however see any small pets as food, particularly outdoor cats, when they find them wandering off in the woods," according to Alonso Abugattas in the Capital Naturalist blog. "This is just one more good reason among so many to not let cats out."

"Coyotes are remarkably shy and avoid people any way they can," Abugattas said. "Most are rarely seen, and certainly are no danger to people."

Coyotes are territorial and may view larger dogs as potential competitors, particularly from January to June while mating and birthing pups, although actual confrontations are rare.

In May 2018 Animal Protection Police Officers and the Fairfax County Wildlife Management Specialist reported that a small dog was attacked and killed in the forested area of the Parklawn community of Alexandria.



Photo contributed

Coyotes have been seen in every part of Fairfax County.



PHOTO CONTRIBUTED

This coyote goes to the Lake d'Evereux neighborhood frequently. The neighborhood is right next to Huntley Meadows Park.

"The best way to safeguard pets in areas where coyotes are active is to keep them indoors and do not leave them outside without supervision," said Dr. Katherine Edwards, Fairfax County Wildlife Management Specialist.

According to the Capital Naturalist blog by Abugattas, https://capitalnaturalist.blog-spot.com/ or on Facebook:

"Our Eastern Coyote (Canis latrans) ... was first noticed around 1930 or so spreading East near the Great Lakes, as Western Coyotes wandered over and took over the areas vacated by most gray wolves. They mixed with Algonquian Wolves and continued to travel, mixing along the way with dogs as well. What resulted was a mix

of about 60% Western Coyote, 30% Algonquian Wolf, and the remainder dog, though these averages can vary. They are now found in every county in the mid-Atlantic.

"The Eastern Coyote is bigger than those in the West, about the size of a border collie or even German Shepherd, often between 45 to 55lbs, though occasionally bigger. The males are usually larger than the females. They are not only larger, but often tend to be more quiet than their western cousins, not howling as much, and often in much smaller groups. Their color can be variable as well, though they're often some shade of tan, with erect ears, bushy downward-pointing tail with a dark tip. Most have white chins as well."



NEXTDO

Coyotes are in every part of the area. These were near the Potomac River on the Maryland side.

Fairfax County lists a series of tips for coexisting with coyotes:

- Never feed or attempt to "tame" a coyote.
- ❖ Place garbage and compost in an animal-proof container, such as a metal trash can with latches on the lid or secure with bunger cords
- ❖ Do not feed pets outside or store pet food outside.
- ❖ Keep small pets inside and do not leave unattended when outside.
- Provide secure shelters for poultry, rabbits, and other vulnerable animals.
- * Coyotes are most active at night and early morning hours; however, they may be active during the day in search of food or denning sites.
- ❖ If you see a coyote crossing your property, and you don't want it there, let use hazing techniques to frighten coyotes from the property or exclusion measures to restrict their access. Yell and wave your arms at the coyote. Use noisemakers such as whistles, air horns, bells, "shaker" cans full of marbles or pennies, or pots and pans banged together.

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