

Be Independent

The Fairfax Independent

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Focused on the 300-Pound Gorilla: Not Cats and Dogs

Northern Virginia is home to the world's largest and fastest-growing data center market, with a concentration of over 300 data centers in Loudoun, Fairfax, and Prince William counties.

Written by Tania Hossain
The Fairfax Independent

According to Northern Virginia Technology Council's 5th biennial "*The Impact of Data Center on Virginia's State and Local Economies*" report, these data centers have become a critical component of Virginia's economy, contributing \$31.4 billion in economic output and supporting 78,140 jobs in 2023.

However, the rapid expansion of this industry has also raised significant environmental concerns, as data centers consume vast amounts of electricity, water, and land. Our research found very little information on regional security now that the regions data centers represent 70% of the world's internet passing through Ashburn, also known as Data Center Alley.

The Dominance of Data Center Alley

Data Center Alley around Ashburn, has emerged as the premier destination for data center development in the world, according to the Federal Reserve Bank of Richmond: Econ Focus Second Quarter 2023. Furthermore, the report states that 35% of all known hyperscale data centers are located in Virginia.

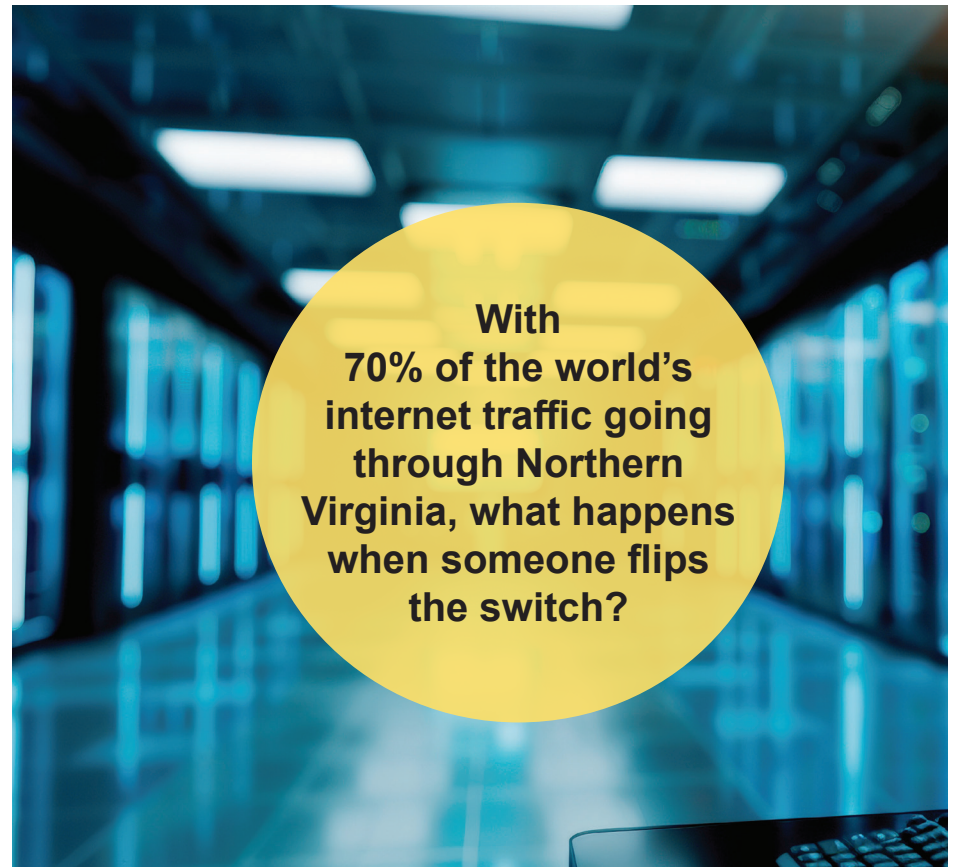
The growth of data centers in Northern Virginia has been driven by the region's advantages, including its proximity to the nation's capital, abundant land, low energy costs, and robust fiber network infrastructure.

The early development of internet exchange points, such as MAE-East in Washington, D.C., and the subsequent investments in fiber optic cables, created a virtuous cycle of increased bandwidth and reduced latency, further attracting data center operators to the region.

Northern Virginia's data center industry has become a critical component of the state's economy, contributing significantly to investment, job creation, and tax revenue. However, the rapid growth of this industry has also raised substantial environmental concerns that will require a balanced approach to regulation, industry initiatives, and public-private collaboration to ensure sustainable development. As the world's largest data center market, Northern Virginia's ability to navigate these challenges will have significant implications for the future of cloud computing and digital infrastructure.

So, we raised the regional security question in our candidate questionnaire for the congressional and senatorial candidates on the ballot this election to represent Fairfax City residents. You can read our candidates questionnaire on our Fairfax Asks section of our website: www.tfinews.press/category/fairfax_asks

We will continue with discussions about this 300-pound gorilla – it might become a 800-pound gorilla by the time we fully understand local implications of this silent giant that is home to 70% of the worlds internet traffic...just think about that. ■



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The Fairfax Independent, your source for local news, stories, and community updates. Established in our beloved City of Fairfax and operating since July 4, 2024, The Fairfax Independent part of a consortium of local newspapers published by The Independent News Press.

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Meet the Editorial Team

We want to thank you, the Fairfax City Community, partners and advertisers for the warm welcome of our inaugural issue. We couldn't be prouder and cannot wait to continue to highlight the voices and perspectives of our diverse community. We'd like to introduce you to the team that makes it all happen. As always say informed, stay connected and be independent.

Tania Hossain Managing Editor



Tania serves as the Managing Editor of *The Fairfax Independent* and co-partner of *The Independent News Press*, which publishes a consortium of local newspapers and supports hometown authors.

She holds master's degrees in public policy and national security management from George Mason University. With a career spanning three decades, Tania has experience in the multistate expansion, growth, and operations of an American Fortune 500 company, and worked for a global patent licensing firm. She has extensive experience in local government and had brief engagements in state and federal governments.

Over the last decade she has re-defined herself as a quintessential American entrepreneur. She focuses on photography portfolio, wellness store and publishing work. She owns Studio B by Tania Hossain Photography - a newborn and kids studio - located in the City.

She started as a GMU student and now thrilled to own two businesses in her beloved City.

Caleb Brooks Sports Writer



Caleb is a home-schooled high school freshman deeply enthusiastic about sports. He plays catcher and pitcher for his travel baseball team as well as shooting guard and center for his basketball team.

Caleb recently joined *The Fairfax Independent* as a sports reporter covering high school athletics.

Angie Tran Art Director



Angie is a creative and technical marketing professional with 20 years of experience in the creative development of several successful marketing programs, branding and design in both the non-profit and for-profit sectors.

As a marketing consultant, she supports non-profits and small business owners with creating their brand personalities, building websites and managing their social media.

She's a food lover and you can often find her running around town photographing local food spots and sharing her journey through Instagram @Crazychewygood.

She joins *The Fairfax Independent* as the Art Director.

Hannah Lee Policy & Government Writer



Hannah is a senior at Centreville High School, where she seeks initiative in the educational community and the representation of the student body. Along with her dedication to education, Lee has interned with the Office of the County Attorney in Fairfax County and Chap Petersen & Associates, PLLC.

She devotes her free time to working with children, trying new cafes, and fishing on the coast. She hopes to ultimately become an attorney.

Hannah recently joined *The Fairfax Independent* as a featured writer on policy and government.

Taslima Islam Web Content Manager



Taslima lives with her family in Northern Virginia and completed her master's in computer science this past May.

She loves Fairfax City, where many of her favorite clients are based. As a freelance web developer, she creates custom websites and recently joined *The Fairfax Independent* as a website content manager.

Grace Brooks History & Politics Writer



Grace was born and raised in the City of Fairfax. As a lifelong resident of the area, she is passionate about telling the stories of its people, examining the politics that affect its community, and understanding its history.

In July, Grace graduated from the College of William & Mary with a master's degree in history, specializing in the politics of the 1920s and 1930s. She recently joined *The Fairfax Independent* as a featured writer on politics and history.

Savi Mamgain Marketing Coordinator



Savi has lived in Fairfax, Virginia for her whole life. She is a senior at Woodson High School and is very interested in the history of the City of Fairfax. She joined *The Fairfax Independent* as marketing and social media coordinator.

Advertising in The Fairfax Independent Can Be Rewarding and Fun!

Our direct mail monthly print circulation goes out to 15,000 City homes and businesses and additional pieces are distributed at various pickup locations throughout the City. We offer digital and print ad placements.

You might be wondering why you should advertise in a local newspaper. The answer is simple: Location, location, location. Your target audience lives and works in the area, so it makes sense to use a medium that directly reaches them, rather than one that's distant from your business. One major advantage of local newspapers is the trust they command. Subscribers value these papers for their reliable and relevant local news, which means your ad benefits from this inherent trustworthiness. Additionally, advertising in a local paper supports the community by contributing to the local economy and most importantly your advertising dollars help keep our newspaper free for our readers. The Fairfax Independent is dedicated to showcasing local businesses, employing local talent, and celebrating the community's charm.

The Fairfax Independent would love to help your business and work with you.

Why Advertise In The Fairfax Independent?

70% of households with an income above \$100,000 are newspaper readers (Mansi Media, n.d.). The median household income for Fairfax City is \$128,000 (US Census).

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Source: 2015 study by Coda Ventures

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Source: 2016 study of 2,400 U.S. consumers by Marketing Sherpa

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Source Mansi Media 2022
Valassis Consumer Intel Report

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Top Media Advertising 2022 / Statista Fact

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Government Imposter Scams

Consumers reported more than 498,000 imposter scams to the Federal Trade Commission in 2020.



Republished from ScamCops.com
September 24, 2023

Government imposter scams are a type of fraud in which scammers pretend to be government officials, such as representatives of the Social Security Administration (SSA), the Internal Revenue Service (IRS), or law enforcement agencies, to trick victims into providing personal information or making payments. These scams can take many forms and can be conducted over the phone, through email, or in person.

How Government Imposter Scams Work

Government imposter scams typically involve the scammer contacting the victim and posing as a government official or law enforcement agent. The scammer may use scare tactics to convince the victim that they are in trouble and need to take immediate action. They may threaten the victim with arrest, fines, or other legal consequences if they do not comply with their demands.

The scammer will then ask the victim to provide personal information, such as their Social Security number, bank account information, or credit card details. They may also ask the victim to make a payment using a prepaid debit card, gift card, or wire transfer. In some cases, the scammer may ask the victim to download and install software that allows them to take control of the victim's computer or access their personal information.

How to Protect Yourself from Government Imposter Scams

Here are some tips to help protect yourself from government imposter scams:

Know How the Government Operates

Be aware of how the government operates and how they typically communicate with citizens. For example, the SSA will never call or email you to request your Social Security number or ask you to pay money to avoid losing benefits.

Don't Provide Personal Information

Never provide personal information, such as your Social Security number, bank account information, or credit card details, unless you are certain of the legitimacy of the request. If you are unsure, hang up and call the government agency directly using a phone number from their official website.

Don't Make Payments with Gift Cards or Wire Transfers

Government agencies will never ask you to make a payment using a prepaid debit card, gift card, or wire transfer. If a caller or email asks you to make a payment using one of these methods, it is likely a scam.

Be Wary of Unsolicited Calls or Emails

If you receive an unsolicited call or email from someone claiming to be from a government agency, be cautious. Do not provide personal information or make a payment until you have verified the legitimacy of the request.

Report Suspicious Activity

If you receive a suspicious call, email, or text message, report it to the appropriate government agency. You can also report government imposter scams to the Federal Trade Commission (FTC) at www.ftc.gov/complaint.

In conclusion, government imposter scams are a serious threat, and it is important to be aware of the tactics used by scammers to avoid falling victim to their schemes. By staying informed about the latest scams and taking steps to protect yourself, you can help prevent these scams and keep your personal information and finances safe. ■

44%
of Americans have
encountered a government
imposter scam

How The Scam Works

-  You get a call. It may display the government agency name on the caller ID.
-  You're told you owe money. That you'll be arrested if you do not pay. They may even know the last 4 digits of your Social Security #.
-  You pay the money. You find out you were scammed and your money is gone.

How To Protect Yourself

-  Always be on alert. Be wary of the caller if it sounds suspicious. Hang up immediately.
-  Don't trust the Caller ID. Look up the phone number of the agency yourself and call for verification.
-  Never give out your personal information including banking information and passwords.

Protect yourself and your
community.

Tell the FTC about scams and
bad business practices.

ReportFraud.ftc.gov

(Source: Federal Trade Commission)

“Dog Bite” Case from Fairfax County Vindicates First Amendment Rights

Written by Chap Petersen
Republished from The Virginia Attorney
September 15, 2024

Over the next fifty days, thousands of volunteers will be knocking on doors for the 2024 election cycle. A large number of them will be young people.

What happens if something goes wrong?

On a perfect fall day in October 2019, a high school student was knocking on doors in Clifton Virginia for a House of Delegates candidate. It was the classic example of a young person earning “government hours” while talking to registered voters.

As he approached a single-family residence, a large dog came out from behind the house and attacked him. The student was bitten all over his body, before the dog was eventually pulled off.

It was a foreseeable injury as the dog had eight previous biting incidents, primarily involving strangers that came to the front door. Yet the dog was not secured. The student’s family retained me and two years later we filed suit.

The case was tried in 2022. After hearing all the facts, a jury returned a verdict for \$45,000 in damages. The defendant’s lawyer appealed on the grounds that my client was a “trespasser” who had assumed the risk of any injury. My response was that the First Amendment protects the act of political canvassing, unless and until the homeowner posts a “No Trespassing” sign.

You are not a trespasser when you go door-to-door, and you also have a right to be free from physical attack.

Last fall we had our argument before the Virginia Court of Appeals. The Court issued their opinion last week and upheld the verdict (in other words: we won). Door-to-door campaigning is not trespassing. It is a protected constitutional right. So go ahead and canvass those neighborhoods this fall, without fear. ■

David Jones, et al. v. Minsung “Joseph” Kim:
www.law.justia.com/cases/virginia/court-of-appeals-unpublished/2024/1348-22-4.html



Exercise Your First Amendment This Election Year but Be Aware



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10/6/24 - THE HEART COLLECTORS (AUSTRALIAN FOLK GROUP)

10/25/24 - HOUSE OF HAMILL (UPCYCLED CELTIC FOLK) WITH OPENER NICOLE BELANUS

10/27/24 - MAGICAL MYSTERY GIRLS (BEATLES TRIBUTE)

10/30/24 - LYNNE HANSON (AMERICANA)

11/2/24 - GRATEFUL ALLMAN BAND EXPERIENCE WITH OPENER JDAB

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The U.S. Opioid Crisis: Political Methods of Alleviation

Today, the number of deaths driven by drug overdoses has exceeded that of car accidents. Furthermore, a majority of the drug overdoses have been associated with opioids—both of prescriptive and illicit nature.



Written by Hannah Lee
The Fairfax Independent

Opioid Usage in the United States

In 1895, the United States welcomed a new “wonder drug” formulated by the German drug company Bayer: Heroin (Realuyo, 2019). As noted by authors from the British Medical Journal, “...it soon became clear that heroin rapidly metabolized to morphine and consequently shared all of its associated risks, including addiction, central nervous system depression, and death” (Dhalla, et al., 2011). Today, the number of deaths driven by drug overdoses has exceeded that of car accidents. Furthermore, a majority of the drug overdoses have been associated with opioids—both of prescriptive and illicit nature.

The extent to which opioid overdoses have affected the nation is highlighted by the United States’ Surgeon General Vivek Murthy in a health report regarding the dire need for a national response to the crisis: “Since 2000, overdose deaths from opioid drugs have more than quadrupled, translating to nearly one death every half hour... In a 2016 report, more than 10 million Americans reported nonmedical use of prescription opioids and 900,000 Americans reported use of heroin in the past year” (Murthy, 2016).

With the severity of national opioid usage, the United States’ efforts to alleviate this crisis should be evaluated through a political lens in order to better understand the impact of government policies and determine the effectiveness of such political interventions. By evaluating key pieces of historical and modern legislation, active policymakers and government officials can analyze the beneficial approaches to the crisis while recognizing errors to provide the foundation for creating new and effective methods of intervention.

The Harrison Narcotics Tax Act (1914)

In the early 1900’s, different nations enforced various legal regulations limiting opioid usage upon discovering health issues associated with the entire family of drugs (Dhalla, et al., 2011). The United States enforced an initiative of this nature called the Harrison Narcotics Tax Act in 1914, which “taxed, but did not wholly prohibit, the production and distribution of cocaine and opioids” (Bowers and Abrahamson, 2020).

The controlled distribution of narcotics allowed for the continued prescription of

the drugs, rather than allowing for an unreined, uncontrolled market. With the implementation of taxes on drugs, the Harrison Narcotics Tax Act established the “beginning of the U.S. government’s war on drugs” (Redford and Powell, 2016). This fee attempted to moderate the crisis by working to reduce the drug market size with the addition of taxes and treat the addiction of drug users by allowing medical professionals to prescribe substances such as opioids, which would have supported the cessation of this crisis.

Despite intending to curb the United States’ rapidly growing crisis, the effectiveness of the Harrison Narcotics Tax Act was arguably ineffective, with certain aspects of the act being described as causing more damage than progress.

“Since 2000, overdose deaths from opioid drugs have more than quadrupled, translating to nearly one death every half hour.”

As written by economic experts Audrey Redford and Benjamin Powell for the Independent Review, “One consequence was the lack of clarity regarding doctors’ privileges. There was a great deal of ambiguity in the law as it was written; it stated that selling drugs prescription was unlawful and listed several exceptions” (Redford and Powell, 2016). Despite the ability for doctors to prescribe drugs to treat patients’ dependence, the vagueness within this medical-legal aspect of the act caused issues for its enforcement, and the possibility of medical professionals facing legal consequences due to the implications of the Harrison Narcotics Tax Act would have poised a hindrance on its effectiveness within the realm of healthcare. A second consequence was the elimination of secure drug sources, as the higher prices virtually eliminated the market of previously safe and legal sources for addicts and habitual users (Redford and Powell, 2016).

The addition of taxes reduced the activity of legal drug markets, and the usage of illicit sources for such substances by users worsened the crisis by increasing the number of individuals that derived their drugs from unsafe and illegal sources, which would have amounted to a greater rate of health issues and a greater proportion of opioid-related fatalities. Despite the noted observation of its consequences, the Harrison Narcotics Tax Act would finally be replaced nearly five decades later. As written by drug history expert David T. Courtwright for the New England Journal of Medicine, “Years later, the Harrison Act is no more, having been replaced by the 1970 Controlled Substances Act. Yet the Harrison Act’s aggressive enforcement set in motion a public health catastrophe by creating durable precedents against maintenance” (Courtwright, 2015).

continued from **Opioid**, page 7

Regardless of the federal government's intentions to subdue a raging addiction-epidemic in the United States, the Harrison Narcotics Tax Act was ineffective and lacking in clarity and safety. The inability to fulfill these particular angles of opioid usage would result in the conclusion by experts that this act was overall not successful, leading to its failure to alleviate the opioid crisis and later on, its eventual replacement.

The Affordable Care Act - 2010

In 2010, President Barack Obama signed the Affordable Care Act, or the ACA, into effect. This legislation intended to make affordable health insurance available to a greater range of citizens, expand the Medicaid program to cover all adults, and support innovative medical care delivery methods designed to lower the costs of health care (U.S. Centers for Medicare & Medicaid Services, n.d.)

A defining legacy of this act was the requirement that health insurance would provide parity for mental health and substance abuse coverage, thus providing thousands of Americans with access to healthcare that they would otherwise not have been able to afford (Office of the Press Secretary, 2016 as cited in Brand, 2018). The aftermath of the law's passage was deemed by Eileen Burgin of the University of Vermont as highly successful, with Burgin echoing such success through the highlighting of different statistics: "Over 17 million uninsured individuals have acquired insurance since the ACA's enactment. The share of Americans without coverage fell from 13.3 percent in 2013 to 10.4 percent in 2014, the largest single-year drop since 1987. Minorities and young adults have experienced the greatest rise in insurance coverage" (Burgin, 2015).

Despite this novel source of financial support for millions of medically uninsured citizens across the nation, a specific observation within the financial status of beneficiaries was noted in a more negative connotation. Burgin elaborated on this detail, elaborating how with states that had not enlarged their Medicaid programs, "millions of people are caught in a "Medicaid gap," too poor to receive ACA exchange subsidies but unable to qualify for Medicaid" (Burgin, 2015). This point is essential to note when acknowledging the financial status of the majority of American drug users. According to public health expert John E. McDonough, "The most widely reported media accounts of the opioid crisis involve middle- or upper-class Americans... Nevertheless, the broad population of substance abusers in the United States is heavily tilted in the low-income direction... The linkage among poverty, mental health, and substance abuse is well documented" (McDonough, 2016).

Acknowledgement of the resulting situation—citizens deemed "too poor", a demographic that has been noted for drug use, facing essential exclusion from the benefits of the ACA—brings forth the questioning of effectiveness of this act. Although citizens of lower financial status may not become recipients of this law's benefits, those of "middle- and upper-class" statuses as stated by McDonough are still able to become beneficiaries. Thus, with this "limited" support based on the financial classing of citizens, the ACA can be concluded as being somewhat effective, depending on which portion of the population is being analyzed.

Conclusion

As the opioid crisis continues in the United States, millions of families continue to be impacted physically, mentally, and financially by the draining impacts of drug use and addiction. The United States' government has attempted to intervene on different occasions, reaping varying circumstances and results; The Harrison Narcotics Tax Act of 1914, despite its addition of taxes on opioids, allowed for the prescription of opioids for medical reasons or treatment of dependency. Furthermore, it drove drug users to more insecure and illicit sources of drugs. Meanwhile, the Affordable Care Act of 2010 granted millions of citizens health insurance among other benefits, however, raised concerns with its "exclusion" of citizens from lower financial statuses.

While the Harrison Narcotics Tax Act and the Affordable Care Act would attempt to address Americans' drug use, both laws ultimately did not fully acknowledge nor efficiently alleviate the opioid crisis in the United States. The disparities within the addressment of creating a more dangerous and illegal drug market and the nearly selective economic conditions of certain acts have not allowed for the passage of a fully effective law that resolved the opioid crisis. Though there have been smaller legislation and drafted bills throughout the years, the United States has yet to enforce a multi-part law tackling the entirety of the crisis.

Moving forward, policymakers, citizens, and all stakeholders across the nation should work to research other previous and active legislation to understand the effectiveness of different legal elements beyond the scope of merely the Harrison Narcotics Tax Act and the Affordable Care Act. Recognizing disparities within legislative actions allows for their entire prevention in the future, and with time, the construction of an ultimate bill that can utilize learnt components regarding opioids and acts to alleviate the crisis as a whole.

In order to take the first step towards such a future, all citizens—regardless of ethnicity, gender, socioeconomic background, and so forth—should engage in education about the crisis, the relevance of the issue within their communities, and collaboration with local policymakers and politicians. Each and every person is responsible for the creation of an improved future, in which younger generations will be able to flourish without the dragging shadows of today. ■

(For references, see online article at: www.tfinews.press/category/community/opioidcrisis)

**The most
widely reported
media accounts
of the opioid
crisis involve
middle- or
upper-class
Americans.**



OP-ED

We Need Responsive, Fiscally Responsible, and Effective Government in Fairfax City

Written by Erik W. Kuiler
A Concerned Citizen

All city elections are important. However, in the upcoming election we also have to make a choice that affects the future directions of Fairfax City government: Do we want a partisan-driven government that reflects primarily the ideologies and philosophical inclinations of political party machines? Instead, do we want a nonpartisan government in which the mayor, city council members, and elected city officials leave their political preferences at home as they address the issues that affect all of us who live and work here?

We have a tradition in Fairfax City of nonpartisan city government that has its roots in the history of the country. We must honor and reaffirm that heritage.

The American commonwealth has a history of political independence that warns us against the dangers that factions can introduce into a democracy. In *The Fairfax Resolves* (published in 1774), which provided the basis for a number of United States foundational documents, such as the Constitution and the Bill of Rights, George Mason and George Washington argued for the institution of a representative government that would not be constrained by factions.

In Fairfax Resolve 3, Mason and Washington posited that a government, and, by extension, its officials and agents, that did not listen to the concerns of those governed and failed to address those concerns lost its legitimacy to govern. This proposition holds as true today as it did in 1774. In a democracy sovereignty comes from the people. Thus, George Mason went a step further. He refused to sign the Constitution, much to the consternation of George Washinton and the other signers, because George Mason was concerned that, without a bill of rights, the new American government could descend into “a corrupt, tyrannical aristocracy,” in effect, could become a government ruled by the tyranny of a minority.

James Madison, in *Federalist 10*, described how the proposed Constitution would help deflect the negative effects of political parties. Furthermore, he argued that factions, united by a common cause, passions, or interests, were, more often than not, indifferent, or opposed, to the rights, interests, and wellbeing of others. Likewise, George Washington in his final address (published in 1796) also warned against the dangers of factions (as well as “foreign entanglements”). Approximately forty years later, Alexis de Tocqueville, in his two-volume *Democracy in America* (published in 1835 and 1840) considered town government free from political factions to be a great strength of our democracy. However, he also identified slavery and factions as the two greatest threats to our democracy.

As history shows us, political factions subvert respectful civic discourse with sophistry and sanctimony. Centuries ago, Thucydides observed this phenomenon and noted its effects in his *History of the Peloponnesian War*:

[3.82.4] Words had to change their ordinary meaning and to take that which was given them. Reckless audacity came to be considered the courage of a loyal supporter; prudent hesitation, specious cowardice; moderation was held to be a cloak for unmanliness; ability to see all sides of a question incapacity to act on any. Frantic violence became the attribute of manliness; cautious plotting a justifiable means of self-defence. The advocate of extreme measures was always trustworthy; his opponent a man to be suspected.

Thucydides’ observations are as relevant now as they were in Greece in the fifth century BCE.

The tradition of nonpartisan government in Fairfax City reflects the concepts of nonpartisanship and voter independence promulgated in the nation’s founding documents. In this context, to argue that factions are good for the governance of the commonwealth is laughable if it were not so spurious. Furthermore, to suggest that

certain paragraphs in the Fairfax City Charter (such as §3.3, for example) are sufficient to preclude partisanship in our city elections is disingenuous, especially if political committees (i.e., political machines) require pledges of allegiance to the committees’ political doctrines and ideologies from their members.

The City of Fairfax Democratic Committee (CFDC), for example, requires its prospective members to abide by the following pledge: “I declare myself to be a candidate for membership on the City of Fairfax Democratic Committee (CFDC.) I also declare that I believe in the principles of the Democratic Party and I will not support any candidate opposed to any Democratic nominee or any candidate endorsed by a Democratic committee for as long as I am a member of this Committee” (my italics).

The introduction of partisan political ideologies to local elections and city government raises the specter of elected offices, such as the Commissioner of the Revenue or the City Treasurer or school boards, for example, becoming, in effect, sinecures or patronage jobs because only those candidates chosen by their respective political committees may be assured of having more than reasonable chances of winning those elections.

The results of a recent Mason-Dixon poll, conducted May 23-24-2024, indicate that 66% of the voters surveyed in the poll knew that Fairfax City had a tradition of holding nonpartisan elections. Furthermore, the poll’s results support the argument that Fairfax City voters prefer independent candidates and elected officials who are not beholden to any local political party committee. Moreover, the results of the poll indicate that voters do not want the introduction of political agendas to city government. Such agendas are likely to stifle the innovation and creativity necessary to explore alternatives in defining and solving local problems.

One reason tyrannical governments fail is that they set up political machines that prize loyalty, ideology,

and doctrinal purity more than the open-mindedness and courtesy in civic discourse that are essential to the establishment of sound, practical, and productive government institutions. Rather than politically correct partisans, the results of the poll indicate that we need city officials and city staff members who will listen to the concerns of residents, will engage them in respectful discourse, and will formulate policies and seek solutions that will continue to make Fairfax City a safe and pleasant place to live. To summarize, we need responsive, fiscally responsible, and effective government in the Fairfax City, not political ideologues. ■

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Eternal Quest for Balance: 510 Trees to Fall for the Future

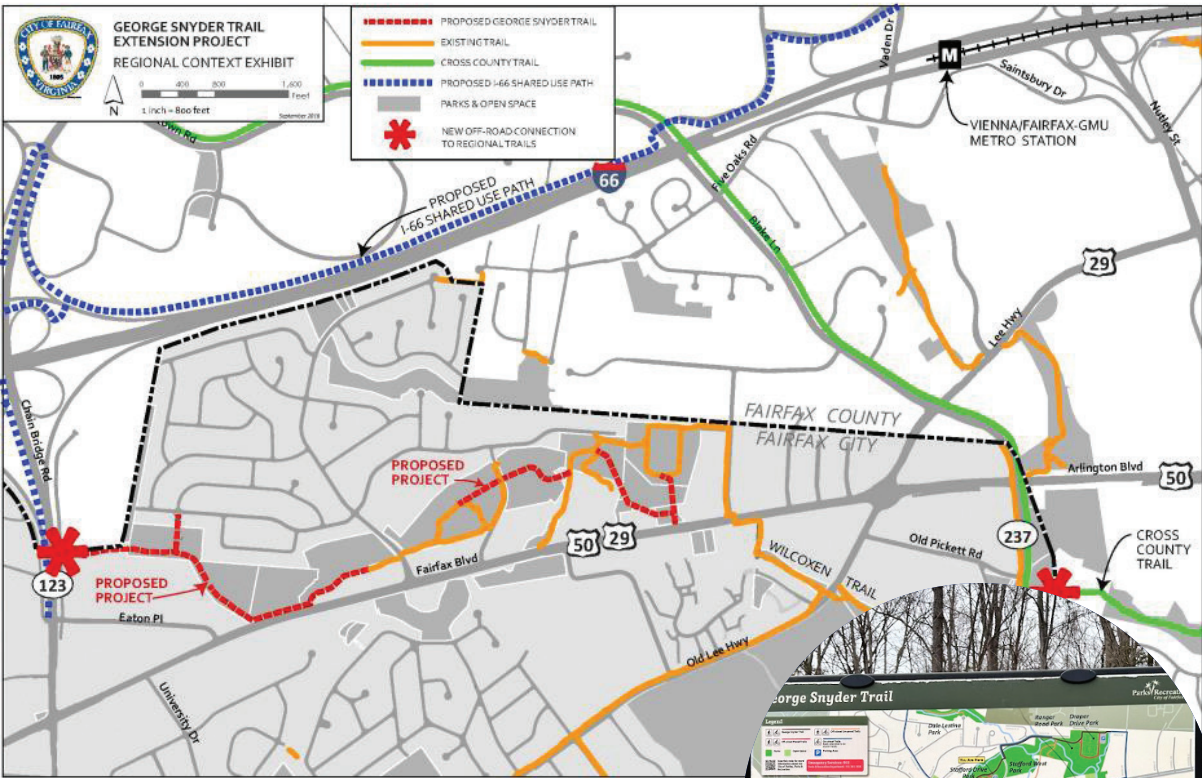
The George Snyder Trail is a significant infrastructure project in the City that aims to enhance connectivity and accessibility for a diverse range of users.

Written by Tania Hossain
The Fairfax Independent

It has igniting debates about environmental impacts by several groups, including homeowners who live along this project. The project has reached the construction phase per the estimated project schedule and the City has started the project bidding process.

Estimated Project Schedule

- Public outreach and design expected to commence Summer 2018
- In design: 2020-2023
- SUP Process: 2021-2023
- Right-of-Way: 2022-2023
- Construction: 2023-2025



Map of George Snyder Trail Extension Project (Photo Credit: City of Fairfax Virginia)

The George Snyder Trail is a VDOT-funded, city-administered trail project that was included in the fiscal year 2022-2023 Two-Year Transportation Program adopted by Fairfax City Council on June 22, 2021.

Per the George Snyder Trail Extension website, the projects in the program are eligible for regional, state and federal funding consideration over the next 2 – 10 years.

The current plan focuses on completing a 2-mile east-west trail that runs along the southern side of Accotink Creek, ultimately connecting Chain Bridge Road (Route 123) and Fairfax Boulevard (Route 50). The trail is envisioned to serve as a paved, ADA-compliant shared-use path, designed to be 8-10 feet wide and accessible to individuals of all ages and abilities.

Despite the support from multimodal communities, the project has faced opposition from environmentalists who argue that construction will result in the loss of hundreds of mature trees and negatively impact local ecosystems. Concerns about the environmental consequences were highlighted by both residents and experts, emphasizing that the project may lead to extensive damage to trees and soil that may not be reversible.

Proponents of the trail have cited potential economic benefits, suggesting that such infrastructure can increase nearby property values. A representative from the National Association of Realtors stated that trails can boost home values by an average of 4% and sometimes even 15% (www.nar.realtor/trails-and-greenways). This aspect adds another layer of complexity to the debate surrounding the project's future – the eternal quest for balance urban development with environmental conservation.

At the June 28, 2024, City Council meeting, the Council endorsed the resolution to submit this project for VDOT Smart Scale Funding. If awarded, the funding would become available in the fiscal year 2026, and construction would occur as early as 2028.

On the trail's information website, it is stated that according to the Rails-to-Trails Conservancy, the average cost for trail maintenance per mile is \$2,077. In addition, trails will have to be repaved every 20 years. The current cost to repave would be approximately \$350,000.

The George Snyder Trail project embodies a blend of aspirations for community connectivity against a backdrop of environmental concerns. As discussions continue, the balance between development and conservation will be crucial in shaping the outcome of this trail project. ■



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Fairfax Still on The Road to Happiness

One hundred years ago, Ford Motors created a three-reel film that exposed the United States to the terrible conditions of Fairfax County roads.

Written by Grace Brooks
The Fairfax Independent

The 1924 film *The Road to Happiness*, produced by Ford Motors Motion Picture Laboratories in cooperation with the Department of Agriculture, sought to persuade Americans of the importance of establishing usable roadways by demonstrating the impact of detrimental transportation like that of Fairfax County.

The image of Fairfax distributed throughout the country featured scenes of wagon wheels breaking in potholes, children trudging through muddy paths to their one-room schoolhouse, and doctors unable to reach their patients due to hazardous driving conditions.

Within their nationally distributed magazine, Ford News, the company assured their readers that they did not exaggerate the disastrous roads but that the streets of Fairfax County were, in reality, that bad.

The March 1924 publication stated, “In fact, the actual road conditions were so bad that a big army truck used in the photography became mired in the muddy stretches shortly after leaving the main highway.” The same edition states, “Significant in showing present conditions is the fact that most of the scenes depicting bad road conditions were made near Fairfax, Virginia, only 15 miles out of Washington, D.C., which is supposedly the center of the good roads movement.”

While Ford News explicitly mentions the filming location as Fairfax, the film uses the fictional name “Clay County” to not upset locals with the unflattering portrayal of their town.

The Road to Happiness cast featured the sitting President Calvin Coolidge and several Fairfax locals who volunteered to star in the film. Only the leading actor portraying the “Village hero,” Robert Preston, was paid for his work. The film follows the struggles of Robert Preston, a local farmer, as he struggles against the awful road conditions of his county and wins a college scholarship for an essay contest about the importance of good roadways. While at college, he studies highway engineering and returns to his hometown to fix the local transportation problems.

The March 21, 1924 publication of the *Fairfax Herald* reports little about residents’ reaction to the film, only commenting, “It was shown in Fairfax a short time ago, and many residents of the town saw themselves in movies for the first time.” However, even as Fairfax presented a rather underwhelming attitude to the film, Ford Motors portrays the production as a success. *Ford News* records receiving a high volume of letters detailing how the film persuaded locals to advocate for better roadways in their communities. Ford saw such a positive reaction to *The Road to Happiness* that they considered translating the title cards into other languages so that South America and Europe could also witness the poor conditions of Fairfax roads.

In 1963, Ford Motors donated its extensive film collection to the National Archives, causing some in Fairfax to worry the film would be lost. The *Fairfax Herald* described these anxieties in a 1964 article, stating, “It is feared that the Archive will not put as high a value on this film as will the people of Fairfax, nor will strangers be able to recognize local scenes in the sections saved.” Residents of the city sought to secure a copy of the film for the Fairfax Library.

In 1964, Fairfax obtained the film, which quickly wore out, resulting in the purchase of another copy in 1985. In 2012, the City of Fairfax released a digitally enhanced edition. Even as Fairfax has undergone innumerable changes in the past hundred years, discussions about roads and transportation continue now in 2024, just as they did in 1924, as residents continue on the road to happiness. ■



Check Out the
Movie on
Youtube!



(Photo Credit:
Monogram Pictures)

[https://www.youtube.com/
watch?v=71yemX-zvgc](https://www.youtube.com/watch?v=71yemX-zvgc)



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Joy Unlimited Celebrates 50 Years!

Joy Unlimited located at 10400 Main Street



Lyn Adams, Owner of Joy Unlimited, with her Schichon, Gracie (Photo Credit: Tania Hossain)

Written by Lyn Adams
Joy Unlimited

Joy Unlimited started 50 yrs. ago, when I was air brushing t-shirts at the outdoor Christian festivals, as well as hand painting plaques, tambourines & magnets which were sold in the Christian book stores that were open at the time, His Presence in Fairfax, Words of Wisdom in Annandale, and The Vine & the Fig Tree at Seven Corners.

Our first brick & mortar store was in the building where Baskin Robbins now resides at the corner of Rt. #50 & Warwick Avenue. Then we moved across the street to the shopping mall that once had an ice cream shop & a Merry-go-round, but has since now been replaced by a much more modern assortment of stores. From there we moved to a small building on Park St., in Vienna, and then to a much larger building on Church St., where we stayed for almost 25 yrs.

Then 18 yrs. ago we felt led to our current location at 10400 Main St., in Fairfax. While all of our locations have been in buildings with a history, our current one actually has a historic plaque on the front of the building, and is one of the ones listed on the tour of historic buildings. It was originally the Fairfax Herald & Print Shop, built in 1900, and housed what was then the Fairfax Herald newspaper. While most of our landlords left something to be desired, our current one, John Kincheloe, is an absolute delight, and hopefully, we are here to stay.

While Christian book stores thrived during the years of the charismatic renewal, as we went into the latter years of the 1900s, there was a slow

decline, and while there are still Catholic book stores, like the Pascal Lamb in Kamp Washington, we are now the only ecumenical Christian book store for close to 100 miles.

In many ways, visiting our store is like turning the clock back, in that we are the typical old “mom & pop” store, carrying not just books & bibles, but music, videos, all kinds of gifts, apparel, a whole room full of things just for kids, and what we are possibly known best for, an amazing line of cards for every occasion. But hopefully, what we are really most known for is our customer service.

We have an adorable “greeter”, a Shichon named Gracie, who loves everyone and is usually immediately followed by a cheerful, “is there anything you need help with, or would you just like to browse on your own”. Because I don’t like to be followed when I’m shopping,

I have a tendency to be too laid back, but I try to make sure I’m always visible, and not staring at a computer screen. One of the things we are known for is that if you are looking for something we don’t currently have in stock, we will go out of our way to try and find it for you, and most of our suppliers ship in 1-3 days.

And lastly, we both love company, so even if you aren’t looking for the things that we carry, we would love to have you stop by, say hello, and maybe just admire the historic building, which still contains the old coal chutes, as well as a whole closet full of telephone lines from the early days of telephones. If you know anything about wood working, even the paneling is of interest. So do come by and see us – we would love it. ■



City of Fairfax Cultural Arts

The City of Fairfax promotes the value of arts and culture by nurturing, investing in and celebrating the creative contributions of artists, musicians and arts organizations.

By engaging the community, encouraging participation, and facilitating access to the arts, the city works with local artists and arts organizations to build a vibrant community for all city’s residents, businesses, and visitors.

For more information about the cultural arts in Fairfax, contact:

Cultural Arts Manager
Megan DuBois
Megan.DuBois@fairfaxva.gov
703-273-6097

Fairfax City Business Directory

2025 Presidential Inauguration & Beyond!

Aside from all the political dogma, the 2025 Presidential Inauguration can be anticipated to be a glass ceiling shattering first. The highest number of visitors that attended was close to 1.8M and considered the highest according to the PolitiFact – The Polynter Institute.

With this potential bumper crop of visitors headed to Washington DC for the January 20, 2025, Inauguration, Fairfax City should be a much sought after crossroads for visitors. We are working on a business directory that will primarily be online and the printed visitors guide will be at tourism and area high traffic location. The online visitors guide is in the works, and we will have an update in our next edition as to what we can get done in time.

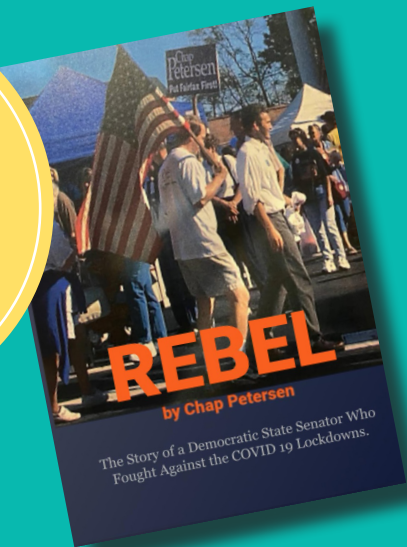
If you are a Fairfax City business and would like some information on the business and tourism directory, please email us at info@theindependentnewspress.com. We will send you a marketing kit by November 1.

This offer will close on November 30, 2024, due to the production timeline needed. Let’s welcome visitors from all across the country to our Nation’s Capital and give them a hearty Fairfax City welcome as they come through!



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**Rebel by Chap Petersen
Available on Amazon**





Nominate Your Holiday Favorites!

Nominate your favorite business for our holiday edition that will be printed in *The Fairfax Independent* November and December editions. Your favorite business for the holidays should be located within the City of Fairfax and have a physical address.

Nominated businesses will be listed in our November edition. The winning favorite businesses will be featured in our December edition and featured on our *The Fairfax Independent* website between November 15 – December 15.

The Independent News Press publisher of The Fairfax Independent thanks all our business advertisers for keeping our newspaper free for Fairfax City residents and businesses.

Submit Your Nomination by 10/10



www.theindependentnewspress.com/holiday2024



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BestCrosswords.com - "Main Course" by Steve Faiella on 9/8/2024

Across

1- Bridge distance; 5- Old Russian rulers; 10- Take a dip in the pool; 14- Alternative to all; 15- Attorney ____; 16- Crunchy Mexican treat; 17- Chorus member; 18- Synagogue leader; 19- Door-to-door cosmetics company; 20- Reducing one's carbon footprint; 22- DNA component; 23- Head, in France; 24- Like evening gowns; 26- Sheets and pillowcases sold as units; 30- ____-mo (instant replay technique); 31- Great Salt Lake locale; 32- Jeans topper, often; 37- Deadly; 39- Sly animal; 40- Broadcast's sound portion; 41- Place for a pennant; 43- Top Olympic prize; 44- Gal's date; 45- Like those who vote "nay"; 48- Onetime Palestinian chief Yasir; 52- Completely convinced; 53- Auctioneer's call; 54- Slot on a shirt; 60- Just barely beat; 61- A second time; 62- Dublin's land; 63- Egghead type; 64- Hang on (to); 65- Give temporarily; 66- Dolls and yo-yos; 67- Rulers on thrones; 68- Soup making vessels;

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48	49	50	51				52							
53					54	55					56	57	58	59
60					61						62			
63					64						65			
66					67						68			

Down

1- Hosiery mishap; 2- Horseback game; 3- Prefix for social or freeze; 4- Advertising sign gas; 5- Bull's eye location; 6- Gets under way; 7- Playwright Edward who wrote "Who's Afraid of Virginia Woolf?"; 8- Broccoli ____ (bitter vegetable); 9- Con job; 10- Actor's platform; 11- Greets with a hand gesture; 12- Computer desktop symbols; 13- Dollars and cents; 21- Former rival of AT&T (anagram of GET); 25- Civil rights figure ____ Parks; 26- Polish, as shoes; 27- And others, in Latin; 28- Computer fodder; 29- Carpet type popular in the 60s and 70s; 30- Driver's license info; 32- One of the little piggies; 33- "Les Miserables" author Victor; 34- Wedding vow exchanges; 35- Make angry; 36- "Sweeney ____" (Broadway musical); 38- Links org. for women; 39- Birds do it; 42- Subaru model for Australian wilderness?; 45- Pleasant excursion; 46- Tuning fork pair; 47- Pig's digs; 48- CIA operative; 49- Cowboy show; 50- Furious; 51- Supplies with meals; 52- Laundry challenge; 55- No-so-cute fruit; 56- Lend a hand; 57- Double stuf cookie; 58- Clothes dryer residue; 59- Calls a halt to;

Solution on page 31



Celebrate Hispanic Heritage Month with FIESTA FAIRFAX!

Saturday, October 5
2:00PM - 7PM
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<https://www.fairfaxva.gov/government/parks-recreation/special-events/community-events/fiesta-fairfax>



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Hispanic Heritage Month

Hispanic Heritage Month runs from **September 15th through October 15th** each year celebrating the history and contributions of individuals who trace their roots to Spain, Mexico, Central America, South America, and the Spanish-speaking nations of the Caribbean.

Hispanics/Latinos are the fastest growing ethnic group in the U.S. and play a major role in shaping our economy and society, making up 18.7% of the U.S. population. In Virginia, Hispanics/Latinos make up 10.6% of the state’s population and in some cities already make up about 40% of the residents. Over the next two decades, the U.S. Census estimates that the Hispanic population will double in the state of Virginia.

The Virginia Hispanic Chamber, the Virginia Hispanic Foundation, and its partners will host several events for the community to explore and learn about Hispanic/Latino culture. We hope you can join in on the festivities and please be sure to check back for further updates on upcoming events.

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www.KateforFairfaxCity.com

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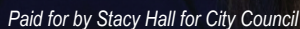
Expanding access to opportunities and employment programs for those without housing in our community

Supporting innovation and strengthening small businesses

Making housing more affordable, especially for young families and senior citizens

Learn more at: AnthonyTAmos.org

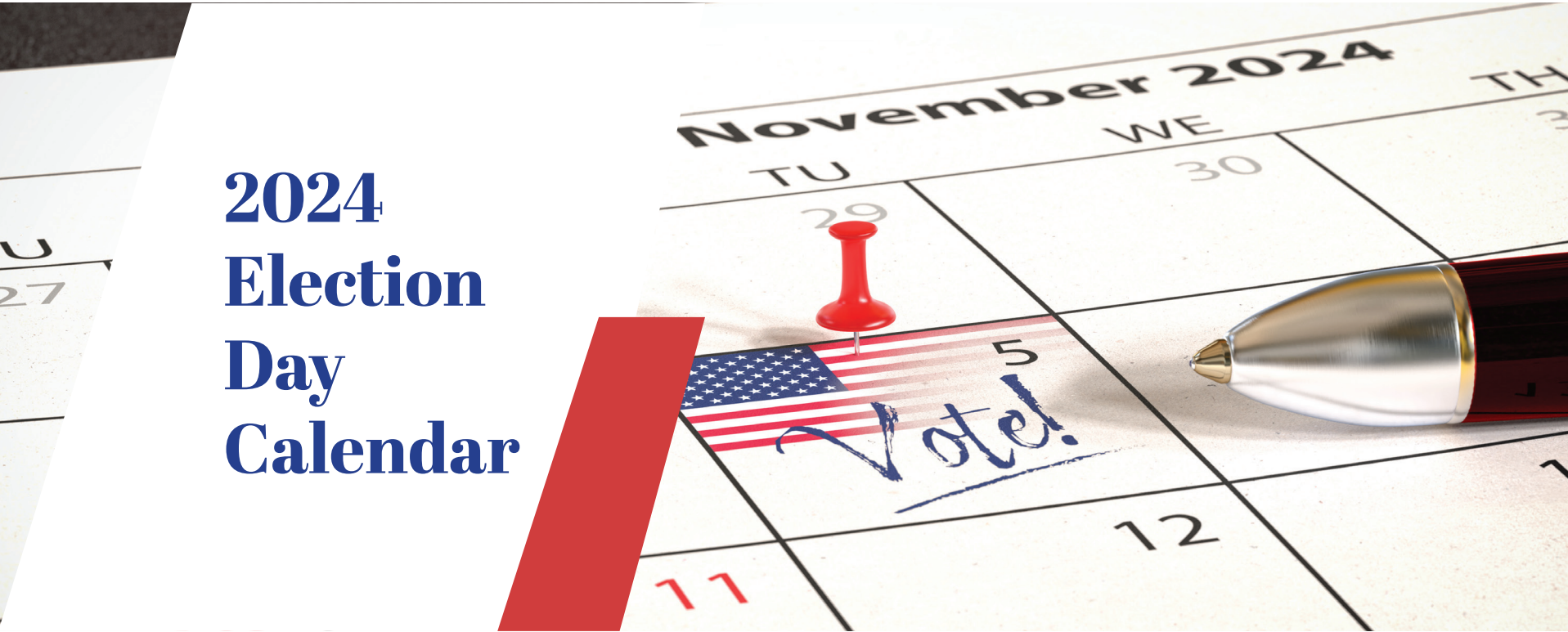
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For up to date information on November 5 General Election, please visit www.fairfaxva.gov/government/voter-registration-elections/election-calendar



Upcoming Elections:

November 5 General Election

- President and Vice President
- Member U.S. Senate
- Member U.S. House of Representatives (District 11)
- Fairfax City Mayor
- Fairfax City Council
- Fairfax City School Board

Absentee/Early Voting
www.fairfaxva.gov/government/voter-registration-elections/absentee-voting

Election Day Voting & Polling Place
www.vote.elections.virginia.gov/voterinformation/lookup/polling

Voter Registration
www.fairfaxva.gov/government/voter-registration-elections/voter-registration

SEP 20 - NOV 5	Early voting in person at City Hall
OCT 15	Last day to register or update voter registration 5 p.m. in person; 11:59 p.m. online
OCT 25	Same day registration is available after this deadline. For more information, visit www.fairfaxva.gov/government/voter-registration-elections/voter-registration
OCT 26 - NOV 2	Last day to request a mailed ballot
NOV 2	Two Saturdays of in-person early voting
NOV 5	Last day for in-person early voting
NOV 5	ELECTION DAY! City polling locations are open 6am - 7pm



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Plastic in Your Junk

Recent studies have uncovered the presence of microplastics in human penile tissue, raising significant concerns about potential health effects, particularly regarding male reproductive health.



Written by Tania Hossain
The Fairfax Independent

This was the sexist image we could find to get your attention on nano-plastic penetrating into male body parts.

Recent studies have uncovered the presence of microplastics in human penile tissue, raising significant concerns about potential health effects, particularly regarding male reproductive health. The findings indicate that exposure to these tiny plastic particles may lead to complications such as erectile dysfunction (ED) and other reproductive issues. Further research is necessary to explore the implications of these discoveries and to develop strategies to mitigate exposure.

According to CNN's June 19, 2024, report: *Microplastics Discovered in Human Penises for the First Time* by Jack Guy, CNN - scientists have found microplastics in human penises for the first time, as concerns over the tiny particles' proliferation and potential health effects mount.

Seven different kinds of microplastics were discovered in four out of five samples taken from men diagnosed with erectile dysfunction published in Medical News Today written by Paul Ian Cross, PhD on June 26, 2024, and Fact Checked by Jull Seladi-Schulman, Ph.D. Microplastics are polymer fragments that can range in size from less than 0.2 inches to as small as 1 micrometer that have been found in men's penis.

Initial research suggests that these particles may contribute to inflammatory responses and hormonal disruptions, which could impair erectile function. Experts are concerned that microplastics can invade individual cells and tissues in major organs. As Ranjith Ramasamy, the lead author of the study, noted, the vascular nature of the penis may facilitate the accumulation of these particles.

Microplastics can enter the human body through ingestion, inhalation, and skin contact, and they are prevalent in the air, water, and food, especially in items

like seafood and bottled beverages. These tiny particles can travel through the bloodstream, accumulating in various tissues, including the penile tissue.

The samples collected for the recent study were from men undergoing penile implant surgery for ED at the University of Miami between August and September 2023. This research builds upon previous studies that discovered microplastics in other organs, including the heart and testicles, leading to a broader understanding of their distribution in the human body.

As Ramasamy emphasized, more research is needed to investigate potential links between microplastics and conditions such as erectile dysfunction.

The study aims to raise awareness about the presence of foreign bodies within human organs and to foster further research in this area. Experts recommend taking steps to minimize exposure to microplastics, such as reducing the use of single-use plastics and filtering tap water.

The broader implications of these findings suggest a concerning trend in environmental health, with evidence indicating that microplastics could contribute to a decline in male fertility and reproductive health overall. This question was raised by NPR's Will Stone on May 22 in his article Plastic junk? Researchers find tiny particles in men's testicles. As the production of plastics continues to rise, further studies will be essential to understand the long-term effects of microplastic accumulation in human tissues.

In summary, the discovery of microplastics in human penile tissue opens a new avenue of inquiry into their potential impact on male reproductive health, necessitating increased awareness and further investigation to safeguard public health. ■

October is Breast Cancer Awareness Month

Early Detection: Breast Self-Exam

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the **5-year relative survival rate is 99%**. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms. It is recommended to learn more about **breast self examination** to increase chances for early detection.



How Should A Breast Self-Exam Be Performed?

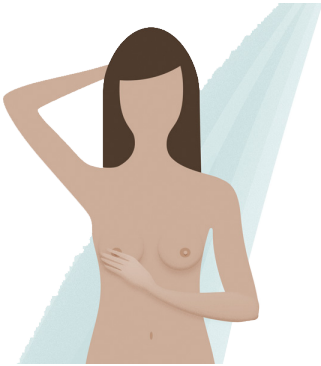
There are **3** steps necessary to perform a thorough breast self-exam. Each of these steps should be completed each time you perform a breast self-exam.



1

In the Shower

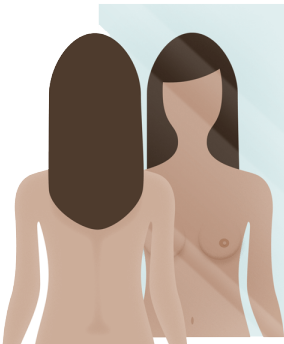
With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.



2

In Front of a Mirror

With your arms at your sides, visually inspect your breasts, looking for any changes in the contour or shape of the breasts, any dimpling, swelling, or other skin irregularities on or around the breasts, or any changes in the nipples.

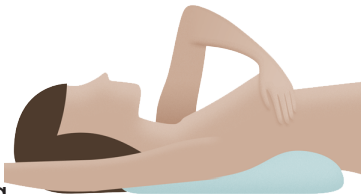


Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes, particularly on one side. Note that the left and right breasts will not exactly match—few women’s breasts are perfectly symmetrical.

3

Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit.



Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast changes. Also squeeze the nipple to check for discharge. Repeat these steps for your left breast.

If you find a lump, schedule an appointment with your doctor, but don’t panic — 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor whenever you have concerns.

Can I Rely On Breast Self-Exams Alone To Be Sure I Am Breast Cancer Free?

Mammography can usually detect tumors before they can be felt, so screening is key for early detection. But when combined with regular medical care and appropriate guideline-recommended mammography, breast self-exams can help women know what is normal for them so they can report any changes to their health-care provider.

That Pesky a in Lipoprotein(a)

Lipoprotein(a), commonly referred to as Lp(a), is an important yet often underappreciated risk factor for cardiovascular diseases. Elevated levels of Lp(a) have been associated with increased risks of various heart conditions, including atherosclerosis, heart attacks, and strokes.

Written by Tania Hossain
The Fairfax Independent

Lipoprotein(a) or Lp(a) is a genetically inherited lipoprotein that is similar in structure to low-density lipoprotein (LDL) cholesterol, often labeled as “bad cholesterol” due to its role in depositing cholesterol in the arteries, which can lead to plaque formation in a study released by the NIH in January – *Lipoprotein(a): What to know about elevated levels.* NHLBI, NIH. (www.nhlbi.nih.gov/news/2024/lipoproteina-what-know-about-elevated-levels)

Lp(a) is composed of two major proteins: apolipoprotein(a) [apo(a)] and apolipoprotein B (apoB)-1005. While many are familiar with LDL, Lp(a) remains less understood despite its significant implications in cardiovascular health.

Research shows that increased Lp(a) levels can significantly promote clotting and inflammation, which elevates the risk of heart attacks and strokes5. **About 20-30% of the global population is estimated to have high levels of Lp(a)**, generally considered as starting between 30-50 mg/dL. Studies have established a correlation between elevated Lp(a) levels and a higher incidence of cardiovascular diseases, including myocardial infarction and stroke.

Genetic factors play a pivotal role in determining Lp(a) levels, with studies indicating that between 70% to 90% of Lp(a) levels are genetically determined. These high genetic influences mean that lifestyle changes alone may not significantly alter Lp(a) levels. Furthermore, individuals of certain racial backgrounds, particularly South Asian and Black individuals, tend to exhibit higher levels of Lp(a) as appeared in *Lipoprotein (a) Meaning and How Does it Impact My Heart Health?* (2024). (www.heart.org. https://www.heart.org/en/health-topics/cholesterol/genetic-conditions/lipoprotein-a-risks)

A blood test can determine Lp(a) levels, but it is not typically included in standard cholesterol tests. Health care professionals may recommend testing Lp(a) for individuals with a family history of cardiovascular disease, especially those under 65 who have experienced heart events.

Given the genetic disposition for elevated Lp(a) and its implications, discussions about testing should be part of cardiovascular risk assessments. However, testing is not routinely conducted simply because there is no medical cure for it, so you must explicitly ask your doctor to include it in the lab order.

As current treatments have limited efficacy in reducing Lp(a) levels, researchers are exploring new approaches. Lipoprotein apheresis is a specialized treatment that removes excess Lp(a) and LDL cholesterol from the bloodstream, but it is only available for specific high-risk patients.

Additionally, lifestyle changes such as maintaining a healthy diet and physical fitness are recommended to support overall heart health, even though they may not directly impact Lp(a) levels, according to the American Heart Association’s article *Lipoprotein (s) Meaning and How Does it Impact My Heart Health*.

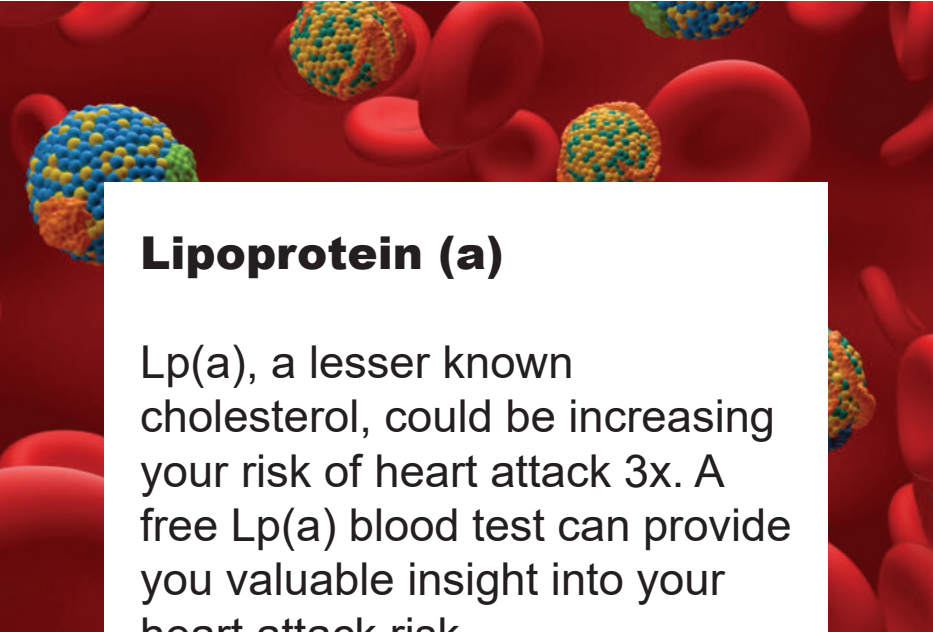
Ongoing research aims to develop new medications specifically targeting Lp(a) reduction. Some studies are exploring the potential effects of medications that may lower Lp(a) levels and the mechanisms by which Lp(a) contributes to heart disease.

The article published by the NIH (2024). *Lipoprotein(a): What to know about elevated levels.* NHLBI, NIH. (www.nhlbi.nih.gov/news/2024/lipoproteina-what-know-about-elevated-levels) hopes that new treatments could enter the market as early as 2025, researchers are optimistic about advancements in managing Lp(a) related cardiovascular risks.

As a public service, we wanted to share that Care Access is conducting

clinical trials across the US. If you would like to be part of the trail and more importantly want to know the level of Lp(a), you can find more information on www.careaccess.com.

The mission for Care Access is to make a difference in people’s lives and the health of future generations by improving access to health research. ■



Lipoprotein (a)

Lp(a), a lesser known cholesterol, could be increasing your risk of heart attack 3x. A free Lp(a) blood test can provide you valuable insight into your heart attack risk.

Care Access



VOTE ON NOV 5

In order to vote in this election cycle, you must register by the following deadlines:

Online: Tuesday, October 15, 2024
By mail: must be postmarked by Tuesday, October 15, 2024
In person: Tuesday, October 15, 2024

www.fairfaxva.gov/government/voter-registration-elections/voter-registration

48th Annual

Fall Festival

The City of Fairfax invites you to bring in the fall season at our Annual Fall Festival!

OCTOBER 12
10AM - 5PM

AFTERFEST CONCERT
5:30PM - 8:30PM

Old Town Square
10415 North St., Fairfax

What started out as a small market for artisans to display their wares has grown to a festival with more than 400 arts, crafts, information, food & gourmet food vendors, children’s activities, three stages of music and entertainment for all ages.



**MORE THAN
400
VENDORS
+
3 STAGES**

GENERAL INFORMATION

RAIN OR SHINE EVENT (no reschedule date)
Admission – FREE

MORE INFO: www.fairfaxva.gov/government/parks-recreation/special-events/fall-festival

Spotted Lanternfly Invading VA

The spotted lanternfly (SLF) is an invasive insect that is a serious threat to Virginia’s plants and trees.



The spotted lanternfly (*Lycorma delicatula*) or SLF is an insect that is native to China, India, and Vietnam. In its native land where it cohabits with its predators, parasites, and pathogens it is not a problem insect.

However, as with many other insects arriving to the United States from other parts of the world and finding no established natural enemies here, it has become very invasive.

Here are a few things to learn about this species:

- **Damage to plants**
The SLF is a sapsucker that feeds on more than 70 species of plants, including grapes, peaches, hops, and ornamental trees. It also excretes a sticky, sugary fluid that can cause sooty mold, which can further damage plants.
- **Nuisance to homeowners**
When in high numbers, the SLF can be a nuisance to homeowners.
- **Hitchhiking**
The SLF can hitch rides on machinery and equipment, such as cars, trucks, and trains.
- **Quarantines**
Some cities and counties in Virginia are under quarantine, which means that vehicles moving goods across city and county lines must be inspected for the SLF and its eggs.
- **Appearance** The SLF has a red, black, and white color scheme. It goes through several stages of appearance, from wingless nymphs to fully grown adults.
- **Host tree**
The SLF’s preferred host is the tree of heaven, another invasive species.
- **Egg masses**
The SLF lays its egg masses on surfaces such as stone, metal, and tree trunks.

What to do if you see one?

If you see a SLF, take a photo or collect it and contact your local Cooperative Extension office (www.fairfaxcounty.gov/neighborhood-community-services/virginia-cooperative-extension). ■



Civic Associations & Community Groups Events

The Fairfax Independent welcomes all Fairfax City Civic Associations and Community Groups to post their community events on our events page for free.

Please visit www.tfinews.press/add-listing for the events entry page.

We look forward to featuring community events with our readers online and in print.

Place Your Small Ads in Our Classified Section.



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Navigating a Slower Real Estate Market Amid Economic Uncertainty

Despite a nearly 1% dip in mortgage rates since June, the real estate market has yet to see a surge in buyer activity.

Written by
Zinta Rodgers-Rickert
Associate Broker, RE/MAX Gateway

Despite a nearly 1% dip in mortgage rates since June, the real estate market has yet to see a surge in buyer activity. However, this is no cause for alarm. Seasonal trends, election-year caution, and economic uncertainties are playing key roles in the current slowdown, while expectations of further rate reductions have many buyers waiting on the sidelines.

- 1. **Seasonal Slowdown:** Summer months, historically, tend to see a dip in real estate activity. Families focus on vacations and back-to-school preparation rather than home purchases.
- 2. **Election Year Caution:** In an election year, especially during the second half, uncertainty about future policy and economic conditions often leads potential buyers to adopt a “wait-and-see” stance.
- 3. **Expectation of Lower Rates:** With the belief that interest rates may drop further in the fall, buyers are hesitant to lock in rates now, hoping for better deals in the future.
- 4. **Economic Challenges:** Concerns about a possible recession, a disappointing jobs report, and high costs of living are also creating a challenging environment for both buyers and sellers.

The broader takeaway is that these factors contribute to a cautious real estate market, but there is no cause for concern. As rates potentially decrease, buyers will eventually come back into the market, though inventory remains a significant issue, especially in regions like the DMV (D.C., Maryland, Virginia). Sellers are still in a strong position, given limited supply.

It’s a time for real estate agents to stay proactive—encouraging buyers to act before competition heats up and making sure homes are properly prepared and priced to stand out.

If you’d like to discuss your specific needs give us a call 703 304 1150. Red Truck Realty Group with RE/MAX Gateway. ■



ZINTA & ROB
703-304-1150



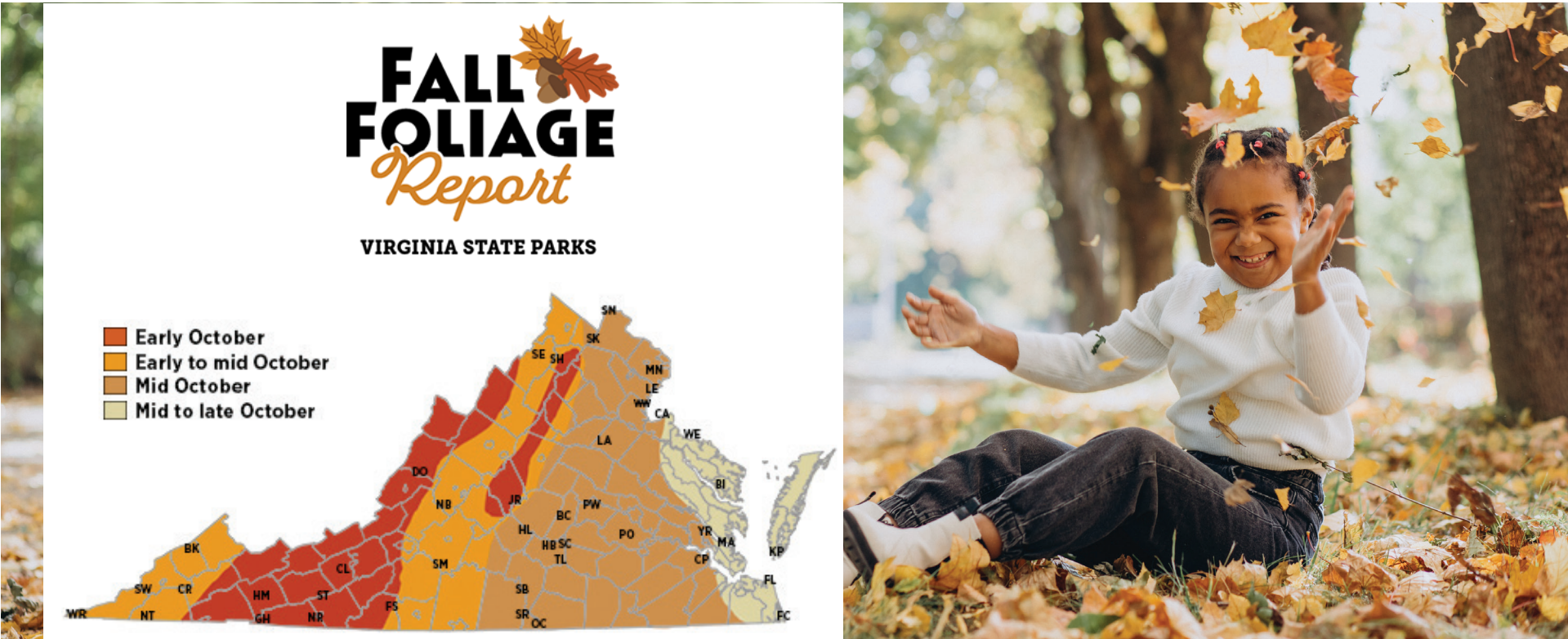
www.RedTruckRealtyGroup.com



Expertly serving N. Virginia since 1989

Fall Foliage Report for Virginia State Parks

Virginia State Parks will start reporting peak fall colors starting on October 3, 2024 Generally peak fall colors can be seen between October 10 and October 31 across Virginia.



Republished from Virginia Department of Conservation and Recreation

Our fall foliage reports will start Oct. 3.

Thanks to our commonwealth’s varying elevations from mountains to shore, we have a long fall foliage season, starting earliest in the higher elevations and moving eastward. Fall colors generally peak between October 10 and October 31; however, these dates can vary from year to year, based on factors such as temperature and rainfall.

This fall season, find new ways to connect with nature and get outdoors for some fresh air. Whatever adventure you decide on, be sure to share your Virginia State Park photos on social media by using the hashtag #VaStateParks and #FallinVirginia to be part of the online conversation.

Read this blog (www.dcr.virginia.gov/state-parks/foliage-report) to see the best places to view the foliage in our parks. ■

Festival! Parade! Run and More!

Want to hold a special event on public property?

How to Obtain a Permit:
All of the following information must be completed and for a permit request to be considered.

- Fill and Submit the Fairfax City Special Events/Outdoor Facility Application. For additional information on hosting an event, please read our Guidelines.
- Create and Submit an “Action Plan” in case of emergency
- Provide proof of insurance coverage for your special event
- Pay application fee and/or Outdoor Facility fee (in some cases other services and fees will be required, i.e., COF Police, Public Works, etc.)

For more information, please visit Fairfax City’s Special Events Website:
www.fairfaxva.gov/government/parks-recreation/special-events/want-to-hold-an-event-in-the-city

An illustration of two stylized figures, a man and a woman, celebrating. The man is on the left, wearing a red shirt and blue pants, jumping with his arms raised. The woman is on the right, wearing a red top and blue skirt, also jumping. They are positioned in front of a large, blue calendar with a white grid. A large red checkmark is drawn on one of the calendar dates. Above the calendar, there are several colorful balloons in shades of red, blue, and yellow, along with small confetti dots.



Saturday, October 5, 2024

11am - 7pm

Historic Church Street, Vienna VA



Huge Selection of beer and wine!

Caboose Brewing
Vienna Vintner
Norms Beer & Wine
Hawk & Griffin
Settle Down Easy



- Live entertainment on Three Stages
- Tons of Multinational Food
- Lots of Free Kids Activities
- Business Expo Showcase
- Vendor & Artisan Marketplace
- Free Shuttle from Vienna Metro & JMHS
- ALL NEW Bike Garden, Bike & Fest



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ADMISSION!**

FOR MORE INFO & SCHEDULE, VISIT:
www.viennaoktoberfest.org

Celebrate Through the Love of History

Civil War Trails, Inc. curated the first bilingual sign in the nation out of over 1,350 sites across the country for non-English speaking travelers – and it’s located at Ox Hill Battlefield Park!



(Source: civilwartrails.org)

Civil War Trails, Inc. curated the first bilingual sign in the nation out of over 1,350 sites across the country for non-English speaking travelers – and it’s located at Ox Hill Battlefield Park!

The sign’s translation interprets the site’s history in Korean and Spanish to make learning accessible for all travelers and residents who speak other languages.

Spanish speakers, or those who want to practice their Spanish, can explore Ox

Hill Battlefield Park and learn, in Español, about the significant events in history that took place there. Ox Hill Battlefield Park marks the only major Civil War battle that occurred within Fairfax County. On September 1, 1862, right after the battle of Second Manassas in Bull Run, The Battle of “Chantilly” or The Battle of Ox Hill, took place during a ferocious storm with thousands of soldiers. The battle endured for over two hours until dark with neither side achieving victory. Hispanic Americans can visit the historical site and learn all about this part of American History with interpretive signage that can explain details about the battle and historical importance in their native language. ■

The Fairfax Independent Has Games!



We are thrilled to add a games page to our website along with our monthly crossword puzzles printed from BestCrosswords. Each game posted will have a date as well.

We have carefully selected trusted partner sites to bring you this enjoyment. Each game will have the partner’s site identified so you know where you are entering your information. As a precaution, we want you to know that none of our partner sites will be asking for credit cards, home addresses, social security and other pertinent information.

However, if you happen to be on a site that is asking for pertinent information because you thought you were on one of ours, please let us know by emailing info@theindependentnewspress.com and we will remove that site if we find that we unintentionally linked to a harmful website.

Visit: www.tfinews.press/games to start playing.



OP-ED

Commercial Revitalization: Time to Love Pop-Ups!

Written by
Anthony Amos
2024 Candidate for Fairfax City Council



Many of you may wonder why your taxes have increased dramatically in the past decade. Multiple factors play into that, but a heavy hitter is the impact of teleworking and the pandemic on commercial/office space. Originally, two-thirds of revenue collection came from taxes on the commercial sector; however, this has transferred to residential without a significant alternative. Addressing affordability and the higher cost of living we are experiencing requires creativity and exploring every opportunity to tackle this disparity - hence this discussion on pop-up stores! (www.thestorefront.com/mag/what-exactly-is-a-pop-up-shop)

These retail opportunities are deliberately temporary, often introducing unique brands from other regions or countries that would not appear if they had to maintain a permanent location. You are probably familiar with traveling exhibits, farmers markets, or stores like Spirit Halloween, which show up for the Halloween season each year in various locations. Locations and events under this structure produce a slew of benefits, like increasing sales and commercial tax revenue, supporting startup potential for entrepreneurs, and helping provide brand reputation for municipalities. The Association of National Advertisers (www.forbes.com/sites/jennawang/2018/09/29/the-rise-of-the-pop-up-economy) highlights how brand activation and initiatives to tap into the ever-growing potential of social media have a market of over \$740 million.

This coincides well with hubs like Downtown Fairfax and revitalization areas seen in the city’s Small Area Plans (SAPs). It results in more pedestrian foot traffic and drives business for all stores - both pop-up and permanent. A global survey of retailing organizations found that more than 80 percent (www.researchgate.net/publication/342301332_The_benefits_and_pitfalls_of_contemporary_pop-up_shops) of respondents who implemented a pop-up shop deemed it a success. More residents could engage with new brands and events, which also supports diverse options for a diverse population like ours.

Our neighbors have already received the memo. The Fairfax County Office of Economic Revitalization developed a pop-up brochure (www.fcrevite.org/sites/default/files/Assets/Documents/Publications/PopUp_01-19-2017.pdf) to help guide potential owners in setting one up. This resource includes options for street festivals and parks, too. An area in the region known for its selection of pop-up shops is Fairfax Corner, which just announced that the Vermont-based King Arthur Baking Company (www.patch.com/virginia/fairfaxcity/king-arthur-baking-company-pop-coming-fairfax-corners) is taking a space next to REI for a year. Local shoppers tend to love new business concepts and this method is a great integration of blending online culture with our vacant storefronts. But, to do this, we need to talk about permits.

Existing ordinances and regulations were not designed with pop-ups in mind. There are still significant costs and burdens associated with obtaining temporary special use permits and maintaining compliance. The University of Texas A&M (www.scholarship.law.tamu.edu/cgi/viewcontent.cgi?article=1143&context=journal-of-property-law) finds that this requires localities to re-evaluate their processes to not deter these opportunities, and advocate for regional cohesiveness in its implementation. We want to build a better business environment with predictable, easy-to-understand standards.

Jurisdictions like the District of Columbia are already doing this. Mayor Muriel Bowser (www.dc.gov/release/mayor-bowser-launches-pop-permit-program-activate-vacant-spaces-and-bring-more-people) announced earlier this year the Pop-Up Permitting (PUPs) pilot program - an initiative to create a streamlined permitting process with the Department of Buildings, allowing businesses to get their Certificate of Occupancy at a significantly faster rate. With a 15-day initial review timeframe and multiple investments through grants and the general fund, both businesses and constituents are looking forward to quite an economic transformation.

There is no single solution to complex issues like affordability and taxes. However, there are supports we can institute that can build off of one another to something better. We could be like St. Louis (www.youtube.com/watch?v=2v8F1lt1rhg), which does not encourage a flexible permitting process and drives these types of businesses across state lines, or we can be more like Philadelphia (www.dvrpc.org/reports/mit026.pdf), which bolsters strong public-private partnerships with organizations like Food Trust through grants - producing millions of dollars in economic impact. Our neighbors are figuring it out, and I believe we will, too! ■



**Pop-Up Shops
are a new
unique brand
experience
and are
purposefully
temporary.**

RECIPES

by Tania Hossain

Celebrate Hispanic Heritage Month with These Recipes

Fall Inspired Mexican Chicken

Servings 4, 35-40 Mins

Ingredients

- 4 boneless, skinless chicken breasts
 - 2 tablespoons olive oil
 - 1 teaspoon ground cumin
 - 1 teaspoon smoked paprika
 - 1 teaspoon chili powder
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
- Salt and pepper to taste
 - 1 cup butternut squash, *cubed*
 - 1 red bell pepper, *sliced*
 - 1 cup corn (*fresh or frozen*)
 - Cilantro, *chopped (for garnish)*
 - Lime wedges (*for serving*)

Instructions

1.

Preheat your oven to 400°F (200°C).
2.

In a small bowl, mix together the cumin, smoked paprika, chili powder, garlic powder, onion powder, salt, and pepper.
3.

Rub the spice mixture evenly over the chicken breasts.
4.

In a large oven-safe skillet, heat the olive oil over medium-high heat. Add the seasoned chicken breasts and sear for about 4-5 minutes on each side until golden brown.
5.

Remove the chicken from the skillet and set aside. In the same skillet, add the cubed butternut squash, sliced red bell pepper, and corn. Sauté for 5-7 minutes until the vegetables begin to soften.
6.

Return the chicken to the skillet, placing it on top of the vegetables. Transfer the skillet to the preheated oven.
7.

Bake for about 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (75°C).
8.

Once done, remove from the oven and let it rest for a few minutes. Garnish with fresh cilantro and serve with lime wedges.

Spicy Stuffed Bell Peppers

Servings 4, 30-40 Mins

Ingredients

- 4 medium bell peppers (*any color*)
 - 1 cup cooked quinoa (*or rice*)
 - 1 teaspoon cumin
 - 1 teaspoon paprika
 - 1/2 teaspoon garlic powder
 - Fresh cilantro or parsley for garnish (optional)
 - 1 can (15 oz) black beans, *rinsed and drained*
 - 1/4 teaspoon cayenne pepper (*adjust to taste*)
- 1/2 teaspoon onion powder
 - 1 cup corn (*canned or frozen*)
 - Salt and pepper to taste
 - 2 tablespoons olive oil
 - 1 cup shredded cheese

Instructions

1.

Preheat your oven to 375°F (190°C).
2.

Cut the tops off the bell peppers and remove the seeds. Lightly brush the outside of the peppers with olive oil and place them in a baking dish.
3.

In a large bowl, combine the cooked quinoa, black beans, corn, cumin, paprika, garlic powder, onion powder, cayenne pepper, salt, and pepper. Mix well until all ingredients are evenly combined.
4.

Spoon the quinoa mixture into each bell pepper, packing it down gently. Fill them generously to the top.
5.

Sprinkle shredded cheese over the tops of each stuffed pepper.
6.

Cover the baking dish with aluminum foil and bake in the preheated oven for 25 minutes.
7.

Remove the foil and bake for an additional 10 minutes, or until the cheese is melted and bubbly.
8.

Remove from the oven and let cool slightly before serving. Garnish with fresh cilantro or parsley if desired.
9.

Serve warm and enjoy your hearty appetizer!

BestCrosswords.com - "Main Course" by Steve Faiella on 9/8/202 (solution)

Across

1- Bridge distance; 5- Old Russian rulers; 10- Take a dip in the pool; 14- Alternative to all; 15- Attorney ____; 16- Crunchy Mexican treat; 17- Chorus member; 18- Synagogue leader; 19- Door-to-door cosmetics company; 20- Reducing one's carbon footprint; 22- DNA component; 23- Head, in France; 24- Like evening gowns; 26- Sheets and pillowcases sold as units; 30- ____ mo (instant replay technique); 31- Great Salt Lake locale; 32- Jeans topper, often; 37- Deadly; 39- Sly animal; 40- Broadcast's sound portion; 41- Place for a pennant; 43- Top Olympic prize; 44- Gal's date; 45- Like those who vote "nay"; 48- Onetime Palestinian chief Yasir; 52- Completely convinced; 53- Auctioneer's call; 54- Slot on a shirt; 60- Just barely beat; 61- A second time; 62- Dublin's land; 63- Egghead type; 64- Hang on (to); 65- Give temporarily; 66- Dolls and yo-yos; 67- Rulers on thrones; 68- Soup making vessels;

Down

1- Hosiery mishap; 2- Horseback game; 3- Prefix for social or freeze; 4- Advertising sign gas; 5- eye location; 6- Gets under way; 7- Playwright Edward who wrote "Who's Afraid of Virginia Woolf"; 8- Broccoli ____ (bitter vegetable); 9- Con job; 10- Actor's platform; 11- Greets with a hand gesture;



Do You Have A Story or Fun Recipe to Share?

We love a good local story and we love to eat! And if you're willing to share, we're willing to listen.

Submit your ideas to us at info@theindependentnewspress.com

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Clarisse, Olivia, Jason, Rosie, Anna and Payam (not in picture: Paris)

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