

THIS WEEK INSIDE:



COURTESY PHOTO

Centreville man arrested after dispute

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Virginia PTA reinstates ousted **TJHSST PTA** president, placed on probation

SEE PAGE A6



COURTESY PHOTO

Hamilton standout Christopher **Jackson stars** in Signature

Drag Storybook Hour gets mixed reviews danced for the children during are not required of FCPL per-

By Heather Zwicker FAIRFAX COUNTY TIMES

rag Storybook Hour has finally come to Fairfax County and it gets mixed reviews from residents. The Dolley Madison branch of the Fairfax County Public Library held the event June the books "selected were 26, one of the many events for Pride Month.

The event was jointly programmed by the McLean rated by librarians "who are Community Center and the Dolley Madison Library, and was advertised on the library website as being open a lot of interest in the proto all ages including babies, toddlers, preschoolers and school-age children. Drag Storybook Hour is an established program aligned with the American Library Association's key action areas of diversity and equitable access, according to MCC Director Daniel Singh. He said they do not follow the established version of Drag Queen Story Hour or Drag Storyhour. "We created our version of an all-inclusive Drag Storybook Hour. One of the goals of Drag is to point out how people exist on a spectrum and are not in binaries, so we felt the openended framing was more useful," he said.

few children attended and a presentation to this age heard three drag queens -Persephone Rose, Kamania Sutra and Majic Dyke – read stories. Kamania Sutra also formed. Background checks

the first 45-minute time slot. Persephone Rose brought her stuffed dog and told the children it was a cat, according to video provided to the Fairfax Times. The second time slot was shortened and there was no dancing. Singh said that appropriate for story hour reading with vibrant colors, rhymes, activities - all cuthe subject matter experts in this area."

'We know that there was gram," he said. "Tickets were entirely sold out within a few hours of being released to the public." Although Singh said he was heartened by the support of parents who trust MCC curation and the approach to an inclusive community, that a few toxic folks derailed what should have been a nurturing and safe environment. "About 10 adults showed up and followed attendees arriving to and departing the event using aggressive, negative and traumatic language," he said. He noted that 10 adults had signed up for what was a "kids-focused" event.

While a story hour may seem innocuous to some, many Fairfax County res-Several adults and a idents were unhappy with group. Some even questioned whether the performers had had background checks per-

formers or volunteers because community members are not alone with volunteers, according to Jessica Hudson, FCPL director.

The background check question may have stemmed from reports of a Milwaukee children's court judge being booked on child porn charges earlier this year. The judge, Brett Blomme, had once headed Cream City Foundation, which hosted Drag Queen Story Hour in that area. According to the Department of Justice, Blomme was arrested in March.

"In my view it is not appropriate to expose small children to this. Drag acts are a form of entertainment for adults," said Chris Henzel, a McLean resident. "Some people have tried to frame this as a matter of individual rights, which misses the point. I'm not aware that anyone is objecting to the 'drag queens' right to perform for adults. I am concerned that adult entertainment is being foisted on small children and funded by Fairfax County taxpayers." According to Singh, the artists were each paid a \$300 honorarium out of the MCC budget funded by Dranesville Small District 1A taxpayers.

Drag Queen Kitty Demure, agrees that these events are not appropriate for children. "They are there for an agenda. They're not there



to read 'Alice in Wonderland' and just leave," she said friends with them! If I had during an interview. "They're there to talk about gender, being different and the whole lifestyle homosexuality, trans issues educating these kids on these issues. You're not even supposed to take your kid that age to a Rated R movie. These are not topics that are meant for a child's mind, they don't even know what they want for dinner. How do they know anything about gender, sex, and sexuality?"

Persephone Rose commented on a negative reply to a tweet about the event by saying, "There are LGBTQIA+ children too. It's important that they see they aren't alone, there isn't anything wrong with them, and

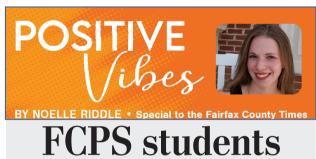
it's safe for other kids to be seen this kind of visibility as a kid my life would have been very different and much improved."

Singh attended with both of his children and he said that they would have had a better time had the artists not been put in such an awkward position and if he and his children had not been "harassed by folks as we were going to my car," he said. "The artists were amazing, it was such a lost opportunity for all the families that were present."

"I am not aware of any incident that remotely corresponds with Mr. Singh's version of events," said

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FCPD welcomes electronics detection K9 to the team



eater's "Attel Midnight"

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COURTESY PHOTO Sweet, simple solutions for family meals

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By Noelle Riddle

SPECIAL TO THE FAIRFAX COUNTY TIMES

The Fairfax County Police L Department announced their newest four-legged team member, K9 Browser June 28. Browser has special training which makes him unique compared to other police dogs. He is an electronics detection K9, meaning he can smell chemicals contained in electronics, even ones as small as microSD cards. Browser is one of only two police K9s in the Commonwealth with this special training.

Browser is a member of the Child Exploitation Unit in the Major Crimes, Cyber and Forensics Bureau of the FCPD. He is partnered specifically with Detective

Ray McCoy, who trains with the Labrador twice a day, and takes the K9 home at night to be a part of his family when he is off duty. McCoy and Browser train twice the amount which is required of him to keep him in his best shape.

"K9 Browser has been great to work with and is doing an amazing job. He is a very active and social dog, always running up and down the halls playing whenever he is not hard at work training," said Sergeant Ian Yost. "The Major Crimes Bureau is extremely thankful to have him as a member of the unit."

When searching for possible hidden devices, McCoy leads his four-legged partner around the search area, and when Browser

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fight for more women's history to be taught in schools



Women for Education, Advocacy & Rights

COURTESY ART

S ixteen-year-old Prasidha Padmanabhan is a rising junior at Thomas Jefferson High School for Science and Technology. She recently founded the Women for Education, Advocacy and Rights (WEAR) organization which is a nonprofit dedicated to advocating for the rights, equality and representation of women.

"I founded the organization in the summer of 2020 and started our work through a petition to integrate more women's history in the FCPS education," said Padmanabhan. "At first there was a lot of backlash because people questioned the need for such an organization, and the need for more women's history education. Many people did not understand why it was important, but I never backed down."

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PUBLIC SAFETY NOTES



COURTESY PHOTO Brandon Sejas Cruz

Centreville man arrested after dispute

During a dispute in the 2400 block of Glengyle Drive, Brandon Sejas Cruz, 21, of Centreville, assaulted and brandished a handgun at the victim July 3 at 4:11 a.m.

Cruz was charged with brandishing a firearm, assault by mob, and drunk in public. No injuries were reported.

Homicide investigation underway after man found dead in Mount Vernon

Detectives from the Fairfax County Police Department Major Crimes Bureau are conducting a homicide investigation after a man was found deceased by a community member July 8.

Officers were dispatched to the 7900 block of Janna Lee Avenue for a death investigation at 10:14 a.m., after an unresponsive man was found lying under brush. The Office of the Chief Medical Examiner responded to the scene and have preliminarily declared the death a homicide July 9, after evidence indicated the man suffered trauma to the upper body. Preliminarily, detectives believe the man, Tafari Nadhim, 30 of Maryland, had been deceased in the area days before being discovered. Detectives are asking for the community's help in providing information that can assist them in their investigation.

Anyone who may have noticed anything suspicious or who was in contact with Nadhim, who went by "Trey", over the weekend, to please call the Major Crimes Bureau at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477). Victim specialists from the Major Crimes Bureau's Victim Services Division have been assigned to ensure that the victim's family is receiving appropriate resources and assistance.

EDVA launches 'UnMasked" initiative to combat online exploitation

Raj Parekh, acting U.S. Attorney for the Eastern District of Virginia (EDVA), announced June 9 the launch of "UnMasked," a community-based educational outreach and prevention program in Virginia dedicated to raising awareness about the prevalence of online sexual exploitation involving children and young adults.

"Online predators target some of the most vulnerable members of our society and can cause a devastating impact on our communities and loved ones," said Parekh. "The first step to fighting back is awareness-educating our youth and parents with information on how to prevent these crimes from happening. UnMasked will help achieve these goals by establishing a community-based program that is designed to raise awareness and combat the often-hidden scourge of cyber abuse."

UnMasked is a multi-disciplinary partnership of local, state, federal, and non-profit stakeholders committed to raising awareness of threats and resources through education. The initiative provides a platform to educate middle school, high school, and college students, along with parents, teachers, and the broader community, about the potential dangers of the internet. UnMasked presentations will use real-life case examples of online sexual exploitation, as illustrated by law enforcement agents, prosecutors, and survivors of these crimes.

The program name, "UnMasked," alludes to the often hidden and clandestine nature of online sexual exploitation. Not only are internet predators able to use online identities as a mask to lure in their victims, but those victims are often also "masked" as a result of the fear and stigma that can accompany cyber exploitation. This educational initiative seeks to address both sides of these issues to "unmask" and expose these invisible dangers. The program will also provide a safe environment and opportunity for students and adults to disclose if they have been victims of online exploitation. The UnMasked initiative will involve educational presentations at schools, colleges, and universities throughout the Eastern District of Virginia. The core curriculum is provided by the National Center for Missing and Exploited Children's (NCMEC) NetSmartz program. Participants and others in the audience will hear

personal stories by real survivors, along with presentations from experts in the investigative, forensic, and mental health fields. These events, which are set to begin during the 2021–2022 school year, will include interactive components, as well as live and video testimonials from survivors cautioning students about the dangers of online communications. UnMasked will offer lessons learned, tips, and best practices on how to avoid being subjected to exploitation, as well as what to do if they or someone they know becomes a victim.

According to NCMEC, online exploitation exploded in 2020 during the COVID-19 pandemic as social isolation and online activity increased. NCMEC's "CyberTipline" received more than 21.4 million reports of child sexual exploitation from electronic service providers in 2020, as well as more than 303,000 reports of online sexual exploitation from the public. This represents a 27 percent annual increase in reporting from electronic service providers, as well as a more than doubling in reports from the public. According to NCMEC, online exploitation encompasses a broad range of offenses, including online enticement of children for sexual acts, child sexual molestation, child sexual abuse material, child sex tourism, child sex trafficking, unsolicited obscene materials sent to a child, misleading domain names, and misleading words or digital images on the internet." Cyber exploitation often begins with perpetrators contacting potential victims through social media applications, video games, and websites, typically using false online profiles, and such conduct can involve both online sexual exploitation and

in-person sexual abuse. EDVA's partners in this community-based initiative will include the Washington, D.C., Richmond, and Norfolk Field Offices of the Federal Bureau of Investigation (FBI) and Homeland Security Investigations (HSI); the U.S. Department of Defense's Naval Criminal Investigative Service (NCIS) Washington, D.C., and Norfolk Field Offices; and NCMEC, among other law enforcement, educational, and community organizations. "In those unfortunate instances when these horrific crimes occur, EDVA will prosecute the perpetrators to the fullest extent of the law, seek justice for all victims, and send a strong message to deter others from engaging in this reprehensible conduct,"

said Parekh.

To report an incident involving online sexual exploitation, call 1-800-843-5678 or submit a report at investigation is ongoing. report.cybertip.org. The CyberTipline is operated by NCMEC in partnership with the FBI and other law enforcement agencies. To request an UnMasked event at your school or organization, please contact EDVA's Community Outreach Coordinator at USAVAE-UnMasked@usdoj.gov.



COURTESY PHOTO Tennida Ferguson

Alexandria woman wanted after pinning

man with car After a dispute in the 7900 block of Janna Lee Avenue, a woman drove into a man and pinned him against a car before driving away July 5 at

The man was taken to a hospital with injuries that were life threatening.

5:05 a.m.

Detectives are continuing to investigate this case. Tennida Ferguson, 45, of Alexandria, is wanted for malicious wounding.



Dagmawee Dawit

Alexandria Police quickly arrests suspect after bank robbery

The Alexandria Police Department arrested a suspect wanted in a bank rob- 21, of Clifton was charged officer, unauthorized use of bery in 200 block of South Washington Street.

of Alexandria, was charged with robbery. It is believed he acted alone.

No one was injured. The Anyone with information is asked to contact Detective Stephen Riley at 703-746-6225 or the police non-emergency line at 703-746-4444.



Daniel Hughes

Ashburn man in hospital, charged with assault

During a dispute in the 1500 block of Trap Road, a man cut a woman with a knife July 7 at 10 p.m.

Officers attempted to arrest Daniel Hughes, 37, of Ashburn, but he assaulted several officers at the scene before being taken into custody.

Hughes was taken to a hospital for treatment of injuries where he assaulted another officer and attempted to take their weapon. Hughes was charged with malicious wounding, two counts of assault on a law enforcement officer, attempt to disarm a law enforcement officer and obstruction with force.



COURTESY PHOTO Carter Setti-Camfiord

Charges filed in domestic-related stabbing

Carter Setti-Camfiord,

deadly stabbing in Clifton. Officers initially responded at 12:07 p.m. to the 13000 block of Compton Road for a pedestrian struck by a car. Preliminarily, detectives believe Setti-Camfiord intentionally jumped in front a car then reported to the driver that he stabbed someone inside a nearby home. Setti-Camfiord was immediately detained by officers and taken to a hospital for treatment of injuries resulting from the crash. Officers entered the home and discovered Jason Camfiord, 50, of Clifton, suffering from trauma to his upper body. Rescue personnel pronounced Camfiord deceased at the scene. The father and son lived at the home together. Another family member was present during the incident but was not injured. The Office of the Chief Medical Examiner conducted an autopsy and ruled it a homicide. Setti-Camfiord is being held at the Adult Detention Center without bond.

Anyone with information about this case is asked to call our Major Crimes Bureau at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

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

This is being investigated as the 12th homicide year to date in Fairfax County.

New Jersey man wanted for assault of **FCPD** officer

Eric Jones, 22, of New Jersey was driving a 2012 Volkswagen Jetta in the 2000 block of Peach Orchard Drive without permission from the owner, July 31 at 2:51 a.m.

An officer attempted to arrest him, but he assaulted the officer, ran away and was not immediately located. The officer was treated at the hospital for minor injuries. Jones is currently wanted for assault on a law enforcement

This is being investigated as the 11th homicide year to date in Fairfax County.

Officers were dispatched for a robbery in progress at Eagle Bank July 7 at approximately 8:40 a.m. A preliminary investigation revealed the 26-year-old male suspect entered the bank and implied he had a weapon while demanding money. The suspect left the bank on foot with an unspecified amount of cash. He was arrested minutes later, less than a block from the bank.

The suspect, identified as Dagmawee Dawit



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PEOPLE AND PLACES



Christopher Herrington

New Department of Public Works and Environmental Services director on board

Christopher S. Herrington began his appointment as direc-

tor of the Department of Public Works and Environmental Services (DPWES), July 12. He succeeds Randy Bartlett, who retired last month.

Herrington has more than 25 years of local government experience with the City of Austin, Texas. He served as the assistant director for the Watershed Protection Department and as Austin's senior environmental policy officer, advising public officials, city departments and the public on a wide variety of development projects. He also served as staff liaison to the Environmental Committee.

Herrington began his career as an intern with the City of Austin and advanced through several roles with the Watershed Protection Department before being promoted to assistant director. Austin's Watershed Protection Department is a municipal stormwater management utility that focuses on reducing flood risk, restoring degraded stream systems, and protecting water quality throughout the city. While serving as Austin's senior environmental policy officer, Herrington worked to ensure that the protection of Austin's natural resources and residents received the highest priority in all public and private development.

"I'm so excited to join the Fairfax County team. It wasn't an easy decision for us to leave Austin and move halfway across the country, or for me to leave my City of Austin family after 25 years of service," said Herrington. "But at our first visit we knew we'd found our new home. My professional life has been dedicated to delivering high quality public service and I'm honored to now serve the people of Fairfax." Herrington's experience includes urban development, strategic planning, capital project delivery, integrated water resource planning, watershed restoration, urban forest management, land conservation, wastewater management, community climate plan implementation and intergovernmental relations. He has also been involved in major projects including regional land conservation planning, the design of a flood diversion tunnel in downtown Austin, permitting the new Tesla Gigafactory and revising wastewater permitting regulations for the State of Texas. He has a dual background in ecology and engineering and has authored numerous publications on water quality and the environment.

SAIC announces new executive appointments

Science Applications International Corp. announced the appointment of two new senior vice presidents of Human Resources (HR) and a new corporate controller July 9.

SAIC appointed Heather Wilson to the role of senior vice president of HR, serving as the HR business partner to SAIC's Defense & Civilian Sector. The company also appointed Peter Kidd as its new senior vice president of Total Rewards, overseeing SAIC's Total Rewards strategy that includes compensation, benefits, rewards, incentives, and recognition programs aligned with the company's overarching strategy.

In addition, SAIC announced the appointment of Ben Wanjara as corporate controller. These positions represent a continued investment and commitment to the functions that enable the company's growth strategy.

Wilson and Kidd report to Michelle O'Hara, executive vice president and chief human resources officer at SAIC. Wanjara reports to executive vice president and chief financial officer Prabu Natarajan.

In her role, Wilson is responsible for bringing a business-centric approach to the entire employee life cycle – from the early stages of recruiting and onboarding through career development, training, and performance management. Prior to joining SAIC, Wilson held progressively responsible leadership roles at Northrop Grumman, obtaining extensive experience in all aspects of HR.

In his new role, Kidd partners with SAIC business leaders to design, implement and administer compensation and benefits programs designed to attract and retain talent. Prior to joining SAIC, Kidd worked at Perspecta managing a Total Rewards program and harmonizing the compensation and benefit programs of three legacy companies.

"As we continue to pursue our growth agenda, SAIC has been investing in our people as a means to enhance our customers' ability to deliver and enable the adoption of advanced technologies," said O'Hara. "These talented and experienced individuals bring a vast array of experience that will help the SAIC team achieve its strategic goals by driving and accelerating results-based outcomes." As SAIC's corporate controller, Wanjara is responsible for SAIC's accounting operations, SEC reporting, technical accounting, and finance shared services. A professional with more than 22 years of experience working in Big Four accounting firms and companies across multiple industries, he most recently served as vice president and assistant corporate controller at Leidos, leading the technical accounting policy group, SEC reporting, revenue accounting, and consolidation teams, while also serving as a strategic business partner across functional areas. Wanjara is a certified public accountant (CPA), licensed in the Commonwealth of Virginia. "Ben's accounting and finance knowledge across different industries and his indepth experiences as a business partner across several functional areas are just some of the reasons we are excited to have him lead our controller organization," said Natarajan. "His leadership and expertise will assist SAIC as we continue to execute our long-term growth strategy and deliver strong program performance."



James Hedrick

Fairfax County Fire and Rescue volunteer training coordinator recognized

The International Association of Fire Chiefs' (IAFC) Volunteer & Combination Officers Section (VCOS), in partnership with Vector Solutions, announced Fairfax County Fire and Rescue Department Volunteer Training Coordinator James Hedrick as the recipient of the 2021 VCOS Training Officer Recognition Award.

The award honors training officers for exemplary conduct and dedication to their fire department's training program.

Hedrick has been responsible for coordinating and developing all operational training for the volunteer members of the 12 partner volunteer fire departments that are part of Fairfax County Fire and Rescue, which has more than 400 volunteer members. He also managed an adjunct instructor corps of more than 40 part-time instructors and scheduling all basic training classes including introductory training, EMT basic, Firefighter (I & II as a package), EVOC, driver operator, recertification classes, required recurrent training and new skills training. He is a retired career battalion chief from Fairfax County who has been able to leverage his experience as a command officer to train volunteers sitting for the lieutenant's exam and other leadership positions.

When COVID-19 started Hedrick immediately took several steps to adjust the training of volunteers to allow for the continuation of training. This included moving of all classes possible to Zoom; utilization of the Vector Solutions platform; adjusting classes that required in-person activity such as CPR by moving most of it to online learning; and creating a drivethrough process in the high bay to allow members to pull in, do their skills, and drive out, minimizing exposure to all involved.

allowed us to adapt through the most unforeseen of circumstances. His guidance and encouragement have inspired countless firefighters, EMTs, and paramedics. His legacy thrives through the career and volunteer members who serve our community."



COURTESY PHOTO

Dallas Newland was part of the 93rd Corps of Cadets at Valley Forge Military Academy.

Reston student graduates from Valley Forge Military Academy

Dallas Newland of Reston, has graduated from the Valley Forge Military Academy and received his diploma as part of the Class of 2021.

Newland is a member of the 93rd Corps of Cadets to graduate from the Valley Forge Military Academy. He is the son of **Felicia and** Timothy Newland.

attended Newland VFMAC from grades 7-12 grades and achieved the rank of 1st Lieutenant. He was a member of the Rifle Club and the baseball team.

"Valley Forge Military Academy prepared me not just for college but for life in general," said Newland. "I am looking forward to a great future and have a solid education as a foundation."

Newland plans to attend George Mason University.



Dr. Kelly Sheers visits the McDonald family on their front porch.

FCPS principal visits students' homes to reconnect during virtual learning

Excitement is growing ahead of Fairfax County Public School (FCPS) students returning to five days a week of in-person learning this fall. Before school let out in June, West Springfield Elementary School principal Dr. Kelly Sheers visited the homes of dozens of families who have been in virtual learning since the pandemic began. Students were excited to see their principal for the first time in more than 15 months. They shared what they've learned in the past year and what they are most excited for this summer.

Kenneth Hays, father of third-grader Finnian and second-grader Alexandra, noted one payoff of virtual learning was watching his children's technology skills explode. "That is a huge difference actually, looking at how far they've come,' Hays said. "I'm definitely better at typing," Finnian added. "It's been different. But I can't wait to go back."

Hays also took a moment to thank Sheers for her hard work during this time. "No situation is perfect. I can only imagine everything going on behind the scenes," he said. "Whenever anything was less than optimal, we'd always think about everything you guys have been juggling."

At another visit, Aaron McDonald, father of fourth-grader Ava and second-grader Gabe, thanked Sheers for stopping by and acknowledged the work of teachers over the past year. "The teachers have been great, and we've done the best we can to support them," McDonald said. "Like they say, we're all in this together."

Sheers wanted to drive that message home during each visit. She says despite the distance the pandemic has forced on everyone, FCPS will always be 'Stronger Together.'

"I want to build that sense of community," Sheers said. "I haven't seen some of our virtual families for over a year and a half. So, this is just my way to show my appreciation to the families for supporting their children at home, and reconnect with them, and actually meet some of our new families for the first time."

For some new FCPS families, this fall will be their first time inside school buildings. During Sheers' visits, she assured those students they will get access to West Springfield Elementary before their first day, so they can get oriented and find their new classroom.

Sheers visited family homes over the span of a few weeks, hoping to garner excitement for the fall and help students feel welcome. During each visit, she let students pick out their favorite color sunglasses and gave them a card that read "You Shine So Bright!" This was a much needed note of encouragement, as we look toward brighter days ahead.



Lock in your savings

DPWES builds and maintains safe, reliable infrastructure that improves public health and provides a high quality of life for residents. The department's four business areas are: Solid Waste Management, Capital Facilities, Wastewater Management and Stormwater Management. These divisions work together to create and preserve sustainable communities.

Herrington has a Bachelor of Science in Biology and a Master of Science in Civil Engineering, both from the University of Texas at Austin. He will receive an annual salary of \$180,000.

Through his efforts, Fairfax County graduated more than 70 new EMTs, on-boarded more than 150 new members, held monthly recertification training such as CPR and offered suppression training and EVOC all with reduced capacity because of COVID-19.

"Jim's impact on the Fairfax County Fire and Rescue Department has been immense; he is a consummate leader - promoting, developing and encouraging the next level of firefighters and leaders, all while quietly sitting in the background and not wanting any spotlight on him," said Shawn Stokes, chairman of the Fairfax County Volunteer Fire Commission. "His impact and legacy can be seen every day in the number of members, volunteer and career, in the right front seat of our rigs making a difference because of Jim's efforts."

"The positive impact of Jim's dedication and leadership is visible every day through the men and women, both career and volunteer, of the Fairfax County Fire and Rescue Department," said Fire Chief John S. Butler of Fairfax County Fire and Rescue Department. "He has propelled the department forward and

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Turn your compost into health for the environment

By Sravan Gannavarapu SPECIAL TO THE FAIRFAX COUNTY TIMES

In June, the Fairfax County Solid Waste and Management Program launched two pilot programs to aid with composting food waste. Now, it has been extended to several farmers markets.

The program initially began in November 2020 in two locations. The I-66 Transfer Station and the I-95 Landfill Complex. Each site has green containers, where the waste can be dropped off and taken to a Waste to Energy Center. Donators will see a giant sign that helps identify the location to drop off waste material.

At each location there's an attendant who will receive the compost and help with the transfer of materials and answer any questions.

"Customers can drop off their food scraps here, rather than throwing the food in the garbage, they can leave the food at these locations," said Recycling, Compliance, and Planning Chief Charles Forbes.

Farmers Market Composting now has its services available at three county-operated markets and one non-profit market.

Composting is commonly defined as nature's way of recycling. For example, organic waste such as leftover food trimmings is turned into compost, which people can then use in their gardens.

According to the department, acceptable



forms of deposits include meats, dairy products, and other leftover scraps such as potato peels, bones, eggshells, trimmings, Additionally, etc. nonconsumable items such as coffee filters, napkins, and uncoated paper plates deemed acceptable. are However, liquids such as water, beer, or juice cannot be donated. Foil, grease or oil, Styrofoam, coated cardboard and plastic wrapping cannot be donated.

Citizens can also choose to freeze their food before donating. However, if donated in a plastic bag, the bag must be donated separately.

The department has always had the goal of reducing waste that requires disposal, and this program provides a great initiative to do so. The initial two locations were used as a test to see whether or not the public would use this service. Forbes says that the service was well-received, and thus they began looking for better drop-off locations.

The composting process is very standard, as the food is accumulated in long piles. The process is very similar to how composting is done at home, and nature takes care of the rest. Eventually, the compost has matured and is ready for use. Some of the items thrown away, according to Forbes, are ultimately combusted to make electricity.

Forbes also said that currently, about 65,000 homes in Fairfax County have power every day due to the thrown away material. The center where the waste is ultimately sent to does not run on coal for its power but through trash combustion.

In addition to social media being a significant part of their promotion, Forbes said the department has sent outreach specialists to the farmers markets for a couple of weeks and is educating customers about the program.

"We are just looking to continue to advance a strategic objective which is to get the county closer to a zero-waste sort of situation,"said Forbes. "We'd like to grow the program, but we'd like to grow it in a careful and intelligent way, in a way that creates a sustainable program, both economically and environmentally."

To learn more about the program, visit their website at https://bit.ly/3hBXkYA

WEAR CONTINUED FROM PAGE A1

Padmanabhan is joined by seven other Fairfax County Public School students on the WEAR executive board. Together, they lead the nonprofit group and focus on diversifying education, providing events and webinars, using social media to spread awareness about women's issues and rights and providing for women through various initiatives like creating care packages for local shelters.

"I have always enjoyed being an FCPS student, and with FCPS being one of the largest counties in the nation, I wanted to make sure WEAR would be able to reach and help as many students as possible as we address the lack of diverse women's history in education," said Padmanabhan. "I wanted WEAR to also support school districts like FCPS whose mission is to promote equitable and inclusive curricula."

Padmanabhan is working hard to make sure women's history is included so students can learn about women who look like them. "Curriculums across Virginia, and the entire country, have had a lack of women's history and especially diverse women's history for decades," said Padmanabhan. "I want to see us writing women back into our textbooks, and finally having equal representation of all women in every lesson we learn."

The TJ student presented her work with WEAR at the FCPS Social Studies Summer Institute Professional Development in June. Padmanabhan and WEAR provided teachers around the county with resources and a guide to teach 6th graders about diverse women in history during the Civil War and their roles.

WEAR has also gained support from top leaders in the county as they aim to create more diverse lessons. "FCPS School Board member Rachna Sizemore Heizer agreed to be one of WEAR's advisory board members last year, and we began brainstorming ways to highlight the movement for more women's history in FCPS curricula," said Padmanabhan. "Through our correspondence, Dr. Deborah March, Culturally Responsive Pedagogy Specialist with FCPS, reached out to the WEAR executive board and we worked together on creating resources for teachers across the county."

Despite the focus on FCPS, WEAR is open to all students who are passionate about women's rights. The nonprofit has more than 150 members, ranging from students across the United States to students internationally. With the help of technology, general member meetings and working on initiatives is possible for members who are not local to FCPS.

Looking to the future of WEAR, the group is hopeful. "I hope WEAR will continue this momentum and will be able to work on writing diverse women back into history curricula across the state and the nation," said Padmanabhan. "Continuing to make an impact, diversifying history education and furthering our other initiatives focused on the rights and overall equality for women are the biggest goals that WEAR has for the future."

Justice Park petition continues to rise towards its signature goal

By Bonnibelle Bishop SPECIAL TO THE FAIRFAX COUNTY TIMES according to FCPS. The high school's



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Nearly 1,400 individuals have signed a petition to stop Justice Park from being partially paved over and turned into a parking lot for Justice High School.

The new parking lot would take two acres away from Justice Park, according to Justice Park Activists on Change.org. The park is 17 acres in total.

The parking lot would also replace the park's basketball court, according to the Annandale Blog. However, according to FCPS, a new basketball court is expected to be installed in a different area of the park.

There are currently 126 classrooms to accommodate 175 teachers at Justice High School. A renovation on Justice High School is being done to increase the amount of space available to students and teachers, renovation includes 46,000 additional square feet, science classrooms, and new parking. Justice High School is expected to complete their expansion in fall 2023, according to FCPS.

In order to achieve the goals set out in the renovation of the high school, Justice Park must become parking spaces.

The issue was first raised back in March during

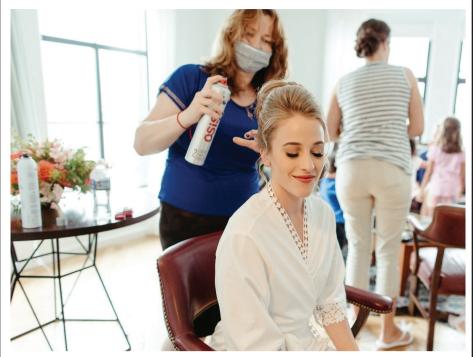
a Community Listening Session for the Mason District, according to the Annandale Blog. The new parking lot plan was first discussed in the fall 2019, according to a comment made at the Justice Park Community meeting May 6.

"We should not have to choose between quality schools and quality parks for our children who deserve access to both," Justice Park activists said on Change.org.





Salute the salons



When it comes to salons, the first image that pops up is often a place for everyone to get their hair done and look elegant for any occasion. Natalya Anderson has always had a feel for bringing elegance to her customers.

Originally from Ukraine, Anderson arrived in the United States in 2001. She started as a seamstress and found herself getting more and more integrated into the cosmetology business, now having worked in that field for 18 years. Eventually, in 2018, she and her partner Charles Orth opened up Alya Salon and Spa. Located in Vienna, Alya Salon and Spa currently belongs to the Vienna Business Association. The salon prides itself on providing beauty to its patrons.

Orth met Anderson in 2008. Though he currently works as a software engineer, Orth has been tremendous in giving Anderson the support she needs.

"Natalya has done a lot of work with the modeling industry," said Orth. "She also did a lot of weddings patrons with small items of appreciation. More often than not, loyalty is formed, and the business thrives. Alya Salon and Spa is also active in the community and constantly donating to charities. "We have what we call a 10-10 plan," said Anderson. "If you come in with a charity, we will give you 10 percent off. And then we also give a 10 percent donation towards the charity." had to shift gears and make arrangements as a result of this news. "We had a stylist that did come down with COVID, and she got diagnosed on Christmas Eve," said Anderson. "She called us the next day on Christmas morning, and so not only did a wipe down, but our first priority was to call everyone who had been in direct

This past Memorial Day weekend, Alya Salon had an outdoor booth at Viva Vienna, and many people came by and got their hair braided for charity. Events like this bring joy to people and provide a smile during a time like this when most are fixated on what is wrong.

Recently the salon won awards for excellence in customer service and Entrepreneur of the Year. They have also been recognized as the best salon in Northern Virginia for the past three years.

Then came the COVID-19 pandemic. As you can imagine, it did hit the salon quite hard. In fact, it hit several salons hard. Anderson said she had to work with their landlord to try to see if they could get their rent reduced, as running a business like a salon can be expensive. Anderson spoke to many salon owners and knows that they lost their stylists as a result of this pandemic. In essence, the stylists started going to people's houses and did not return to their old facilities. While Anderson is fortunate to have retained her staff, they too have had to deal with challenges themselves. Additionally, both Orth and Anderson were at a point of having to pay their employees out of pocket for the first two weeks, not knowing if they could get a Paycheck Protection Program (PPP) loan.

COURTESY PHOTO

arrangements as a result of this news. "We had a stylist that did come down with COVID, and she got diagnosed on Christmas Eve," said Anderson. "She called us the next day on Christmas morning, and so not only did we have to call the cleaning crew to come in and do a wipe down, but our first priority was to call everyone who had been in direct contact with her at the salon and those who had indirect contact with her, and we also had to shut the salon down for some time." She took steps to ensure that her salon would be running while abiding by the guidelines set by the CDC. Some of those included temperature checks and mask wearing. Also a customer had to sign a waiver that they had not flown on an airplane at least 14 days prior to their appointment, among other restrictions.

When Orth worked the front desk on occasion, he did several little things such as wiping the customer's credit card down before handing it back to them. A small task but one that was greatly appreciated. "I can't tell you how many times I've just gotten a thank you some people for wiping the credit card down," said Orth. "It's always about our customer's comfort level." Anderson also credits her team of stylists and spa service providers, whom she describes as amazing and fantastic, and without their resilience, the salon may not be where it is today. Both Anderson and Orth have always believed and will continue to think that even when times are tough, the best people are those who reach out to those who need a helping hand. "I think we walked away from 2020 knowing that there are wonderful people out there who really tried to do their best to help all the other restaurants and all other businesses," said Anderson.

Fairfax County sets up task force on roads named after Confederate figures



By Rick Horner FAIRFAX COUNTY TIMES

The Fairfax County Board of Supervisors have set up a task force to look into options regarding the names of two roads in the county that are named after generals of the Army of the Confederacy.

U.S. Route 29 which is also known as Lee Highway and U.S. Route 50 which is also known as Lee-Jackson Memorial Highway will be the focus of this new group known as the Confederate Names Task Force. The group will research and make recommendations to the board on whether or not the names of one or both road ways should be changed and what they should be changed to.

Before the approval, Hunter Mill District Supervisor Walter Alcorn stressed that this task force was only looking at names of the two specific roads under review and that it won't be doing more than that.

Board Chairman Jeffery McKay concurred with Alcorn, adding that it was important to understand the history of these roadways, their names, and their impact on the community. McKay also discussed what would happen if the board decided that a name change would be necessary.

"The process of changing these names can be different since if the board did decide to change those names we would need to make a formal request to the Commonwealth Transportation Board for approval," said McKay. "We need to vet the issues as well as the pros and cons of the process. The Board doesn't have final say on the issue."

The task force will pick up the reins from the work done by the County's Historic Commission; the Board of Supervisors requested in June 2020 that the commission look into the matter which resulted in a number of tasks set before the commission. Among those tasks were to create an inventory of street names, monuments, and public places named for the Confederacy. The commission was also tasked with researching the legal and financial implications of potential name changes and to seek advice from other counties and localities

on the matter.

The task force will build on that previous work by looking further into a potential change as well as the effect it could have on address changes with the U.S. Post Office or with property deeds.

Fairfax has changed the name of roadways named after figures of the Confederacy in the past, the county changed the name of its portion of U.S. Route 1 from Jefferson Davis Highway to Richmond Highway back in the 1970s.

The task force will be chaired by Evelyn Spain, the representative for the Sully District in the county's Planning Commission. Fairfax has also set aside \$50,000 from the county's General Fund to support the task force and pay for a facilitator to help the task force in its deliberations.

The task force's first meeting has been proposed to occur sometime in late July or early August with a report turned in to the board by the end of the year. Should the Board of Supervisors accept the group's findings they could schedule public hearings on the matter in 2022.

and has also put together photoshoots."

Before opening, Anderson did her homework on how salons operated and felt she had what it took to manage her own. "For many years, looking at different salons and how they are all put together, I thought I could do it differently or do more," she said.

When the salon first opened, Anderson found different ways to interact with her customers while also promoting her brand. "Back when we started the business, when we had new clients coming in the door; we gave them a little welcome package with small samples and introductions to local businesses, and still do so to this day," said Anderson.

In this day and age, it's always a good sign where a business gives back to its

Then last December, a member of their staff came down with COVID-19. Needless to say, Anderson



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K9 CONTINUED FROM PAGE A1

detects the chemical used in electronics, he will sit down and alert his partner of the hidden electronic. He is then rewarded with a treat for his work. This helps officers quickly locate small items which they could have possibly missed using just their sight. "K9 Browser has been an asset to our detectives in helping find electronic storage devices," said Yost. "Thanks to Browser's keen sense of smell, he is able to locate devices that are difficult to discover and helps cut down on the time it takes detectives to search."

"He is helping us combat online child exploitation and helping us hold dangerous offenders accountable by detecting sometimes hidden, concealable, electronics and memory devices," Said Maj. Ed O'Carroll, bureau commander.

DRAG CONTINUED FROM PAGE A1

Adrienne Henzel, who was in attendance at the events. "If he's referring to the ladies praying the Rosary, then that's just funny."

However, harassment seemed to be happening on both sides as one 19-yearold McLean woman told the Fairfax Times. "I was standing in a group near some of the older ladies who had silently protested by praying the Rosary," she said. "I asked one of the adults whether they felt comfortable with what the children had just been exposed to. In response, several attendees accused me and some of the Rosary ladies of being bigots, racists, transphobes and hateful.'

Kathleen Donoghue attended the event and said she sat in the event and prayed silently. However when she noticed that one of the children became upset when Persephone Rose called the stuffed dog a cat she said out loud, "Please don't confuse

The K9 helps the FCPD detect and find small electronics with his nose faster than it would take his human colleagues to look for the electronics. Browser was even awarded an honorary "Detective of the Month" award from his colleagues in the department for his hard work.

As Browser has unique training, he and McCoy often assist other jurisdictions in search of electronics such as cell phones, SD cards, USB drives and SIM cards which could contain evidence. "Browser and Detective McCoy also help the Northern Virginia Washington, D.C. Internet Crimes Against Children Task Force with search warrants related to investigations involving child sexual exploitation materials," according to an FCPD blog post.

While Browser's ability to find electronics has helped solve child exploitation cases

the children!" Donoghue confirmed that she's neither homophobic or transphobic. "I truly care about all people," she said. "My main concern was the age group to which this event was marketed."

"At one point a mother left with her young child apparently upset," said Donoghue. "When another parent got up to leave I followed her out and verified that she, along with her child were visibly shaken by the 'event'. After the first session, I briefly spoke with the performers. Our exchange was not angry or threatening. I wanted to learn and understand what they were thinking by putting on this display. Afterwards I saw Daniel Singh outside and asked him what he thought of the event. I did not know he was the MCC director. He said they really enjoyed it and when he saw the look on my face he angrily told me that if I was concerned about the well-being of children I should write to the Pope."

Singh billed the event as one of inclusion and noted that MCC, FCPL and other



around the Commonwealth and the District of Columbia, Browser's abilities can help solve other cases, too. "It helps detectives investigate all types of crimes, from murders, sexual assault, robberies, missing persons, you name it. Any electronic device is capable of being detected nowadays by K9s like Browser," Chief of Police Kevin Davis told 7News.

With electronic devices having the capability to hold key evidence and information, Browser's work is critical in helping his fellow detectives. "K9 Browser has a bright future with our department. He will continue to come to work with his partner, Detective McCoy, and remain sharp through training. After hours, Browser will continue to enjoy dog life at home," said Yost. K9 Browser is a welcomed member of the FCPD thanks to a donation from a community partner.

county agencies offered multiple events to celebrate Pride Month. "These pride celebrations were meant to lift up and support the LGBTQ+ community," he said. "As you know, LGBTQ+ teens are five times more likely to commit suicide because of social rejection by families/communities or because of bullying. We see our efforts as a joint path forward to prevent the trauma as being perceived as different for something that is a natural aspect of 10 percent of our population, and one that should be celebrated.'

"I have absolutely no idea why you would want that to influence your child. Would you want a stripper or a porn star to influence your child? It makes no sense at all," Demure said in a video address to heterosexual women posted on her Instagram page. "A drag queen performs in a nightclub for adults. There is a lot of filth that goes on, a lot of sexual stuff that goes on and backstage there's a lot of nudity, sex and drugs. So, I don't think that this an avenue that you want your child to explore. getting them involved in drag is extremely, extremely irresponsible on your part and I understand that you might want to look like you're with it, that you're cool, that you're woke, that you're not a Nazi, that you're not a homophobe. Honestly you're not doing the



5 tips to make watersport adventures safe this summer

Courtesy of Family Features

 $F_{\text{enjoy}}^{\text{or}}$ those who those who active summer lifestyles, water entertainment may be the way to go. Racing the waves with the wind flowing through your hair can be a fun and exhilarating way to enjoy fresh air; a dip in a cool lake can also help keep the heat at bay on hot summer days.

Despite world events over the past year, the watersports lifestyle is thriving - potentially due to the nature of personal watercraft riding and ability to practice social distancing. In fact. powerboat sales reached record highs, and while that momentum has slowed some in 2021, personal watercraft sales are still surging - up 77% over 2020, according to the National Marine Manufacturers Association. This growth means there are lots of new riders on the water, and that can affect the safety of riders both experienced and new.

Respecting riding etiquette, wearing protective and

having fun on the water: Know the rules. Rules

can vary from one state or location to the next, so be sure you know what the expectations are before you head out on the water. You can find more about licensing requirements and other regulations in your area through the Boat U.S. Foundation.

Dress for success. Ensure you have a life jacket or personal flotation device that fits snugly but comfortably. Remember to connect the tether cord from the ignition of your watercraft to your life jacket to cut power to the engine should you end up in the water. Additionally, neoprene shorts can help prevent injuries and give you a comfortable layer between your body and the saddle. Gloves and boots provide protection and improve your grip, and sunglasses can help protect your eyes from the wind and water. It's also a good idea to keep a windbreaker in a storage compartment in case weather blows in unexpectedly.

Gear up. Once you're dressed for the occasion, you won't need much other gear, but there are and sun.

Play nice. On gorgeous, sunny days, you can expect your local lake to be busy. Being respectful of others on the water helps ensure everyone can enjoy their water adventures safely. If you haven't already, take a watercraft or boat safety course and brush up on the basics. Beyond that, pay attention to signs, especially ones that note restricted areas and nowake zones, and keep a safe 200-foot distance between yourself and other watercrafts.

Be earth aware. Part of being responsible on the water is respecting the environment. You can do your part by committing to green habits like refueling on land and doing maintenance work well away from the shoreline. When you're riding, getting too close to the shore can tear up your watercraft, but it can also be harmful to the fish and birds that feed on the sediment in the shallows, as well as the vegetation. Be aware noise and movement of boats may disturb bird populations. Stay clear of posted bird nesting areas. Nesting birds may fly from their nests, exposing unprotected eggs and hatchlings to the sun's heat or predators. Keeping to channels and deeper water also helps protect the wildlife and prevent shoreline erosion.

gay community any favors. in fact you're hurting us. We already have a reputation of being pedophiles and perverts and deviants. We don't need you to bring your children around so you keep your kids at home or you take them to Disneyland or take them to Chuck E. Cheese."

being conscious of the environment can help ensure riders have fun and continue to enjoy access to watersports. The team at Sea-Doo, a global leader in personal watercrafts, shares this advice to help keep everyone safe while a few items that can help protect you. Always keep an anchor on board, along with a radio to call for help if you have trouble. A water bottle can help ensure you stay well hydrated on the water, where you typically sweat a lot due to the wind

Virginia PTA reinstates ousted TJHSST PTA president, placed on probation

By Rick Horner

SPECIAL TO THE FAIRFAX COUNTY TIMES

he Virginia Parent Teacher Association has reinstated a former president of the Thomas Jefferson High School for Science and Technology PTA after she was voted out.

Bonnie Qin, who was removed from the TJ PTA after a three to one vote, was reinstated along with other members who had resigned or been voted out. The VA PTA also placed the Thomas Jefferson based organization in a probationary phase that would prevent the removal of any board members or the filling of those positions without the approval of the VA PTA.



VA PTA about the ongoing distrust with the organization's leadership. Petitions and emails had been sent to the VA PTA demanding action to be taken in the matter. According to a letter sent

to the organization by the Members of the TJ PTA VA PTA, while it believes

it would prefer instead to work with them to repair the by the VA PTA. bridges that have been burnt.

work with TJHSST PTSA leadership to repair the damage done. We have decided to move TJHSST PTSA

the charter of the TJ PTA Non-Compliance" according to a letter sent to the TJ PTA

In addition to param-"We would prefer to eters set regarding the TJ PTA's board, the VA PTA set ground rules for the organization's probationary period which includes im-

the PTA's membership and addressing their concerns, having members sign conflict-of-interest forms, setting up processes and procedures for meeting and providing notice for special meeting, and to obtain the services of a certified parliamentarian to help with these issues.

In addition to all this, the VA PTA is requiring that two members of a support team to help with the probationary period be present at all regular and special meetings of the TJ PTA and for the members to have a voice in the proceedings as well.

This comes after weeks of allegations and accusations that led to Qin being ousted from her post, Qin would have remained as TJ PTA president through the 2021had expressed concern to the there was cause to revoke into the Probation Phase of proving communication with 2022 school year until her

term expired in June 2022. The effort to push Qin out had been led by the organization's President-Elect Harry Jackson who would have sat behind Qin until the end of her term.

Among the reasons Jackson had given for Qin's removal included were restricting access to records and preventing communication between the TJ PTA's executive committee and the organization's membership.

Thomas Jefferson High School for Science and Technology has been at the center of recent tumult regarding a change in their admissions process, the teaching of race in the curriculum, as well as closely contested elections within the TJ PTA.

HEALTH & WELLNESS

Friday - Sunday, JULY 16 - 18, 2021 fx

FAIRFAX COUNTY TIMES

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Understanding thyroid hormones



Proper thyroid hormones are very important for overall health. The thyroid is the butterfly-shaped gland located in the front of the neck. It helps regulate many body functions by constantly releasing a steady amount of thyroid hormones into the bloodstream. It has a major role in metabolism and that's why people with thyroid imbalances can have weight loss resistance.

What are the thyroid hormones?

TSH or thyroid stimulating hormone tells your thyroid gland to make thyroid hormones.

T4, the main hormone your thyroid makes, is mostly inactive and must be converted to T3 by the other tissues in the body (your kidney, liver, gut, etc.)

T3 influences our mood, menstrual periods, skin, gut health and a whole lot more.

A lack of conversion and low T3 can cause those typical low thyroid symptoms, such as dry skin, hair loss, constipation, depression, fatigue and more.

To help the body convert more T3 we need to

1. Exercise daily. Movement helps us opti-
mize all of our hormones.thyroidism include:
Healthy sun ex

2. Eat selenium-rich foods such as Brazil nuts, fish, sunflower seeds, spinach and pasture-raised eggs.

3. Eat zinc-rich foods such as oysters, grass-fed beef, raw pumpkin seeds and dark chocolate.

4. Iodine is also one of the main building blocks of both T3 and T4 and we need to get this from our diet as well. However, those with Hashimoto's Thyroiditis are advised against taking in too much iodine.

The thyroid gets support from the pituitary gland as well. It tells the thyroid gland whether to release more or less hormones into the bloodstream. When we are under large amounts of stress, pituitary suppression can cause low TSH.

An overactive thyroid (also known as hyperthyroidism) occurs if the thyroid gland makes too many hormones. An underactive thyroid (hypothyroidism) is where the gland doesn't make enough hormones. Both of these imbalances can lead to a great number of symptoms. And there's also Hashimoto's Thyroiditis and Grave's disease – two autoimmune thyroid disorders.

If you're experiencing any of the above symptoms, make sure to ask for a FULL thyroid panel, testing TSH, Total and Free T3, Total and Free T4, reverse T3 and anti-thyroglobulin and anti-TPO – the latter two testing for antibodies to the thyroid, which indicates an autoimmune disease.

Six healthy habits for those with hypoyroidism include:

Healthy sun exposure (especially first thing in the morning), a regular and consistent sleep schedule, daily movement, journaling or meditation, red light therapy and a diet rich in nutrient-dense foods. If you're suffering with a thyroid problem, let's chat at www. UnlockBetterHealth.com.



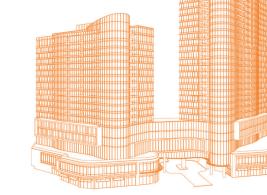


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Friday - Sunday, JULY 16 - 18, 2021 fx

State record for biggest goldfish caught is broken in Potomac River

Bow fisherman Jeremy Fortner snipes a 3.9-pound goldfish in the Potomac River Big 5 Slam Bowfishing Tournament

By Grant Johnson SPECIAL TO THE FAIRFAX COUNTY TIMES

 $B^{\mathrm{ow}\ \mathrm{fisherman}\ \mathrm{and}\ \mathrm{Chesterfield},\ \mathrm{Va}.$ native Jeremy Fortner broke the state record May 22 for the largest goldfish caught when he hauled in a 3-pound, 9.6-ouncer during the Big 5 Slam Bowfishing Tournament in Hunting Creek – a tributary stream of the Potomac River which runs between the City of Alexandria and Fairfax County.

Along with the record, Fortner won a \$1,500 side pot – of the five targeted fish, goldfish was randomly selected as the species that would garner a prize for whoever hauled in the heaviest. While the end result was prize money and a state record, it wasn't smooth sailing the whole tournament for Fortner.

The Friday prior to the 12-hour tournament that lasted from 7 p.m. May 22 until 7 a.m. May 23, Fortner scouted the waters, which he said he likes to do for at least one day prior to tournaments. From sunup May 21 until 2 a.m. May 22, he and his partner Chris Blowe traversed the Potomac, looking for areas of clear water and where the big fish were situated. Afterward, they drove two hours back to Chesterfield, slept, then drove back to Northern Virginia for the tournament Saturday night.

Only problem – Fortner said the water looked muddier than he's ever seen it.

"I think we're just going to have to wing it," Fortner recalled telling Blowe after scouting. "I don't have any real comfortable places that I feel that good about."

the Woodrow Wilson Memorial friend said that was almost the Bridge. Then, the tide started receding -- it was a foot lower than normal, which Fortner said made it difficult to get into the creeks because they're even shallower. He said sometimes you can only fish in them during high tide, and that if you don't leave them in time, they can get down to six inches of water.

However, Fortner said they were able to get into their desired creek as he said he knew the entrance wasn't as deep as the rest of the water. Once Fortner and Blowe were in, the two were able to catch snakeheads, catfish, gar and carp the other four invasive species that are required to be caught during the tournament to be eligible to win – but he said even though there were a lot of goldfish, he wasn't able to hit any. Due to the low tide. Fortner said he had no choice but to keep fishing in the creek - his boat wouldn't be able to get out unless he waited. He said he didn't have his "eye right yet" after missing goldfish back-to-back, but Fortner was on a mission.

"We ain't leaving until I hit a goldfish," Fortner said to Blowe.

That's when the 3.9-pounder was caught – Fortner said he didn't know it was a record at the time, and he said was just caught up in catching a goldfish to make sure he had all five species. Even after capturing the state record, Fortner and Blowe faced more trouble: the boat got stuck in the entrance of the creek when trying to leave, so the two spent one hour pushing the boat 100 yards out of the creek.

When tournament time ar- was only an hour or two un- put it on my upper side of bow rived, Fortner said he stayed til weigh-in, so he and Blowe fishing and fishing experiences behind the pack of the "about spent the remainder of time because of the atmosphere, the fishing in creeks close to timing, the fish - everything the tournament's hub. When weigh-ins started Sunday morning, Fortner said he sensed he fish, out of all my bow fishing might've nonchalantly caught a record-breaking goldfish when he overheard one of his friends that was recording on Facebook consider the Potomac River Live.

state record. Fortner - who already measured his goldfish unofficially himself and said it was well over three pounds re-measured to make sure his scale wasn't broke.

Sure enough, he said, it was well over three pounds again.

To verify results, a certified biologist from Virginia must approve the fish is the right species and that there are no signs of cheating with added weights in the fish. The biologist followed Fortner back to Chesterfield, weighed the goldfish on an official scale at Greentops Sporting Goods in Ashland, finished analyzing it and Fortner got a form to sign and send to the Virginia Department of Game and Inland Fisheries (VDGIF) for certification from their board.

From being oblivious in the moment that he had the record for largest goldfish caught, to winning \$1,500 and shattering Virginia's state record, Fortner said through it all, he isn't in it for the notoriety.

"I've never been a fisherman or a bow fisherman that shot for records," Fortner said. "I just love doing it and going out there."

Other notable fish were caught at the tournament including a 58-pound catfish - but Fortner said his goldfish stole the show because people couldn't believe a goldfish could get that big. The reaction factor combined with the spontaneity of the record, Fortner said, melded this catch into one that tops his list as one of the most memorable fishes he's caught.

"It was the experience and the fish that made this really By then, Fortner said it cool," Fortner said. "I kind of just kind of fell into place ... It was just funny how the goldstuff, is my most notable fish that I've shot."



CHRIS BLOWE

Bow fisherman Jeremy Fortner breaks Virginia state record with largest goldfish caught at 3.9 pounds.

bay side - and a combination said, carry high levels of merof clear and marshy water. But to keep Fortner's favorite place pristine, it's important to have fellow bow fisherman regulating the population of species invasive to the Potomac River like goldfish, gar, blue catfish, carp and snakeheads – the latter Fortner dubs as the "bad boy of the water" because snakeheads are able to balloon in population rapidly along with being vicious predators, he said.

All of the species that are targeted in the tournament don't have natural predators, causing their respective popu-Some are also the culprit of po-struggle." tentially harmful effects to the

cury that can be toxic to the surrounding environment's organisms. The two are also capable of outcompeting native fish for food as they are dominant predators, similar to the snakehead. Carps are also threats to the natural ecosystem of the Potomac because they reduce water clarity and can contribute to algae blooms, Fortner said.

"There has to be checks and balances," Fortner said. "When you have a type of fish where there's nothing to control their population, there's going to be thousands of them lations to boom if not hunted. and every other fish is going to

In order to keep invasive species out of the Potomac River watershed, much of the Goldfish, Fortner said, have responsibility falls on homeowners in Northern Virginia. There are ways to properly dispose of goldfish in home fish tanks, and they don't include dumping them into a nearby creek - instead, either euthanizing the fish in a Gar and blue catfish, he adopt it or donating to a local experience."

aquarium club are preferred, Mike Bednarski, chief of fisheries for the Virginia Department of Wildlife Resources, told WTOP News.

Fortner said his record still hasn't fully sunk in yet. Since he discovered bow fishing 17 years ago on a DVD set with his friend, he said the record still means something because he's been passionate about the sport ever since – even if he doesn't fish with the intention of breaking records per se. This tournament specifically, Fortner said, was extra special because it was the first that he used a bowfishing arrow rest that he designed and made himself called "The Fortress."

Fortner said it wasn't until

60" boats competing because it's hard to fish until it gets dark – before then, he said the fishing lights don't work well. To avoid congestion. Fortner and Blow were "sitting back and eating burgers" while everybody else was "running and gunning," Fortner said.

Once the two got started, all the way up the Potomac to that was 2.8 pounds, and his

Someone else in the tour-

Fortner said he would also and its tributaries as his favorite place to fish because it has Fortner said they took the boat nament had caught a goldfish a plethora of species to shoot - including sting rays on the

Potomac River watershed aside from their invasive presence. bacteria that they regurgitate into the water that's unhealthy for the grass and shallow water or mud flat habitats they inhabit within the Potomac's ecosystem. He said they also disrupt sediment and uproot vegetation.

his dad said, 'This is a state record for Virginia,' for him to fully comprehend what he accomplished in late May.

"It was definitely kind of surreal because I've bow fished for so long," Fortner said. "Usually I think regionally ... It kind of took me a while to realize this is for the whole freezer, finding someone to state. So it was a pretty cool

Four ways to get fit with friends and family this summer

Courtesy of State Point Media

W ith warm weather, longer days, and more free time, it's easy to find ways to stay fit in summer without a gym. And while you may squeeze in a solo workout here and there, making fitness a social activity can keep participants motivated and accountable.

Summertime can be a perfect time to establish new fitness routines with friends or family members. If you're new to finding workout buddies, here are four ways to get started.

1. Create your own fun run: In-person races may still be few and far between this

possible to enjoy the love of running. Map out a nature trail to hit once a week, sign up for virtual fun runs, or set up a series of running relay events in the neighborhood.

2. Learn a new sport: From tennis to beach volleyball and from soccer to golf, there are various ways to experience healthy activities as a group while adhering to social distancing guidelines. This can also be a great time to offer younger children the opportunity to try something contagious!) new!

training programs, the online fun for all involved!

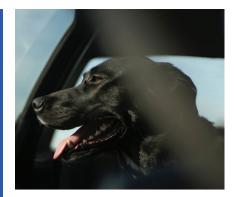
summer, however, it's still options to exercise are abundant these days. If you have several workout friends, set up a shared calendar and let everyone pick a class.

> 4. Lead by example: The next time you go for a run in the park or hit the court for a quick pick-up game, bring the kids. By highlighting the value of exercise and modeling proper form, you can help them gain the skills they need to be active for life. (Plus, the enthusiasm you have for your favorite hobby can be

Exercise shouldn't be a 3. Participate in an on- chore. With a great attitude, line class: Whether you en- and a sense of adventure, getjoy Zumba classes or strength ting fit this summer can be







GOING FOR A RIDE Page B3

www.fairfaxtimes.com | Friday - Sunday, JULY 16 - 18, 2021

Jammin Java welcomes Darrell Scott The singer/songwriter will play hits from his long and distinguished career

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

When Darrell Scott was introduced to the guitar as a youngster, he never dreamed that he would go on to play professionally and earn four Grammy nominations, but the country music singer and songwriter has achieved that and so much more.

Over his career, he's toured with both Robert Plant and the Zac Brown Band and was named songwriter of the year for both ASCAP and NSAI.

Scott will play some of his favorite tunes at Jammin Java July 18.

"It's been a while since we played the D.C. area, maybe three years or more, and I'm so excited to be back," he said. "In that time, we've had new material, new albums, and I'm looking forward to seeing people in the area again."

Not being on the road for the first time in decades was tough, but he found ways to kill the time.

Scott and his wife Angela live on 561 acres of land in Tennessee, between Nashville and Knoxville, and right before the pandemic, they bought a sawmill and a miniature bulldozer.

"All that time at home meant we could clear out land and turn it into lumber," he said. "So, basically we built a 1,500-square-foot studio during the pandemic using our own timber with some carpenter friends."

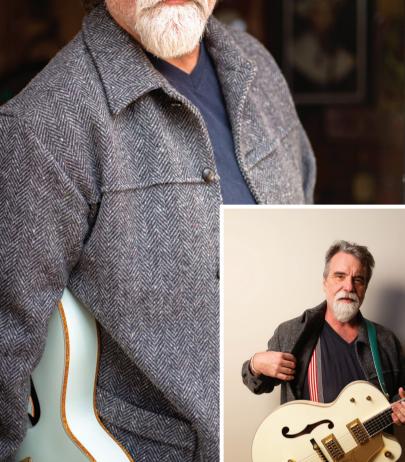
Musically, Scott released two full albums during the pandemic as well. The first one, which was released in April 2020, is called "Darrell Scott Sings the Blues of Hank Williams," and that was always scheduled to be released.

"The second one that came out in October is called 'Jaroso,' and that wasn't in the pipeline, though it was mixed and ready," Scott said. "With the pandemic, I figured I would go ahead and put that out since we can't go out and do shows, thinking people would want to hear some new projects."

He was right, and both albums have done well both critically and with fans.

See SCOTT, Page B5





COURTESY PHOTO

Hamilton standout Christopher Jackson stars in Signature Theatre's "After Midnight"

The musical is streaming through August 4

By Keith Loria

SPECIAL TO THE FAIRFAX COUNTY TIMES

Broadway star Christopher Jackson and D.C. favorite Nova Y. Payton headline Signature Theatre's "After Midnight," a song-and-dance extravaganza set to the swinging sounds of the likes of Duke Ellington, Jimmy McHugh, Dorothy Fields and Harold Arlen, and framed by Langston Hughes' poetry.

The show, conceived by theatre stalwart Jack Viertel, is a celebration of the artists and art that came out of The Harlem Renaissance—a golden age of African American culture encompassing art, poetry, literature, music and more.

Directed and choreographed by Jared Grimes, with musical direction by acclaimed jazz composer Mark G. Meadows, "After Midnight" showcases 28 of the Big Band era's most famous songs, including "Stormy Weather," "On the Sunny Side of the Street" and "It Don't Mean a Thing."

Meadows, who made his acting debut at Signature in the musical "Jelly's Last Jam" back in 2016, was excited to be back to work with Jackson and this amazing cast.

"I was working on Signature Vinyl last fall when I saw a clip of the show on YouTube and as soon as I saw all the dancing and heard the music of Duke Ellington, I was instantly sold on being a part of this," Meadows said. "Jared and I are friends all the way back to 'Jelly's Last Jam,' and since then have toured internationally together and played in New York a bunch together, so our friendship has gone beyond just musical theatre."

The musical, shot at Signature this spring, is being streamed through the theatre's site and at BroadwayOnDemand.com until Aug. 4.

"It was a crazy quick process,"

Meadows said. "We did about three weeks of rehearsal without the band, and then they had about two-and-a-half rehearsals, and we all got together on film day, even though the vocalists and band had never played together ever. But we were all dressed and ready to shoot on day one."

Adding to the challenge was that Jackson was on location in New Orleans for part of it, and had to virtually rehearse with the others.

"I pray this will not be the last time I work with him, because he was nothing short of a miracle," Meadows said. "He came, got into costume, and we ran all of his stuff in one day. He brought nothing but professionalism and joy, and he's just a delight."

Meadows and Payton have worked together many times and she too delivered a top performance and one that the musical director said people will remember.

The finished project is some-

thing fun and enjoyable to watch for any musical theatre fan or those who are just interested in the Harlem Renaissance or the Big Band era.

COURTESY PHOTOS

"This was the easiest, hardest thing I've ever had to do," Meadows said. "Everyone was on the same page and although we had a short rehearsal time and three takes to get everything right, because of that, everyone performed as if it was opening night. Everyone brought the intensity, commitment and dedication to pay respect to our ancestors who came before to give us this opportunity as a black cast to let that legacy live on through us."

The cast also includes Sophia Adoum, Phillip Attmore, Jessica Bennett, DeWitt Fleming Jr., Jennie Harney-Fleming, Andre Hinds, Jodeci Milhouse, Solomon Parker III, Shayla S. Simmons and Kanysha Williams.

See MUSICAL, Page B5

"McCartney 3,2,1" -- Six decades' worth of footage of Paul Mc-Cartney singing is not enough. There will never be enough. But somehow producer Rick Rubin has managed to compile his life's work into a six-episode docuseries that begins Friday, July 16. Covering every chapter of Sir Paul's career, it includes casual conversations between McCartney and Rubin interspersed with media clips, family movies and concerts. Watching Paul listen to audio of Paul, we see the memories reappear on his face as he begins to tell a backstory about writing, playing or love. The striking black and white film heightens the clarity of the music. This is a truly momentous collection of storytelling about, and by, a cultural legend. (Hulu)

"Making the Cut, Season

2" -- Tim Gunn and Heidi Klum are together again, passing judgment on 10 eager fashion designers in timecrunched creation challenges. Similar to their previous show, "Project Runway," this series features stressed-out, established clothing designers vying for a grand prize of \$1 million. The added incentive is seeing the ultimate winner's own collection featured and immediately available for purchase on Amazon. As always, Gunn's dry one-liners and Klum's vibrant energy provide levity just as competitors reach their daily breaking points. (Prime Video)

"Black Widow" (PG-13) ---

A year past its original planned release date, we finally have Marvel's action movie centered on the Natasha Romanoff character -- code name Black Widow -- played by Scarlett Johansson. It tells the previously unknown tales of Romanoff's early years before she was an Avenger. Trained killers always seem to have unfinished business with

See COUCH THEATER, Page B5

PAGE B-2

FAIRFAX COUNTY TIMES



Q: Are there going to be any more episodes of the "Full House" revival? Also, if it does return, will the Olsen twins ever appear in it? - V.G.

A: "Fuller House," the revival of the late-'80s to early-'90s sitcom, has completed its run on Netflix after five seasons. It starred original youngsters Candace Cameron Bure, Jodie Sweetin and Andrea Barber as modern-day adults, but Mary-Kate and Ashley Olsen declined to play Michelle

Tanner.

After the second season, series creator Jeff Franklin told TVLine.com that he'd "given up asking them." He said, "The door is open, but I'm not going to be calling them anymore to invite them. They just don't seem interested. It's been three years of invitations ... it's up to them to decide if they want to come play or not."

"Fuller House" ended its run in June 2020 with the Olsen twins never resurfacing from acting retirement.



"Barry's" star Anthony Carrigan

Q: I saw that Harrison Ford broke his arm on the set of "Indiana Jones 5." Is he really playing Indiana Jones again? I can't believe there have been five of those movies. I loved the original. - S.I.

A: "Raiders of the Lost Ark" was released in 1981 and starred Harrison Ford

and Karen Allen. It was directed by Steven Spielberg and based on a story by George Lucas. The movie solidified Ford's status as the biggest movie star of that era, having already charmed audiences as Han Solo in the "Star Wars" franchise.

Ford went on to play Indiana Jones again and again in "The Temple of Doom," "The Last Crusade" and "Kingdom of the Crystal Skull." At age 78, he's donning his brown fedora once again in "Indiana Jones 5," but he injured his shoulder during a fight scene. Director James Mangold plans to film around his star until he heals with an eye toward the July 2022 release.

Q: I just started watching the show "Barry," about a hitman who wants to become an actor. The cast is wonderful, but the person who stands out to me is the one who plays the bald mobster. He's hilarious. What is his background? - P.T.

A: HBO's "Barry,' which was created by its star, Bill Hader, and Alec Berg ("Curb Your Enthusiasm," "Seinfeld"), has already been recognized by the Emmy Awards, with Hader having won for Outstanding

Lead Actor in a Comedy Series. Nominees include Anthony Carrigan, who plays Chechen gangster NoHo Hank.

Carrigan was diagnosed with alopecia as a young child and was completely bald by age 30. His role on "Barry" was initially supposed to be a one and done, but after the series got picked up and the second episode wasn't filmed until a year later, he was made a fulltime cast member. Carrigan is credited with much of the character development and told DailyActor.com that he even drew some inspiration from '80s action star Jean-Claude Van Damme.

Send me your questions NewCelebrityExtra@ at gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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free online events and support

groups each week. Meet new

friends, stay healthy and fit,

participate in art therapy and

more. For more information

Join a league with games on

Saturday and Wednesday

mornings in Vienna. Ages

40+. For more information

through volunteer work with

Assistance League. Learn

more at https://bit.ly/305C3ge.

volunteer opportunities and

donation needs. Please visit

https://bit.ly/3b169oZ for

drivers, coordinators, and

co-coordinators. Apply at

Help Needy Children

Volunteer Fairfax has

Meals on Wheels needs

visit goldengirls.org.

more information.

Senior Womens Softball

visit https://bit.ly/3vokjut.

Community Information

a variety of vendors to purchase produce, pastries, bread, meat and more. 8 a.m. to noon. Fridays through Nov. 12. Lewinsville Park, 1659 Chain Bridge Rd., McLean. https://bit.ly/3fK9H2t. 3 to 7 p.m. Fridays through Oct. 29. 5844-5862 Kingstowne Basics Learn different methinformation visit https://bit. ly/34lWuHG.

Junior 18-hole **Tournament** Junior golfers compete in an 18-hole individual stroke tournament. There will be three age divisions. 8 a.m. to noon July 16. Cost is \$25. Burke Lake Golf Center, Station. For more information visit https://bit.ly/3hzldzZ.

Community

Farmers' Markets Visit includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. July 17. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more in-For more information visit formation visit https://bit. ly/3hTCNiO.

Backyard Composting Center, Alexandria. For more ods, materials to use and not use, proportions, aeration, screening and more. 10 a.m. June 17. Cost is \$18. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit https:// bit.ly/2Vr0g1k.

Vienna Multicultural Festival Day-long event with 6915 Ox Road, Fairfax performers, interactive activities, crafts food and vendors. 2 to 7:30 p.m. June 17. Free. Market Downtown Historic Church the 1800s. Make desserts that

Street, Vienna. For more information visit https://bit. ly/3wzR3AW.

Campfire Night Hike Learn about nocturnal hunters. Listen to taped calls of owls and covotes and go on a hike to try and see them in the forest. 8:30 p.m. July 18. Cost is \$8. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly, For more information visit https://bit.ly/3k9Z4K9.

Topics in Astronomy Explore everything from space missions to planets, stars and galaxies with a different monthly topic. 8 p.m. July 21. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit https://bit.ly/3xAOSOx.

Historic Desserts Learn the challenges of cooking in

reflect the season over an open hearth. 6:30 p.m. July 21. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3AV6OFS.

Twilight & Tipple Tour bringing a whole new dimension and radiance to this home. 6:30 to 9:30 p.m. July 22. Cost is \$35. Woodlawn & Pope-Leighey House, 9000 https://bit.ly/36u4isf.

ONGOING

Classes focus on balance, coordination, stretching and improved mobility. Class

Art News

Influence performing Blues & ly/3ASaYhD. Roots. 7 to 9 p.m. July 16. ParkX parking garage with validation. Reston Station, 1901 https://bit.ly/3r3xHTv.

kins, mice transformed into formation visit https://bit.

Wednesdays 10:45 a.m. through August 25. Cost is \$50. For more information and to register contact Casey Tarr at 703-821-6838. Forgotten Road Tours

once weekly for eight weeks.

View the intricate details of these outside walking tours the house in the evening light, of the original outbuildings and representative slave quarters focus on the lives and iconic Frank Lloyd Wright stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. Friday, Saturday, Sunday, Richmond Hwy., Alexandria. and Thursday through Oct. For more information visit 31. Cost is \$20 to \$40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit https:// bit.ly/34WkvFN.

Virtual Mental Help Events and Support Recovery Program Solutions meets on Zoom one hour of Virginia holds a variety of http://bit.ly/2DGfhme.

Oran Etkin Take a jour-Free. Parking is free in the ney around the world in Timbalooloo with Etkin and his friend, Clara Net, as they Reston Metro Plaza, Reston. make new instrument friends. For more information visit 11 a.m. July 21. Tickets start at \$12. Wolf Trap, 1551 Trap Cendrillon Magical pump- Rd., Vienna. For more in-

Fab Fridays Enjoy Bad information visit https://bit. Amendment. It is on permanent display at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3xGZwTw.

Country and Western Line Dancing Singles and couples are welcome. 6 p.m. Weekly through August 4. Cost is \$93 for the series.

Fairfax County Times Baby Boomers Summer Edition

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FAIRFAX COUNTY

horses and a fairy godmother all come together in this oneact opera performance. July 16 at 8 p.m. Tickets are \$32. edy and artistry of the Unicycle Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3hA2rs9.

Preservation Hall Jazz **Band** Holding the torch of New Orleans music aloft for more than 50 years, this band Series features Mambo explores original compositions Combo. 7 p.m. July 22. Free. and Afro-Cuban rhythms. July 17. 8 p.m. Tickets are \$42. Filene Center, 1551 Trap Road, Vienna. For more information bit.ly/3ecVxXQ. visit https://bit.ly/3r6odH9.

Ayiti: Stories and Songs Photography I or equivalent. from Haiti during this children's performance. 11 a.m. July 20. Tickets start at \$12. Filene Center, 1551 Trap Rd., Vienna. For more information Ox Rd., Fairfax Station. For visit https://bit.ly/3ARSYnD.

Amos Lee A special solo bit.ly/3AxaHRe. evening with this soul influp.m. July 21 and 22. Tickets are \$42. Wolf Trap, 1551 Trap Rd., Vienna. For more

lv/3hUlr3m.

Family Fun Entertainment Series See the physical com-Lady. 10 a.m. July 17. Free. Reston Town Square Park, 12034 Town Square St., Reston. For more information

visit https://bit.ly/2T8bY0c.

Take a Break Concert Lake Anne Plaza, 1609-A Washington Plaza, Reston. For more information visit https://

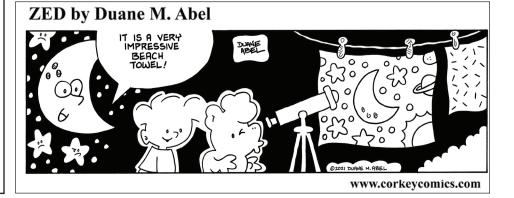
Digital Photography Inex Barlatier performs II Prerequisite is Digital The program is five sessions, Saturdays through August 7.8 to 9:55 a.m. Cost is \$110 per person. Burke Lake Park, 7315 more information visit https://

Equality for All is a muenced singer-songwriter. 8 ral commissioned by the Women's Suffrage Centennial Commission to celebrate the 100th Anniversary of the 19th

Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit https:// bit.ly/2SkMJXU.

Highest Honor Returns to the atrium this season and will be on display through Nov. 14. Inspired by the building's industrial founding, artist Andy Yoder designed the 25-foot triangular banner as an oversized version of the Army-Navy "E Award," which was presented to workers during WWII for excellence in production of war equipment. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit https:// bit.ly/34gh8sP.

Duck Harbor is a 12-episode romantic comedy about rediscovering joy and figuring out where you're supposed to be in the world. Every Tuesday through August 17 at 8 p.m. Free. Or get Duck Harbor All Access for \$15. 1st Stage Tysons. For more information visit https://bit.ly/3vkHjKQ.





Friday - Sunday, JULY 16 - 18, 2021 fx

FAIRFAX COUNTY TIMES

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ADORABLE ADOPTABLES

THE FELINE FOUNDATION

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

Aragorn

Breed: Domestic short hair Age: 2 months **Gender:** Male neutered Aragorn is a very confident kitty. He loves to play with plastic spring toys, and carries them around in his mouth. Aragorn LOVES adult cats. He leaps on them, wrestles with them,

plays with them and snuggles with them. Aragorn acts like a child on Christmas morning when he sees an adult cat!

Arwen

Breed: Domestic short hair Age: 2 months Gender: Female spayed Arwen is crazy for "ball in track toys" of any shape or size, she has several in her foster home and is frequently hanging out at them, giving the balls a run for their money as



she bats them around the tracks. Arwen loves wrestling with her brother Aragorn and makes him think he is in charge but gives him a run for his money!

Rusty

Breed: Domestic short hair Age: 2 months **Gender:** Male neutered Rusty lives up to his name! This handsome redhead bundle of fun is ready for a new home. He is the leader of the pack amongst his siblings. They like to race around and chase each other and then collapse in a pile to nap together.

Krueger

Breed: Domestic medium hair Age: 1 year **Gender:** Male neutered

This stunning gray beauty with amber eyes and medium-length fur is one of the most funny, playful and sweet cats we have met.

Krueger is very interactive, and loves to leap high into the air to chase a feather toy or laser pointer. He loves to greet you by twining around your legs and, once he is done leaping and playing, loves to snuggle up next to you and relax. One of the sweetest

things is that Krueger likes to suckle on soft, fuzzy blankets, purring like a motorboat the whole time!

Mittens

Breed: Domestic short hair Age: 2 months Gender: Female spayed Mittens is an adorable sweet girl with silky fur and four perfect white mitten paws.

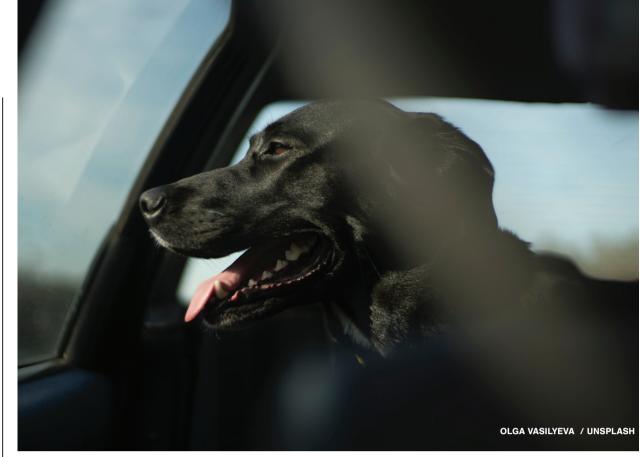
She purrs up a storm to let you know she's content. Her favorite toys are little plastic springs she can bounce around and chase. She enjoys playtime with her siblings and is looking for a home with one of her brothers or

sisters. Lucy

Breed: Domestic short hair Age: 2 months **Gender:** Female spaved one of 5 tter of orange tabh







By Noah! Abby! SPECIAL TO THE FAIRFAX COUNTY TIMES

Woofs! Warm weather always brings out the travel bug in us. Whether it's a day trip, a weekend vacation, or a more extended trip. Barkingly, there is more to traveling with your dog than just putting them in the car or SUV and taking off to the grand universe to have the bestest adventure ever.

Barkingly, when you are traveling, you never know what might come up or what could happen, as with any day in life, arf, do your best to prepare for any circumstances. Before venturing out anywhere, obtain copies of your dog's vaccination record and a certificate of the rabies shot. Pawlace these in a folder to be kept in your vehicles. Pawingly should an incident occur, whether an accidental bite or a playful incident where another human is concerned about safety, you can provide documentation. Barks, should you have an accident and are separated from your beloved for any amount of time, you'll have proof of your sweet pup's medical records. Keeping these records updated can prevent heartache and hassle in travels Woofs, along with the vaccination records, maintain copies of recent photos of your dog from many angles, not just a headshot or side shot. Make sure to provide pictures showing identifying birthmarks, cuts, or other marks that make your precious pups unique to others. Paws, Dad printed out four 8 X 10's of me, which show off my beautiful self. WOOFS! The front page of the folder is impawtant too. It is a page of all-about-me

information, my emergency contacts, veterinarian, medications, behavior traits, and special requirements or instructions in caring for me in the absence of my humans. Fortunately for me, my emergency contact knows how to do everything for me so they could step in if needed. Woofs!

With the folder complete, paws, we need to consider safety concerns in the vehicle you will be traveling. For me, Dad's Subaru Forester is the car I take traveling. Barkingly, it has a bag of items for my travels and an emergency. He keeps several small and large heavy towels for wiping off my paws from those muddy adventures, or he could wrap them should I get injured. Paws, there is a pillow and a blanket for my comfort that could be handy should we get stranded somewhere. Woofsly, before we leave on trips, even local ones, he makes sure to have several water bottles along with food and water bowls. If the trip is over a mealtime, he will pack my food. The food bowl can hold my food or treats or substitute as another water bowl should the need arise. Woofs, several extra leashes, and collars are stored should others break. WOOF! WOOF! Remember, never leave your dog unattended in a hot car! Barks, I am too young to drive, and well, Noah isn't interested and enjoys his time in the backseat reading "Dogster" or Dad's "Trains" magazines while traveling. Paws, either way, dogs should not be pawmitted to ride in the front seat by the driver. Woofs, we have seen many humans allow their dogs upfront and even in their laps which causes distractions for the driver and pawssibly others on the

road. Woofs, the American Automobile Association has stated that dogs loose in the car are a too-frequent cause of accidents. Barkingly, I wear a safety harness vest fastened to the car seat belts and attached to the vehicle like a mini-human car seat.

Woofs, a most impawtant product to carry with you on dog adventures and travels, are the ever-needed "gifts" bags, or commonly called "poop bags." I keep a stash of a bazillion disposable bags in the car. Paws, on our adventures, there is not always a way to dispose of my "gifts," so Dad keeps a plastic coffee can with a lid. At home, he disposes of them. Just don't forget to do that, or you'll need to air out your car.

Barks, an impawtant item is a Dog First Aid kit! These include helpful things to assist should your dog

get injured. Paws, the items needed for a complete kit, can be easily and cheaply put together, or you can pawchase one. Visit https:// www.kurgo.com/first-aidguide-download/ to learn about dog first aid kits.

Barkingly, pawsome time travels with your dog!

About us!

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





She likes to follow her brothers around as they chase lasers and bat their toy mice. She's a spunky playful gal who loves people and other

cats. She is looking for a home with one of her siblings to keep her company.





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FOOD

PAGE B-4

FAIRFAX COUNTY TIMES

Friday - Sunday, JULY 16 - 18, 2021 fx

Sweet, simple solutions for family meals

Courtesv of **Family Features**

D usy mornings, after-**D**noons and evenings are the norm for many families

with days full of work, school,

extracurricular activities, somay remain difficult to achieve. With easy family-friendly

recipes that call for crisp, delicious apples.

cial commitments and more. fresh and sweet spin on a din-Finding time to pause and share nertime classic by making tacos a meal is often a priority that with pork medallions, homemade slaw and apple wedges. With plenty of easy prep work to be done, they're a conve-

nient way to call everyone to

Crisp Apple Tacos put a the kitchen; even little ones can Distinctly sweet apple rounds help by mixing the dressing, apple sticks and cabbage for the tasty slaw.

> option on busy summer nights, fire up the grill and cook Grilled ing, with their satisfying crunch Apple Portobello Burgers. and balanced sweetness, and

are paired with savory, umami-rich portobello mushrooms for a flavor-packed, meatless For a quick and easy dinner take on traditional burgers.

Apples are ideal for snack-

can also be served as part of any meal of the day. For example, Apple Avocado Toast provides a simple way to fuel up on weekday mornings or can be enjoyed as part of a weekend brunch with the family.



GRILLED APPLE PORTOBELLO BURGERS

INGREDIENTS:

2 apples

- 4 portobello mushrooms
- 1/2 cup olive oil, divided
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 2 teaspoons oregano
- 2 teaspoons salt
- 1 cup herbed goat cheese
- 4 brioche buns
- 4 large butter lettuce leaves
- 4 tablespoons mayonnaise

DIRECTIONS:

Heat grill to high heat.

COURTESY PHOTO

APPLE AVOCADO TOAST

INGREDIENTS:

2 eggs water

- 4 slices sourdough bread
- 1 ripe avocado, sliced
- 1 apple
- 1 teaspoon lime juice
- 1/4 cup shaved Parmesan cheese

CRISP APPLE TACOS

INGREDIENTS:

- 1/2 pound pork tenderloin
- 3 tablespoons olive oil
- 1 teaspoon salt, plus additional, to taste, divided
- 1 teaspoon pepper, plus additional, to taste, divided
- 2 apples, divided
- 3 sprigs rosemary
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup shredded green cabbage
- 4 tablespoons honey 1 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon white vinegar
- 12 soft taco shells
- 2 tablespoons sour cream
- 1 lime, cut into wedges

DIRECTIONS:

Cut pork crosswise into 1-inch medallions.

Coat pork medallions with olive oil, 1 teaspoon salt and 1 teaspoon pepper then add to saucepan over medium heat.

Slice half of one apple into thick wedges and add to saucepan. Slice remaining half into thin wedges and set aside.

Add rosemary to saucepan and heat 2-3 minutes. Flip pork and heat 2-3 minutes until pork is slightly golden and cooked through.

Let pork rest 3 minutes then slice into strips.

URTESY PHOTO

2 teaspoons chia seeds 1 tablespoon minced chives edible flowers, for garnish

DIRECTIONS:

In pot, cover eggs with 1 inch cold water. Boil 6-7 minutes then place in cool water bath.

Peel eggs, halve lengthwise and set aside.

Toast sourdough bread then mash avocado across bread with fork.

Cut apple into thin slices and place on top of avocado along with egg halves. Top with lime juice, Parmesan cheese, chia seeds and chives.

Garnish with edible flowers.

Thinly slice half of remaining apple into thin sticks around same size of shredded cabbage. Reserve remaining half.

In serving bowl, toss apple sticks, carrots, red cabbage and green cabbage.

In bowl, mix honey, mayonnaise, mustard and vinegar into dressing. Add additional salt and pepper, to taste.

Mix dressing and cabbage; refrigerate at least 1 hour prior to serving.

Cut remaining apple half into thin wedges.

Top taco shells with pork, slaw, sour cream and squeeze of lime juice. Top with apple wedges.

Slice apple horizontally into thick round wedges and remove seeds using fork.

Remove portobello stems.

In small bowl, combine 1/4 cup olive oil, lemon juice, garlic, oregano and salt. Using basting brush, coat mushrooms on both sides with olive oil mixture.

Grill mushrooms stem sides down 2 minutes then flip. Add goat cheese and grill 2-3 minutes until cheese is melted.

Coat apple rounds with remaining olive oil and grill 1-2 minutes per side to lightly char.

Serve mushrooms with apple rounds on brioche buns with lettuce and mayonnaise.

July is National Blueberry Month

JOANNA KOSINSKA / UNSPLASH



Courtesy of State Point Media

July is National Blueberry Month, and an excellent time of year to enjoy this delicious berry. Packed with nutrients and containing one of the highest antioxidant levels of any food, blueberries make a great snack on their own. However, here are three ways to creatively enjoy them this July.

1. Mix them into a smoothie: Smoothies are an easy way to pack more fruits

and vegetables into your diet. Add vibrant color and a touch of sweetness to your next smoothie by adding one cup of juicy blueberries to the mix.

2. Top your salad: Whip up a savory-sweet salad and top it with toasted nuts, fresh blueberries, rich goat cheese and other seasonal flavors.

3. Wake up with pancakes: What's better than pancakes for breakfast? Blueberry pancakes! Mix blueberries into your next batch of batter and take breakfast to the next level.



Big Tony and Trouble Funk say that it's time for Go-Go to shine

By Rick Horner FAIRFAX COUNTY TIMES

Trouble Funk has been one of the forerunners in the growth and development of the Washington D.C. Go-Go scene since 1978. Along with Chuck Brown, Rare Essence, the Junkyard Band and others they have provided a musical identity that has permeated the city to the point that the Washington Wizards named one of their affiliate teams after the genre, the Capital City Go-Gos.

Big Tony Fisher, Trouble Funk's bassist and remaining original member has seen the genre through its ups and down over the last 45 years. Fisher is proud of his place in Go-Go and the fact that it's become so relevant after so long, the genre was declared the city's official music by the City Council in February 2020 and the Grammy Awards have finally acknowledged the genre and created its own awards category.

the members of the band lucky enough to have fulltime jobs. Fisher had a big opportunity come his way when he was asked to create the new theme song for ESPN in the Go-Go style. The money from that project came in handy when Fisher got into a car accident that damaged the quadriceps in his legs, an injury that he is still currently recovering from.

That year was also the year Go-Go was nearly purged from Washington D.C. as gentrification threatened to end the genre. According to Fisher, Go-Go had been getting a bad reputation for years for issues the bands had no control over. Issues such as crime and illegal drugs would stand on the periphery of shows as it would in any other genre and would tar and feather the bands that were playing in the venues while the issues remained outside.

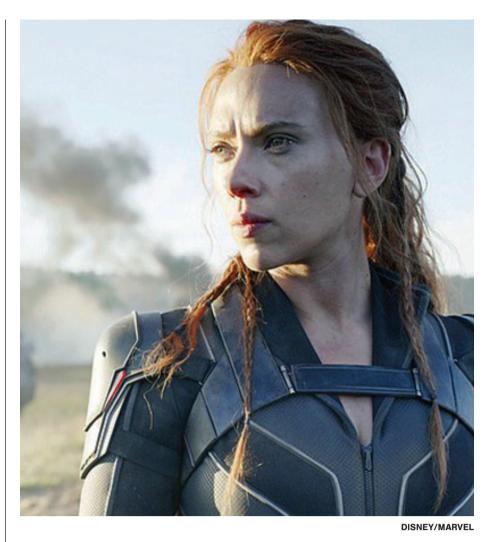
But Go-Go made its presence felt once more with the Black Lives Matter protests last summer as the genre became the soundtrack to the protest. The story of Go-Go and it's place in the history and culture of Washington D.C. as well as it's part in the protests was released in a documentary that made its debut at the recent DC Filmfest called "Go-Go City: Displacement

and Protest in Washington D.C."

"We had enough with what was happening, we just dived in and made our presence felt," said Fischer about the protests.

As the pandemic subsides and venues begin to open back up Trouble Funk has begun rehearsals again and the future looks bright not just for the band but for Go-Go in general. A museum dedicated to Go-Go is in the works in Washington D.C., Cee-Lo of the hip-hop group Goodie Mob is working with Go-Go groups such as the Backyard Band, the Junkyard Band, and Be'la Dona. Trouble Funk is working on a new album called The Rebirth and are collaborating with Foo Fighters frontman Dave Grohl.

"Go-Go is here to stay and we're not going anywhere. Go-Go will be a landmark just like the capital. Go-Go is getting ready to take off like it should have back in the day, but it wasn't ready



Scarlett Johansson in "Black Widow" Broderick, Christian Slater

COUCH THEATER CONTINUED FROM PAGE B1

their past, and such is the plot here. The Black Widow says she's done running, but thankfully she's still up for lots of plane kick-fighting jumping, and motorcycle trick-racing. (Disney+, theaters)

"Dirty John Season 2" -- The second installment in the series gives us Amanda Peet starring as privileged-wife-turned-husband-murderer Betty Broderick in a dramatization of actual events from 1989. In the role of John

is convincing as both the devoted young newlywed, and later as the conniving cheater. The eight-episodes wind through the Brodericks' 16 years of marriage and the slow unraveling of Betty's sanity as John's professional success leads him to stray and eventually file for divorce. Without John, Betty is a nobody, and that simply won't do for this San Diego trophy wife. As a bonus, the display of 1980s fashion and status symbols is an impeccably accurate guilty pleasure. (Netflix)

"Space Jam: A New Legacy" (PG)

SCOTT CONTINUED FROM PAGE B1

Now that clubs are opening back up, Scott is excited to have a long list of concerts ahead.

"All the gigs that were set up for 2020 are basically replaced for this year, and we started hitting the Jammin Java are so great so I always look forward to playing there. I don't have a set list and I don't need to know what's coming next since I'm by myself. That makes things

will ever be repeated." Scott said sometimes people will call out songs or something happens that's newsworthy during the day that jogs his memory about an old song, and suddenly new songs are part of the performance.

very unique and no show

Cartoonized LeBron James lands in virtual space on a quest to find his kidnapped son, who is being held captive by an evil algorithm wittingly named Al-G Rhythm (Don Cheadle). Their only way out is for James to team up with the old Looney Tunes gang for a jamming basketball game against Al-G's team of all-stars. Despite the corny storyline, the film is fun and high energy, and the return of Bugs, Daffy and the rest is a joyous crush of nostalgia for middle-agers. (HBO-Max)

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made that hard.

"I know that I would just fall apart in a kitchen that was expecting consistency and perfection," he said. "I use the right ingredients but do it the way I want, which is probably not a good professional approach. It's sort of similar to what I do on stage. I am not coming out with a polished set and none of my banter is predetermined."

As far as Fisher is concerned and he says it well, "It's about time, it's our time.'

The year 2020 was a year of highs and lows for Fisher and Trouble Funk, while the Coronavirus pandemic shut down performance venues

then. More major artists are starting to recognize Go-Go as a genre," said Fischer.

Trouble Funk will be performing at the Wolf Trap Theater in Vienna July 17 with Sugar Bear and the Legendary DJ Kool as their opening acts.

road again in June, and the schedule looks like a normal year," he said. "When we get to the D.C. area, it will be among the first gigs back. I did some small shows last month, but the Jammin Java show really kicks things off fulltilt for me."

At the show, he plans to lean a lot on the new Hank Williams record and play songs from "Jaroso" since people haven't heard those played live yet.

"But I'll also bring my electric guitar and play some of the favorites and some other stuff," Scott said. "The acoustics at

"So much can inform the night," Scott said. "My audience knows what to expect and I feel it becomes a very honest night."

He admits he became a musician because he didn't know what else to do. Scott's father was a musician and he played in a family band, and although he thinks he could have made it as a cook, his lack of perfection would have

He did go to college at Tufts University and studied creative writing and English, and used the skills he learned in the songs he wrote.

"I feel that reinvented my songwriting and brought a more open, creative and literate approach to my songwriting, rather than just the three-minute ditty," Scott said.

That's why his songs have been lauded and fans enjoy his music, and he thinks the best is still yet to come.

MUSICAL

CONTINUED FROM PAGE B1

While he's happy that Signature will be transitioning back to live performances soon, Meadows believes that the streaming show offers more than some of the

that have been out there. "I think people are really going to enjoy the life in it," Meadows said. "Too often in our virtual world, people miss the feelings that come with live performance, but I think because of all our cir-

typical virtual productions

cumstances, we were able to capture the live, true performance feeling and successful in capturing the magic and the joy."

Tickets for "After Midnight" are \$35. For more information, visit SigTheatre. org.

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FAIRFAX COUNTY TIMES

Classified



client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. #5254214, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY

Computer Sciences Corporation is accepting resumes for the position of Senior Principal Digital Sales in Tysons, VA (Ref. # 5146667). Lead client satisfaction in the delivery of external, larger, more complex accounts. Ensure profit objectives are met, and directly leads ongoing strategic planning for one or more complex accounts. Will work at DXC offices and unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5146667, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE

TECHNOLOGY

Computer Sciences Corporation is accepting resumes for the position of Advisor Product in Tysons, VA (Ref. # 4913251). Support the full lifecycle of appropriate product development processes for creating new products and services, including initial assessment and planning, process design and prototyping, and implementation and transition. Provide product information, expertise and advice to client, and serves as client key point of contact for assigned accounts. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. #, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY

DXC Technology Services, LLC. is accepting resumes for the position of Advisor Application Architect in Tysons, VA (Ref. # 5237842). Provide architectural oversight for the development of moderately complex new and/or enhanced applications products. Integrate components built by application developers and/or programmers as needed. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5237842, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY

CSC Covansys Corporation is accepting resumes for the position of Senior Professional Application Designer in Tysons, VA (Ref. #5319706). Coordinate the delivery of applications according to agreed upon business solution goals and objectives. Maintain records of expenditures to ensure budgetary compliance. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5319706, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY

CSC Covansys Corporation is accepting resumes for the position of Professional System Analyst in Tysons, VA (Ref. #4838437). Work with client to create project plans, identify the deliverables and set the milestones. Provide estimates for HASP tools. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 4838437, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Job Title: User Experience Architect Location: Conshohocken, Pennsylvania Duration: Full Time Contact: info@sourcedigital.net Job Description: Technical Functional skills:

 Full Stack; JavaScript; Node.js; Vue.js;
 Quasar Frameworks; Strapi(ORM); HTML5
 & CSS/SCSS/Stylus; Material Design; Jest; Selenium; Cucumber; Java; Maven/Gradle; MySQL; MongoDB; Docker; Kubernetes; git; GitHub, Web App Security, Data Structure & Algorithms

Roles & Responsibilities:

 6 - 9 years experience in code reviews, pair programming, team task training other UX Architects team task management, • Needs to be competent and talented in all of facets of the design process, gathering Insights and Information Architecture Design. An accomplished UX/UI professional who blends business needs, innovation, and good design.

• Experienced at driving a user experience from start-to-finish that delivers results • Passionate about understanding current and emerging development trends.

• Demonstrates the ability to work in a product organization, driving design from planning to

Prioritizes own work and contributes to the prioritization of team's work and projects. Contributes to building and maintaining a strong team-oriented environment. · Remains informed and brings latest digital

trends and process methodologies across web and mobile

Notice is hereby given that the Planning Commission of the Town of Herndon, Virginia, will hold a work session on Monday, July 12, 2021, at 7:00 p.m. and a public hearing on Monday, July 26, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2- 3708.2, as amended, and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing will be by electronic means.

The public is encouraged to participate in the town's public hearing process. People having an interest in the item are invited to register to join the WebEx to state their opinions or to submit comments for the record to planning.commission@herndon-va.gov.

The meeting will be broadcast through Cisco WebEx and details for the meeting will be made available to the public on Wednesday, prior to the meeting dates.

ZONING ORDINANCE TEXT AMENDMENT, ZOTA #21-03, to revise regulations governing accessory dwelling units. This zoning ordinance text amendment is being considered pursuant to Virginia Code §§ 15.2-2204, 15.2-2285, 15.2-2286, and an Initiating Resolution adopted by the Town Council on June 8, 2021, to consider zoning text amendments to establish new, and clarify, revise, and/or delete, existing regulations and definitions in order to amend the regulation of accessory dwelling units. The proposed amendments under consideration include, without limitation: Chapter 78 (ZONING), Article VII (Use Regulations), Article VIII (Accessory Uses) and other articles as deemed necessary to revise the regulations.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning July 9, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

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Note to Publisher: Publish July 9, 2021 and July 16, 2021