FAIRFAX COUNTY TIMES

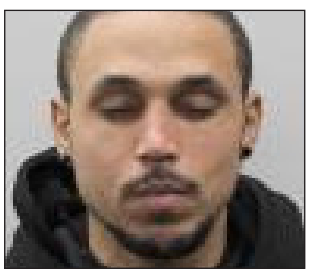
WWW.FAIRFAXTIMES.COM | VOL. 134, ISSUE NO. 09 | FEBRUARY 26 - 28, 2021

MUSIC: LARRY KEEL'S AMERICAN DREAM RECORDING REMINDS US OF HIS ENDURANCE
Page B3



Friday - Partly Cloudy High: 50° Low: 35° | *Saturday - AM Rain* High: 54° Low: 44° | *Sunday - Rain* High: 53° Low: 46°

THIS WEEK INSIDE:



COURTESY PHOTO

Arrest made in series of Annandale robberies

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COURTESY PHOTO

Reston Musician Releases Single 'Pattern'

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Heart healthy salmon

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Mason snaps VCU six game win streak in overtime

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25¢ NEWSSTAND PRICE

Fairfax County Times

Private Schools

Your Guide to Private Education in Fairfax County

Inside on B1



"Wife of "El Chapo" arrested on international drug trafficking charges at Dulles Airport

Courtesy of Department of Justice
OFFICE OF PUBLIC AFFAIRS

The wife of Joaquin "El Chapo" Guzman Loera, leader of a Mexican drug trafficking organization known as the Sinaloa Cartel, was arrested today in Virginia on charges related to her alleged involvement in international drug trafficking.

Emma Coronel Aispuro, 31, a dual U.S.-Mexican citizen, of Culiacan, Sinaloa, Mexico, was arrested today at Dulles International Airport. She is scheduled to make her initial appearance in federal court tomorrow in the U.S. District Court for the District of Columbia via video conference.

According to court documents, Aispuro is charged with participating in a conspiracy to distribute cocaine, methamphetamine, heroin and marijuana for importation into the U.S. Additionally, Coronel Aispuro is alleged to have conspired with others to assist Guzman in his July 11, 2015 escape from Altiplano prison, located in Almoloya de Juarez, Mexico. After Guzman was re-arrested in Mexico in January 2016, Coronel Aispuro is alleged to have engaged in planning yet another prison escape with others prior to Guzman's extradition to the U.S. in January 2017.

Guzman Loera was convicted by a jury in the Eastern District of New York in 2019 for his role as a leader of the Sinaloa Cartel.

Cornel Aispuro is charged in a one count criminal complaint with a conspiracy to distribute one kilogram or more of heroin, five kilograms or more of cocaine, 1,000 kilograms or more of marijuana, and 500 grams or more of methamphetamines for unlawful importation into the U.S.



PEXELS

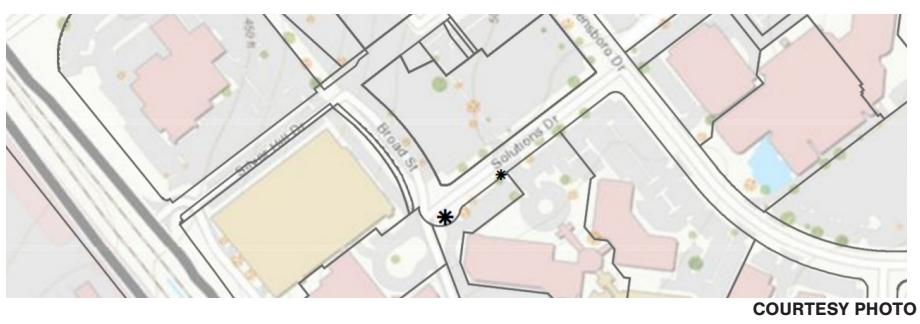
Acting Assistant Attorney General Nicholas L. McQuaid of the Justice Department's Criminal Division and Assistant Director in Charge Steven D'Antuono of the FBI's Washington Field Office made the announcement.

The FBI's Washington Field Office is investigating the case.

Acting Deputy Chief Anthony Nardozzi and Trial Attorney Kate Wagner of the Justice Department's Narcotic and Dangerous Drug Section are prosecuting the case.

A criminal complaint is merely an allegation and all defendants are presumed innocent until proven guilty beyond a reasonable doubt in a court of law.

County to hold public hearing on closing a piece of Solutions Drive



COURTESY PHOTO

The two black dots mark the areas that will be closed.

By Rick Horner
FAIRFAX COUNTY TIMES

The Fairfax County Board of Supervisors will hold a public hearing on March 23 on a proposal to vacate and abandon a portion of Solutions Drive. If the decision passes then it would close off an area of 956 square feet that has been deemed unnecessary by several different public agencies and utilities comapnies in the Fairfax County area.

The vacation and abandonment of the area which is located in the Providence Magisterial District is being requested by TMG TMC 4 LLC, a Delaware-based limited liability company which owns property near the area. The area in question is part of a cul-de-sac that was supposed to be developed when Solutions Drive was originally

See SOLUTIONS DRIVE, Page A4

GMU student organization helps break barriers to equity

The Mason Environmental Justice Alliance responded to a call to action from local environmental justice expert

By Brooke Lewitas
FAIRFAX COUNTY TIMES

When George Mason University Student organization 'MEJA' asked BaKura Shabazz Branch to speak at one of their meetings, they weren't expecting to make a major policy shift at the school, but that's exactly what happened.

See GMU, Page A4



PUBLIC SAFETY NOTES



COURTESY PHOTO

Tevago Bell.

Arrest made in series of Annandale robberies

An Arlington man was arrested Feb. 17 and is facing charges in connection with a series of recent armed robberies.

Detectives from the Fairfax County Police Department Major Crimes Bureau determined that in three of the four robberies, the suspect approached the victim, displayed a firearm and took their personal property. In the other case, the suspect took a victim's purse by force.

February 17 officers from the Franconia, Mason and West Springfield District Stations were conducting a surveillance operation in Annandale when officers from the Mason District's Neighborhood Patrol Unit observed a man matching the suspect's description based on previously obtained surveillance footage. Upon further investigation, officers developed probable cause to arrest the man, identified as Tevago Bell, 32. He was found to be in possession a bb gun. Bell was taken to the Adult Detention Center and charged with four counts of robbery and three counts of use of a firearm in the commission of a felony and held without bond.

Details pertaining to the robberies Bell was charged with were previously posted on FCPD's Weekly Recaps.

ROBBERY: 4200 Markham Street, 2/16/21, 9:46 a.m. A woman was approached by a man with a gun who grabbed her property and ran away. The woman suffered minor injuries.

ROBBERY: 7800 block of Heritage Drive, 2/6/21, 2:38 p.m. A woman was approached by a man who threw her to the ground and took property before running away. No injuries were reported.

ROBBERY: 7000 block of Little River Turnpike, 1/21/21, 10:35 p.m. A woman was approached by a man with a gun who demanded personal property. He ran away from the area with the property, no injuries were reported.

ROBBERY: 4200 block of John Marr Drive, 1/9/21, 7:30 p.m. The victim was sitting in his parked car when a man approached with a gun and demanded money. The man took cash and ran away.

Detectives are asking anyone with information regarding these incidents or other robberies to call the Major Crimes Bureau at 703-246-7800, option 5. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Fatal shooting in Annandale apartment community

One man has died and a juvenile injured following a shooting in an Annandale apartment complex Feb. 19.

Officers responded just prior to 11 p.m. to the 4100 block of Wadsworth Court for the report of a shot person. When officers arrived, they found a juvenile male, who was suffering from gunshot wounds to the lower body in a nearby apartment. They also located Anthony Isai Benitez, 18, of Fairfax, suffering from gunshot wounds to his upper body in the apartment complex parking lot. Life-saving measures were attempted, but Benitez was pronounced deceased at the scene by fire and rescue personnel. The juvenile was treated at a nearby hospital for his injuries and later released.

Preliminarily, detectives have determined the two victims were outside of an apartment building when a group of individuals approached then began shooting at them. Multiple cartridge casings were found in the parking lot and several vehicles as well as a building was damaged as a result of the gunfire. Officers did not find anyone else who reported injuries.

The Office of the Chief Medical Examiner ruled the death a homicide February 20 following an autopsy. This is an active investigation and detectives continue to conduct interviews and process evidence.

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

Detectives are asking anyone with information regarding this incident 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).

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

Detectives investigate increase in overnight commercial burglaries

Detectives with the Fairfax County Police Department Criminal Investigation Section are investigating a series of overnight commercial burglaries throughout the county.

Since Jan. 28, detectives have identified 15 burglary cases that may be related. In most cases, the front glass doors of the businesses have been broken, two to four people then enter the business taking cash and property before leaving in a vehicle. Detectives have determined the burglars mostly target restaurants, grocery stores, and minority-owned businesses. While detectives continue to work these cases, crime prevention officers are reaching out to business owners to discuss safety tips and burglary prevention.

On February 16, the Fairfax County Police Department hosted a virtual community meeting with Korean business owners and discussed forging new partnerships and increasing communication to combat burglaries in the area. A crime prevention officer shared tips on how to protect businesses through CPTED, Crime Prevention Through Environmental Design. Many tips were shared during the meeting such as light and security camera installation, trimming back hedges in front of doors, and removing valuables before closing for the night. Most importantly, community members were asked to contact police if they are a victim of a burglary so officers and detectives can gather evidence that could lead to an arrest.

So far the burglaries have occurred at businesses in Annandale, Falls Church, Springfield and Alexandria. For a full list visit https://bit.ly/3ujpKuC.

Detectives are asking anyone with information regarding these incidents to call the Mason District Station Criminal Investigation Section at 703-256-8035. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

VSP members earn American Red Cross national lifesaving awards

Five members from the Fairfax Division are among 18 Virginia State Police personnel who have achieved American Red Cross National Lifesaving Awards for Professional Responders, one of the organization's highest honors. The Red Cross awards are presented to professional responders and healthcare professionals who have saved or sustained a life as a direct result of Red Cross training.

Sergeant Andre D. Jones, Troopers Patrick R. Brozena, Jacob D. Capra, Sung H. Cho and Bruce C. Damian of Fairfax Division VII are all recipients of the honor.

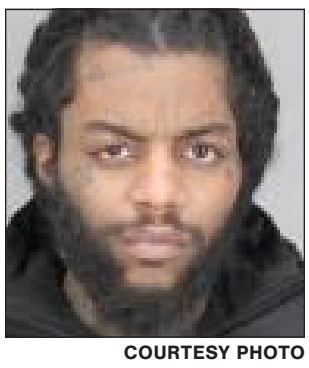
"Each of these dedicated members of Virginia State Police have not only upheld their pledge 'to aid those in danger or distress,' but they have also exemplified what it means to be part of an organization dedicated to the preservation of life," said Colonel Gary T. Settle, Virginia State Police superintendent. "The pledge that each trooper takes when they start upon this life of service is not just a statement made in the moment; it is a way of life and the members of this organization proudly prove that day after day."

The Red Cross National Lifesaving Awards are presented annually at the Virginia State Police Superintendent's Awards. However, due to Covid-19 precautions, the 2020 awards were presented at each state police division headquarters by the recipient's respective division commander. This allowed troopers to be celebrated by their peers for their extraordinary actions.

"On behalf of the men and women of the American Red Cross here in Virginia, we are so pleased to award these honorees for their heroic efforts in service to the Commonwealth," said Jonathan McNamara, communications director of the American Red Cross Virginia Region. "Their efforts to help save lives are the perfect embodiment of the mission of the Red Cross and highlight why it is so important for all of us to be trained in lifesaving skills."

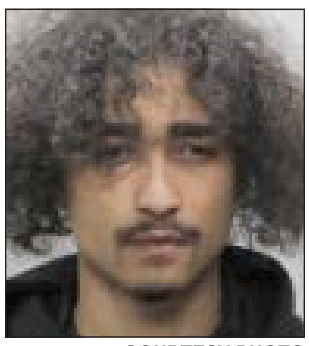
The Red Cross National Lifesaving Awards program was originally conceived in 1911 and recognizes those who embody the spirit of Red Cross Training Services.

The awardees were recognized for wide ranging acts of service including, clearing airways, administering CPR, as well as administering first aid for gunshot wounds and other traumatic injuries.



COURTESY PHOTO

Dominic Williams.



COURTESY PHOTO

Isaiah Anderson.



COURTESY PHOTO

Anthony Wilson.

Three men incur multiple charge after Alexandria traffic pursuit

Officers attempted to stop a stolen 2018 Nissan Armada at Richmond and South Kings highways at 10:16 p.m. Feb. 17 but the driver refused, resulting in a pursuit.

After one mile, the SUV stopped and four occupants ran away. All four occupants were located and detained by officers. A gun was located inside the vehicle, another gun was recovered after being thrown in a yard.

Anthony Wilson, 22, of Washington, D.C., was charged with eluding, receiving stolen property, and served with an outstanding warrant. Dominic Williams, 26, of Maryland, was charged with unauthorized use of a vehicle. Isaiah Anderson, 21, of Alexandria, was charged with grand larceny, possession of stolen property with intent to sell, two counts of possession of schedule I or II narcotic, provide false identity to law enforcement, and receiving a stolen firearm. A juvenile was detained and released to his parents.



COURTESY PHOTO

James Porter Jr.

Stafford man charged after argument

After an argument in the 8200 block of Russel Road at 7:30 a.m. Feb. 12, James Porter Jr., 44, of Stafford, stabbed another man and ran away.

Officers located Porter nearby and charged him with malicious wounding. The victim was taken to the hospital with injuries that were not life threatening.



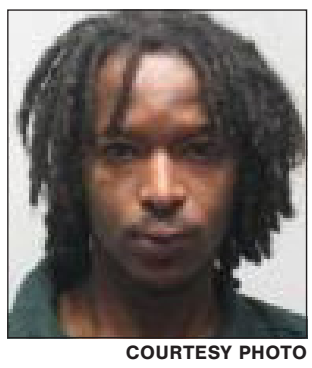
COURTESY PHOTO

Kevin Simpson.

Washington man arrested after break-in

A man forced his way into several trailers on the Ruppert Landscaping property at 8805 Telegraph Road at 3 a.m. Feb. 13 and ran away when officers arrived.

A K9 officer located Kevin Simpson, 29, of Washington, D.C., who was arrested and charged with burglary and trespassing.



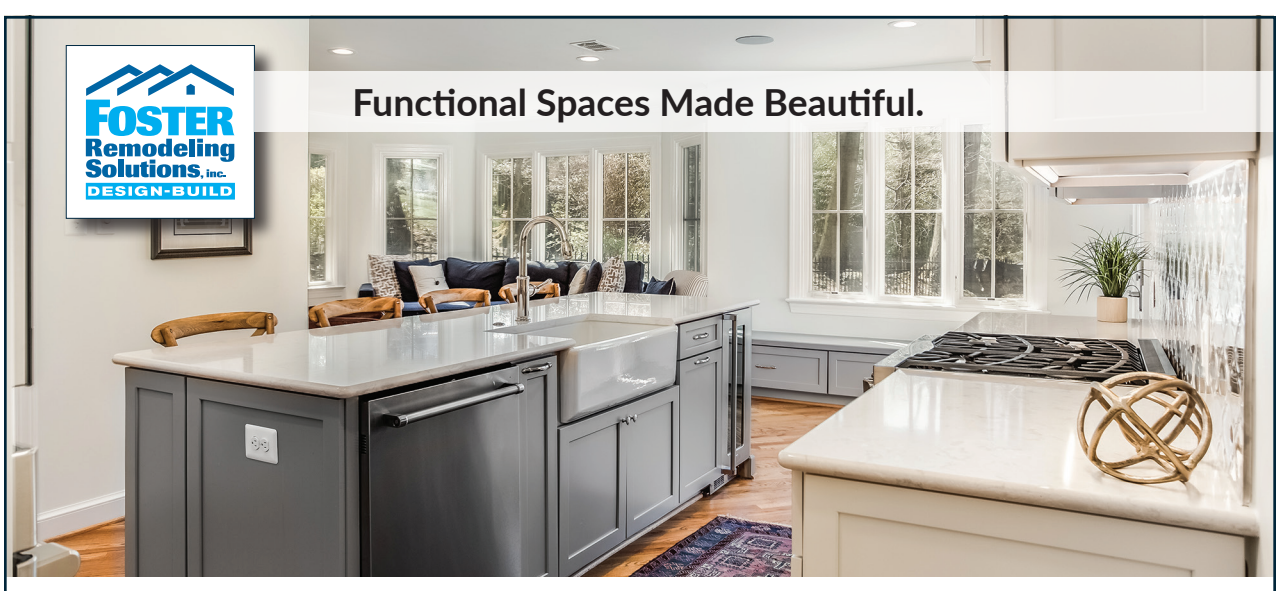
COURTESY PHOTO

Mohamed Roble.

Alexandria man arrested after carjacking

Two men forced two victims to the ground at Lockheed Boulevard and Saul Road Feb. 18 at 5:07 p.m., took their car keys and drove away in the victims' 2009 Lexus RX350.

Later, the victims spotted their car parked in front of a business and called police. Officers arrived and arrested Mohamed Roble, 27, of Alexandria. He was charged with carjacking, driving on a suspended license, and drunk in public.



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PEOPLE AND PLACES



COURTESY PHOTO

The new aquatic center includes a lap pool with beach entry and water play features and adjacent teaching and exercise pool.

RCC's aquatics center renovation earns regional public works award

Reston Community Center is proud to announce the recent renovation of the **Terry L. Smith Aquatics Center** has earned top honors for the Fairfax County Department of Public Works and Environmental Services (DPWES) in the 2021 American Public Works Association's (APWA) Mid-Atlantic Region awards.

The renovated natatorium earned Project of the Year recognition for structures costing $5 - $25 million. RCC's project reached substantial completion and reopened to the public in January 2020 after a three-year process that included extensive community feedback sessions and a one-year closure for construction.

"The RCC Board of Governors engaged with our community over many months to explore how to meet Reston swimmers' needs as effectively as possible," said RCC Board Chair Beverly Cosham. "The concept design that resulted has proven its validity in the popularity of the new pools as people experience them, even in the context of the pandemic."

The $5.5 million project was paid for with RCC's capital reserves. The renovations included demolition of the outdated 40-year-old pool. In its place are two new pools: a 25-yard lap pool with beach entry and water play features, and an adjacent warm-water teaching and exercise pool. Other renovations include a new roof, all new equipment systems for water filtration and air-handling, updated and more effective storm water management, and improvements to the locker rooms. The facility also features a custom mosaic artwork by artist Valerie Theberge, who has several other public art installations in Reston.

DPWES worked together with RCC, which remained open for patrons in other programs throughout the renovation, to assure the success of the effort. Project managers worked closely with RRMM/Lukmire Architects, Branch Builds and their subcontractors to design and construct the new facility. The award was one of eight DPWES projects that earned Mid-Atlantic regional awards, and the project will be submitted for national consideration, according to RCC Executive Director Leila Gordon.

"We couldn't have hoped for a more dedicated team from DPWES to oversee this effort and bring it to a successful conclusion," said Gordon. "They led the project through many challenges and assured it met the highest standards for safety and quality at each step. We are extremely pleased they have been recognized by APWA for the result."

Branch Builds was selected by DPWES after a pre-bid qualifying process and review of construction bids from those firms that elected to submit them. The Virginia-based contractor has won awards for its design-build and renovation of schools, libraries (including the Tysons-Pimmit Regional Library) and other public facilities. Fairfax County DPWES' Building Design and Construction Division provided overall project direction and oversight on behalf of RCC.

Criteria established for Project of the Year consideration included good construction management, safety performance and overall safety program, community relations, environmental protection, unusual accomplishments under adverse conditions, exceptional efforts and innovations, and sustainability.

The renovation result of two pools rather than one has allowed RCC to serve more patrons, and aquatics programs. The lap swim registrations have been redesigned to expand access with new content and event options now possible with the attractive pools and features.



COURTESY PHOTO

Brian Hooks.

Alexandria resident named to TIME 100Next list

TIME has recognized Stand Together's work to support innovative solutions that bridge divides on critical issues by naming Stand Together Chairman and CEO **Brian Hooks** to the 2021 TIME100 Next list.

Dr. Priscilla Chan, co-founder and co-CEO of the Chan Zuckerberg Initiative, wrote in the announcement for TIME that despite the immense challenges facing the country, what gives her hope are:

"Leaders like Brian Hooks and organizations like Stand Together—the philanthropic nonprofit he leads—who recognize that rebuilding our justice system, among the many other issues they tackle, starts with rethinking the way we work. They see that scalable progress is only possible when we partner with others and build bridges across every imaginable divide."

"It sends a message to anyone who's trying to move mountains in tough, often divided spaces, that we're our best selves and get to our best outcomes when we work together," said Chan.

An expansion of the TIME100 list of the most influential people in the world, TIME100 Next highlights 100 rising leaders who are shaping the future of business, entertainment, sports, politics, health, science, activism, and more.



COURTESY PHOTO

The Elder Outreach Club of South County High made several connections with residents of Heatherwood Retirement Community in Burke. They based their communications on the winter holidays, donating 67 letters and drawings to spread holiday cheer. A recent writing campaign was based on Valentine's Day and consisted of 87 letters with well wishes and Valentine wishes. The residents were excited to hear from the students and expressed their appreciation.

High School students are recipients of 2021 Student Peace Awards

Students from 24 Fairfax County public schools have been named recipients of the 2021 Student Peace Awards of Fairfax County, designed to recognize young people who work as peacemakers. Recipients will be recognized at a virtual reception in March.

The Student Peace Awards of Fairfax County were begun in 2006 to encourage people to think more about peace as both a means and an end, and to recognize young people who work as peacemakers. Every year, the high schools in Fairfax County are asked to select one junior or senior, or a group of students, whose work has promoted peace. The project is organized by volunteers and funded by donations from 17 secular and religious sponsoring organizations.

The 2021 recipients are:

Jimmy Le, Annandale High School A founder of the Annandale Equity Team—a group of students and staff who are working to reexamine procedures, create equitable opportunities for all students, and establish an anti-racist, inclusive, and transformative culture at Annandale High School.

Active Minds Club, Centreville High School seniors **Gabrielle Martis, Anna McNulty,** and **Lydia Kim** are officers of the Centreville High School chapter, an organization dedicated to mental health awareness and education for young adults. During the pandemic, the club instituted a pen pal system to enable members to build community among themselves and to safely engage with each other.

The Teen Town Hall Project, **Chantilly High School Nayana Celine Xavier** led a group of seven Chantilly students to establish a virtual town hall to explore the concerns of underrepresented students. The group held a Zoom call in which they fielded questions on race, culture, ethnicity, and gender issues and the program has expanded to cover issues concerning Asian-Americans, students with disabilities, and LGBTQ+ students, as well as the attack on the U.S. Capitol.

Yenee Berta, Edison High School Founder of the philanthropic organization Soles of Love, she collected and donated shoes and clothes for an Ethiopian school. As the Equity Team leader of the Edison Student Ambassador Club, she welcomes new students and helps to develop cultural activities for the school. She also helped with Salvation Army holiday collections, food drives, mask drives, and fundraising for literacy and poverty-focused nonprofits.

Darwin Otchere, Fairfax High School A member of the City of Fairfax School Board Superintendent's Advisory Team that proposed and helped implement the name change for Lanier Middle School to Katherine Johnson Middle School, Otchere is a leader on inclusion and student diversity issues.

Betty Solomon, Hayfield Secondary School is an active member of the youth-led One Day Seyoum Organization, whose goals are to end human rights abuses in Eritrea and support Eritrean refugees.

Aamirah "Molly" Malik, Herndon High School as part of a group of students, she gave gifts through Heifer International of a cow and chickens to a family in Africa in honor of their geography teacher. The animals have enabled the family to become self-sustaining entrepreneurs through the sale of milk and eggs. She is a member of When We All Vote, registering people to vote and taking an organizational role.

Equity Team, Justice High School is the first Equity Team in FCPS to include both students and teachers and is now a model for the district. The Justice team sponsored an art show featuring work representing micro-aggressions the artists had experienced, and are devoted to educating the community on antiracism, inviting speakers to honor the school's recent name-change, supporting the LGBTQ+ community, and sharing ideas of how to advance equity and antiracism.

Shreya Papneja, Langley High School established the nonprofit CHAPS - Children's Health Awareness Program in Schools to help enable school children to make health-conscious decisions. The organization has provided information to students and parents about health and nutrition. During the COVID pandemic, the program raised over $5,000 for the charity Real Food for Kids through outreach and a GoFundMe account.

Megan Long, Lewis High School is a dancer who helps to direct Love Your Body Week at Lewis, dedicated to creating body-positive dance environments for everyone. Students learn and speak about beauty regardless of shape and size, watch videos of dancers of all ages and size, and discuss the importance of body positivity and the use of dance to achieve it.

Katie Monacella, Madison High School organized a regional hub of the Sunrise Movement, a youth movement to stop climate change. She coordinated a climate strike to express the importance of the climate crisis and, with the group, asked FCPS to establish a Green New Deal, outlining changes the school system could make to become more environmentally sustainable.

Loredana Munteanu, Marshall High School Originally from Moldavia, Munteanu had a formative experience at the U.S. Institute of Peace in Washington, D.C., that reinforced her commitment to improving diplomatic relations on the international level, as well as within her former country.

Brittany Peng, McLean High School is the chief executive officer of LeadPeace, a Fairfax County student organization that empowers young people to become community leaders and peacebuilders. Peng currently manages two new initiatives: Lead Talks, a series of monthly speaker events to share the stories of youth leaders, and ArtPEACE, that hosts monthly art challenges and dialogues to foster discussions about social inequity and to promote unity.

Helena Berhe, Mount Vernon High School founded the Young Democrats Club at her school in response to the polarized atmosphere throughout the U.S. and after seeing how minorities were being belittled, scapegoated, and attacked.

Kunming Chen, Mountain View High School spreads peace through advocacy and kung fu, sharing his deep respect for life and belief in the value of diverse ideas. On the FCPS district-wide Student Council Association, he provides a voice for ESOL students in an effort to break both language and cultural barriers that impede student success.

Leah Weiss, Quander Road School is respected for her sound judgment in solving student issues. She is also an accomplished student and a community advocate. She is an active member of the Blossoming Beauties Club, a 2017 Student Peace Award recipient, founded to help girls grow into well-rounded, confident young woman and to work together on school and community projects.

Diego Dominguez Liberato, Robinson Secondary School had been following racial tensions in the news and was concerned about the tragedies in black communities. He also questioned the morality of looting at some Black Lives Matter protests. He planned a peaceful protest working out logistics, soliciting volunteers, and coordinating with the Fairfax County Police, West Springfield District Station, who offered to block the roads. Although 300 participants were expected, more than 1,000 people appeared and safely marched down Burke Center Parkway.

Zion Nuby, South County High School As a freshman, Nuby founded the South County Debate Association as a forum for political discussions and peaceful conversation about controversial issues. Following the death of George Floyd, he collaborated with local college students to organize simultaneous demonstrations in support of the Black Lives Matter movement, serving as the lead organizer of a peaceful protest at his school that drew more than 300 participants.

Diana Ho, South Lakes High School is a mental health advocate, working to get more services in FCPS. As a member of Virginians Organized for Interfaith Community Engagement (VOICE), she spoke in support of VOICE's budget proposal to Governor Ralph Northam for funding mental health services in schools.

TJHSST Assistive Technology Club, Thomas Jefferson High School for Science and Technology Students in TJ's Assistive Technology Club (ATC) use their technology skills to provide support for younger students with limited mobility, speech, or hearing abilities. Over more than 12 years, members of the ATC have designed books, enhanced instructional materials, developed games, and implemented specially designed software programs for use with the children's specialized communication devices.

Student Equity Coalition of West Potomac, West Potomac High School Formed in June 2020, the group works to bring together students to strive for peace and justice in the community. Four students (Sinna Nick, Maeve Korengold, Kezie Osei, and Amina Iman) approached Principal Tangy Millard about their concerns about inequities, discrimination, and hate speech in the school.

Sumaya Zahid, West Springfield High School is the co-founder with her older sister and current president of Spartans for War Victims (SWV) which provides aid and assistance in the form of materials and money to victims of war and raises awareness of the effects of armed conflict.

Westfield Minds Matter, Westfield High School works to change the school culture regarding mental health. Group members have organized open conversations about mental health to increase help-seeking behavior, promote connections, and increase healthy habits and coping skills.

Johari Iraan Hemphill, Woodson High School In response to last summer's Black Lives Matter protests, Hemphill organized and led a Runathon, that raised money by obtaining pledges for each mile run. Despite the difficulties of virtual gatherings, $3,000 was raised and donated to the NAACP's Legal Defense and Educational Fund.

OBITUARIES

In loving memory

Parvaneh Khosravi Korangy



It is with deep sadness that we announce the passing of Parvaneh Khosravi Korangy on the morning of February 19th, 2021 at home in Leesburg, Virginia. She is survived by her children Amir, Afsaneh, Sheida, Ardeshir, and her grandsons Bijan, Cyrus, Omeed, Navid and Arshan, as well as her extended family living in the United States, Iran, and many other countries around the world.

Always magnanimous, kind, and graceful, her smile would brighten any day and her infectious laugh would warm any heart. She had an admirable ability to deal with all the challenges she encountered in her eventful life with patience and dignity. Her artistic sensibilities, gentleness and generosity of spirits are acknowledged by all who had the privilege of knowing her. She rejoiced in being a nurturer and those who tasted her delicious cooking and delicate pastries can never forgot the heavenly experience. Her selflessness is evident in the way she dealt with people and her life long dedication to caring for family and loved ones.

Although she has departed to be with her beloved husband Mostafa Korangy, she will continue to occupy a most special place in our hearts forever. Due to the restrictions presented by the current pandemic, full memorial service will be postponed, and the date will be announced later. Meanwhile the occasion will be marked by an online tribute which will be posted for all family and friends

In loving memory

Pamela Jeanne Forness Gordon



Pamela Jeanne Forness Gordon, age 68, of Burke, Virginia, passed away at her home, on February 10, 2021, after a courageous battle with cancer. Pamela was born in Bellevue, Illinois, in 1952. She is survived by her daughter, Chiara Nicole Glass; son-in-law Christopher Glass; her granddaughter; Savannah Jeanne Glass, her brother, Douglas Forness; her sister Michele Malmstrom; her stepmother Lynda Forness and good friends Deborah and Achi Tsepal. No services will be held. Donations may be made in her honor to So Others Might Eat.

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Reston musician releases single 'Pattern'

POSITIVE VIBES with Brooke Lewitas


COURTESY PHOTO

Amanda Cunningham, 29, didn't always know she wanted to be a singer-songwriter.

"Singing wasn't something that we did in my family. I wasn't encouraged or discouraged, and it kind of felt like it was silly. So I never pursued it."

She went into marketing, and got her first desk job, which she found "kind of soul crushing."

She decided to go back to school and went to Georgetown. There, she was asked during an icebreaker exercise what she wanted to be when she grew up as a child.

"I said I wanted to be a singer when I grew up, and that it just never really happened. Another guy was sitting next to me--and it sounds like a lame --and he asked why I didn't pursue it. I realized I never actually tried, so then I decided to start."

She didn't know where to start, so she tried to find a talent show for adults. After winning, she decided to take voice lessons, and became increasingly serious about pursuing music.

She went to the Signature Songwriting Circle Program, ran by celebrity vocal coach Carrie Cole and began to develop her skills as a songwriter. As she did, she began exploring the truths of her life--like why she tended to fall into patterns of one sided friendships. She started collaborative writing with Miranda Glory, and this theme showed up. From there, Pattern was born.

"Lyrically, it's questioning the pattern of relationships ending after showing the more real side of yourself where you're not always "fun" to be around, from questioning the people who left with "didn't know I had to be on at all times like a light" to realizing it's an ugly pattern in my life and asking myself "maybe I should look inside of me" to fix the real issue of seeking out unhealthy relationships. The song's beauty is in being honest with yourself and reflecting with genuine lyrics and soulful vocals."

She left her job to pursue music full time earlier this year, making a full commitment to her craft. She is releasing her next single, Go Back in March, and plans to release an EP in the summer.

To other aspiring musicians, Cunningham says "Just start doing it. Because I wasted a lot of time thinking that like if I just had the skills people would find me. There's no one way to do it."

Visit https://www.amandacunningham.com/ to check out 'Pattern', as well as Amanda's other work.



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GMU

CONTINUED FROM PAGE A1

Shabazz Branch is a leader in the environmental justice movement who holds positions in various organizations. She is President & CEO of First Alliance Consulting LLC. and Criminal Injustice Reform Network, Chairwoman of Social Justice and Health Disparities for the Virginia Green New Deal, and Chairwoman to the Virginia Environmental Justice Collaborative.

Since 2017, the Mason Environmental Justice Alliance (MEJA) has operated with the mission of educating, building skills and taking action for students to become involved in the environmental justice movement. Part of their mission is to bring community speakers and experts in the field who are then compensated by the George Mason Student Involvement fund.

In November, board members Charlotte Joannidis, Dasha Maslyukova, Amy Fuller, and Hannah Adamson reached out to Shabazz Branch, hoping she could share her expertise in the intersection of criminal justice and environmental justice. In order to do so and be compensated, she would need to fill out a form. When she got to point number seven, the form asked if she'd ever been convicted of a felony.

"Immediately I sent back, 'This is so discriminative and biased. Though I am not a felon, the majority of the population that I fight for are. And so, if this stays then I go," said Shabazz Branch.

A 2020 study conducted by the Sentencing Project found that an estimated 5.17 million people are disenfranchised due to a felony conviction. Another study from the University of Georgia found that one in every three Black men in America have felony convictions. When policies like this one go unchecked, students lose the opportunity to learn from millions of individuals.

The MEJA board swiftly worked to respond to Shabazz Branch's call to action.

"For me, it felt like a wakeup call," said Adamson. "It emphasized the importance, for us, as student representatives to make sure that we're not unknowingly upholding these systems. As an organization, we really strive to seek out systems of injustice elsewhere and address those, but this reminded us that we are also affected by these injustices and to make sure that we're dismantling them."

They reached out to the Student Involvement office and explained the problematic implications of the stipulation in the contract. In a November 20 email to the Student Funding Board, they explained Shabazz Branch's concerns and stated their solidarity with her: "We see this as a hindrance to diversity and inclusion in future events".

"There are things that we tend to think of as, oh, just a box to check off," Joannidis said. "But it's important to question these things and the hidden policies that create them."

Student Involvement recognized the validity of these concerns and changed the policy, allowing people with felony convictions to speak at the school. Associate Director Sara M. Heming responded via email, and stated "The Dean of students and University Counsel has agreed that this part of the agreement is not necessary and has removed it."

Shabazz Branch asserts that no amount of academia can replace the lived experiences of marginalized communities. "You would be amazed by the voices that are behind the scarlet letter [of a felony conviction]. The artistic abilities, the brilliance behind these people that we throw away, because society says that these people are bad. But we're so much greater than the worst thing that we've done.

Ultimately, Shabazz and the students want to impart that organizations can make institutional policy changes just by listening to members of marginalized communities and acting in accordance.

Maslyukova added "I want to send the message that these hidden policies are everywhere. This is not just here at Mason, it's everywhere. Actually contacting people and talking with them will be worth it. People of color shouldn't have to do this labor constantly, [white people] have to start doing that work. This was a great opportunity for us to learn and share with other people."

SOLUTIONS DRIVE

CONTINUED FROM PAGE A1

dedicated as Goodridge Drive back in 1978. The then named Goodridge Drive was supposed to be a public road as part of Leasco Office Park.

However, that part of Solutions does not operate as a cul-de-sac as originally intended. In addition, north of the cul-de-sac area there is a private retaining wall that encroached onto a public right-of-way.

The goal of having this area vacated and abandoned would allow TMG to be in compliance with street release and bond requirements with the Virginia Department of Transportation regarding the property that they own in the area. The properties in question are the Boro Buildings which are retail properties located along the corner of Solutions Drive and Broad Street.

According to county documents the vacation and abandonment of this portion of Solutions Drive will have no affect on traffic regardless of whether it's pedestrian, public transit, or vehicle traffic and access. This assessment has been approved by entities such as the Department of Public Works and Environmental Service and Dominion Virginia Power.

TMG originally requested these actions with the Fairfax County Department of Transportation back in June 2020 and revised in July 2020. The details of which were made in a letter to the department in a letter sent by TMG through the law firm of Walsh, Colucci, Lubeley and Walch, a Virginia based law firm with offices in Woodbridge and Loudoun that specialize in laws regarding land and real estate such as administration and eminent domain law.

The hearing will be held at 4pm on March 23 during the Board of Supervisors' regular meeting at the Fairfax County Government Center located at 12000 Government Center Parkway in Fairfax. The hearing will also be broadcasted on Channel 16 and can be viewed online of the Fairfax County Government website.

Heart healthy salmon

KEYS TO BETTER HEALTH
CINDY SANTA ANA

As we close out heart health awareness month, I wanted to share one of my favorite quick dinner ideas for Salmon in Parchment. Wild salmon is loaded with a good ratio of omega 3 fatty acids, a good portion of protein and is high in B vitamins and potassium. It also contains Astaxanthin, which appears to lower the risk of heart disease by reducing oxidation of LDL (the "bad") cholesterol and increasing HDL (the "good") cholesterol. Make sure you source wild Alaskan salmon if possible.

Cooking Time - 15 minutes

INGREDIENTS

2 Wild Alaskan Salmon filets
1 lemon, sliced in half
1/4 tsp garlic powder
pinch of fresh or dried dill
Sea salt and pepper to taste
1 small zucchini, sliced thin
1/4 cup artichoke hearts


UNSPLASH

DIRECTIONS

Place salmon filet on top of a large square of parchment paper. Season with salt, pepper, garlic powder and fresh dill and place a thin slice of lemon on top. Top with sliced zucchini or artichoke hearts and cherry tomatoes. Squeeze juice of ½ lemon over the top. Fold over the parchment and seal edges. Place packets on a baking sheet in a 400° oven for 15 minutes.

Notes: You can make several of these packets at a time to feed a crowd. Simply prepare a whole slab of salmon and slice into pre-portioned servings. Bake all at once on a baking sheet. Please don't cheat and use foil. Aluminum foil gives off gases when wrapped around food.

Join me Saturday, Feb. 27, at 11:00 am for a Heart Healthy Cooking class and nutrition workshop. Visit www.UnlockBetterHealth.com for more details.

10 ways a weighted blanket can help you find calm

Courtesy of Brand Point Media

According to an American Psychological Association survey, nearly eight in 10 adults say the pandemic has caused them stress and anxiety. In 2020, Tranquility weighted blankets became a go-to, natural solution for millions of Americans seeking to unwind and achieve better sleep.

Here are 10 unique ways a weighted blanket can help you and your family find calm, no matter what the year brings.

1) Family movie night. Weighted blankets are the perfect companion to couch cuddle time and are available in both adult and kids weights so the whole family is covered.

2) Daily meditation. Need help getting centered? Try folding your weighted blanket in half across your body while lying on your back to help quiet restless limbs.

3) Yoga break. Taking your yoga routine home? Use your weighted blanket as a bolster to gain height in a seated pose or to stay warm during savasana (shah-VAH-sah-nah) at the end of your session.

4) Focus up. Getting ready for the big Zoom meeting? Try pairing your weighted blanket with mindful breathing exercises, like 4-4-4-4 box breathing, ahead of your presentation.

5) Get away. Whisk yourself away with a good book, playlist or podcast while wrapped in your weighted blanket for even more Zen and relaxation.

6) Workout buddy. Gym closed? No problem. Grab your rolled-up 12-, 15- or 20-pound weighted blanket to instantly add weight to your at-home fitness routine.

7) Virtual PJ party. Virtual social gatherings now mean throwing on jammies to "get together" with friends and family from the comfort of home. Make your gathering even more cozy from under the plush comfort of your blanket.

8) BYO-Blanket. While gathering outside is still safer, bring your blanket to your next porch party or fire pit session as your own personal shield of calm.

9) Give a "hug." Know someone in need of support? Instead of sweets or flowers, how about sending a virtual hug? Weighted blankets provide Deep Touch Pressure (DTP), a sensory experience similar to a soothing hug, which works to relax the nervous system and create a feeling of calm.

10) Double chocolate comfort. Warm chocolate chip cookies or a fudge-topped ice cream sundae become that much more indulgent when enjoyed under cover of Tranquility. Other comforting pairings to try while swaddled in your blanket: herbal tea, hot cocoa or a melty grilled cheese (don't worry, there's a removable, washable cover just in case).

These are just a few ways to add Tranquility to new routines, but with thousands of online reviews, the uses are endless.

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Medicare-eligible seniors 65+ with a chronic illness who enroll in Capital Caring Health's **Primary Care at Home** service may be eligible to receive additional high-touch medical care and services in the home, or wherever they live, through a special enhanced care program.

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Capital Caring Health is one of the oldest and largest providers of advanced illness, elder health, home and hospice care in the country, caring for more than 2,000 patients per day in Virginia, Maryland and Washington, D.C.

Mason snaps VCU six game win streak in overtime

By Rick Horner
FAIRFAX COUNTY TIMES



The George Mason Patriots finally get back into the game after their last two games with Dusquene and St. Bonaventure got canceled due to the one-two punch of coronavirus and the winter storm that has been hitting much of the east coast over the last week. Like the swallows headed to Capistrano the Patriots headed south to Richmond to play against Virginia Commonwealth University this past Saturday.

The Patriots go against a red-hot Rams team that are on a six-game winning streak and are looking to go for their seventh straight win.

Into the 1st half VCU takes the lead scoring five points within the first three minutes of the game only for Mason to snap that drought on a layup by #11 Jordan Miller at the 17:03 mark. Mason continued to chase as the Rams increased their lead on a layup made by VCU's Nah'Shon Hyland, but an assist at the 14:38 mark by #23 Javon Greene allowed Miller to get a jump shot to tie the game 7-7.

VCU made plenty of turnovers that Mason capitalized on to take the lead but Mason mirrored those same turnovers which allowed the Rams to play catch up. At the 9:13 mark the Rams' Jamir Watkins completed two free throws to tie the game 17-17. Back and forth action would see Mason take the lead but VCU kept on their heels and taking back the lead after a jumper from Hyland at the 4:45 mark.

VCU would continue to extend that lead to 36-26 at the end of the 1st half giving them a 12-point lead which meant that Mason had a lot of work to do. Mason continued to dog the Rams who were once again having a problem with turnover which the Patriots took full advantage of such as when Greene made a steal from VCU's Adrian Baldwin Jr. for a layup at the 10:19 mark.

The hard work would begin to pay off for Mason as they tied up the game at the 4:48 mark via a layup by #13 Josh Oduro. The Rams refused to be denied but ran into trouble as Hyland got injured which took arguably the Rams' best player off the court with an injured leg. VCU would gain the lead back only for Mason to tie it up with another layup by Oduro ending the 2nd half with a score of 67-67 sending the game into overtime.

The game would come down to five minutes of overtime play giving VCU hope of a win as Jamir Watkins hit a three from the outside allowing the Rams to retake the lead at the 3:53 mark. Mason was far from conceding and within a minute the Patriots retook the lead off a three-pointer by Greene at the 2:21 mark. Mason would continue to stretch their lead winning in overtime against VCU and snapping the Rams' win streak with a score of 79-76.

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Fairfax football wins opening night against Oakton

By Rick Horner
FAIRFAX COUNTY TIMES

This past Monday saw the Fairfax High Varsity Lions take on the Oakton Cougars in grid-iron action at home in their season opener. This game is a rematch of last years season opener where the Cougars defeated the Lions.

The specter of the pandemic reared its head in this game not just due to the small number of fans in attendance but also due to the fact that both teams only had three weeks to prepare for this game.

The first quarter started with a kickoff to Oakton that saw very little advancement of the ball. The story was the same when the Lions got possession and met with the same resistance they gave the Cougars. The action continued to go back and forth with the only score came when Oakton scored a safety on the Lions' two-yard line giving Oakton a 2-0 at the end of the first.

The second quarter would see the game start to come alive for Oakton as they nearly got the first touchdown of the game at the 8:08 mark. The Cougars were denied however as the referee called a foul on the play, but Oakton would still succeed in getting the first goal at 5:36 mark when a 30-yard pump fake resulted in a touchdown.

The Lions attempted to answer with 31-yard pass at the 3:01 mark that would bring them within 13 yards of the goal. But Oakton would apply the pressure and Fairfax decided on a kick which got them three points as the first half came to an end with Oakton leading 8-3.

The third quarter started off with a kick off to Lions which resulted in a first down on the 37-yard line. A big play came in at the 11-minute mark, second down a 43-yard run gets the Lions on the Cougars 20-yard line. At the 9:58 mark the Lions would get their first touchdown and with the extra point the Lions took the lead 10-8.

That wouldn't be the end for Fairfax as a 46-yard pass at 5:59 resulted in another touchdown, the Lions tried for a conversion but pass was incomplete but Fairfax took the lead anyway getting 13 pts in first six minutes of the quarter with a 16-8 score.

The Lions tried for a third touchdown but Oakton's defense forced the Lions into a fourth down kick which landed at Cougars' half-yard line which would result in Fairfax earning a two-point safety which would extend their lead to 18-8 at the end of the third.

The fourth quarter saw the Cougars inching their way up the field but Lions caused problems for Oakton's offence such as when Fairfax sacked the quarterback at the 9:18 mark. Possession of the ball would go back and forth whether it was the Lions blocking an Oakton pass or the Cougars getting the ball on a Fairfax fumble.

At the end of the night Fairfax would avenge their loss to Oakton at last year's opener with a score of 18-8.

Fairfax County Times

FEBRUARY 2021

Private Schools

Your Guide to Private Education in Fairfax County



ADOBE STOCK

Why NONPROFIT LEADERS need to lead the way in INNOVATING EDUCATION

By Deb Mallin, Forbes Councils Member, Forbes Nonprofit Council (Courtesy of Brand Point Media)

Founder of LiteracyMatters.org, a foundation on a mission to close the literacy gap with scalable, ethical technology & evidence-based instruction.

As 2020 came to a close, were you looking at the glass half full, or depending on the day, half empty after almost a year of surviving the pandemic? In 2021, millions of American families will continue to struggle to put food on the table, while others will have children set up, sitting up, and eager to join virtual classmates and teachers, in Zoom classrooms across this nation. If they have access to the internet and equity in education - that's a big, powerful word - if. And if not now, when?

When the vaccine makes its way across the country and schools hopefully reopen, there is a question we will have to address as a nation: What becomes of the preexisting condition and national crisis of illiteracy that continues to destroy the future of our nation's children? How many children have fallen even further behind this year because we did not innovate to educate, reach and teach all children how and where they learn?

According to research from Gallup and the Barbara Bush Foundation for Family Literacy, low adult literacy rates could be costing the U.S. economy $2.2 trillion in GDP. The research found that roughly 130 million adults in the U.S. are "reading below the equivalent of a sixth grade level." Reading levels in grade school-aged children have been stagnating and even dropping off. In 2019, national average reading scores for fourth and eighth graders were slightly below average reading scores in 2017.

Whether we look at the data on our failing education systems as a travesty of justice or from the lens of an economist astounded by the loss of human capital, there are questions we should be asking. If the definition of insanity is doing the same thing over and over and expecting a different outcome, we should apply this principle to our education efforts.

Why haven't today's classrooms changed much in the way they look and operate over the past several decades? Why, in 2020, in this rapidly advancing, digital age of technology and machine learning and AI, are we still teaching children as though they rode to school in a horse-drawn buggy? We scaled Braille across this nation in 1918, during the time of the candlestick phone and the 1918 flu pandemic. Why can't we provide the fundamental skills of literacy, a sound-to-symbol and symbol-to-sound system that teaches the English language?

Who benefits when children are unable to move from learning to read to reading to learn? Access to evidence-based, whole child-centered learning is not a pie. We don't need to ration piece by piece when we have the ability to democratize education. There is more than enough pie for everyone. We all do better when we all do better.

As nonprofit leaders, we have the immense responsibility to redefine and rethink how we approach our education initiatives. I challenge you as leaders to rethink how we provide sustainable systems change, starting with acknowledging that our efforts are dramatically diminished if we continue to work in silos. Collaboration, partnerships and coalitions offer us opportunities to strengthen our impact by harnessing the power and resources our fellow nonprofits have to offer.

As leaders in the education space, let's commit to supporting the best of both proven and innovative ways of approaching this generation's national epidemic of illiteracy. I believe we can deconstruct the problem and mobilize an all-American effort to provide equity in education, with teachers properly trained in the science of literacy instruction, scalable individualized curriculum and the use of ethical technology that makes it all possible.

Another crucial element to our efforts is to educate ourselves on political candidates, state budget proposals and public-private partnerships that commit to targeted and accountable literacy education initiatives. We are the players who can evoke real change and advocate for greater education in-roads. The ROI isn't just for the children we'll teach. It's exponentially significant to the donors who invest in our nonprofits - and for society as a whole.

As a nation, we can accept the hierarchy of responsibility and work together to make 2021 be the year we apply the lessons learned from the pandemic and scale literacy and justice for all.



BRAND POINT



How to learn more about new VIRTUAL INTERNSHIP PROGRAMS

Courtesy of Brand Point Media

It's not news that the COVID-19 pandemic has put a damper on learning opportunities for high school and college students. Unfortunately, that's been especially true for underrepresented students, who often face roadblocks in accessing professional opportunities.

One glaring issue is that the in-person internships so crucial to on-the-job experience have been largely unavailable in this time of remote learning. As a result, students are missing out on the chance to participate in real-world work settings, gaining practical new skills, networking with other professionals and growing further in their careers.

That's a big deal, given the importance of that experience to both employers, who are seeking to hire future leaders, and job applicants. Prior to the pandemic, a 2019 survey by the National Association of Colleges and Employers found that 58% of graduating college seniors who received full-time job offers had completed internships - and notably, they received 16% more job offers than those not privy to internships.

The good news? Nonprofit organization The Center for Excellence in Life (TCEL) has stepped up to launch the first-ever paid virtual internship program geared specifically toward underrepresented students and uniquely focused on nurturing students beyond job skills in a specific field. This program already has served more than 80 Black, Latinx and Asian students in the U.S. in 2020. And with help from new supporters, its founders hope to provide many more with valuable work experiences throughout 2021 and beyond.

"Today's students are our future workforce and leaders, but even with hope on the horizon for COVID-19, the negative consequences for underrepresented students can be long-lasting," notes TCEL founder Mary Stutts. "At TCEL, we seek to help students understand what is possible and achieve their goals, by providing access, connections, exposure, and development of the 'whole person.'"

Here's what you should know about the program, whether you're a prospective intern, a company wishing to participate or a donor interested in providing financial support for underrepresented students:

Internships are available in multiple fields. TCEL arranges remote learning opportunities in disciplines ranging from STEM fields to communications, finance, life sciences, fashion, digital entertainment and more. The internships are structured so company mentors regularly work online with participants to help them experience practical, real-life settings and situations, as they develop the multifaceted skillsets and perspectives the future workforce needs.

And the program is intended to be accessible to all - for example, in 2020, 13% of the TCEL interns without access to a computer completed the program using only their phones.

Supporting the "whole person" is key. For TCEL interns, education goes beyond specific career tracks, with every intern participating in the "Whole Person" track. Access to this unique training teaches interns how to define a personal brand, build a career while balancing multiple interests, better understand personal finances and care for their mental health.

"The TCEL interns I spoke with wanted to better understand financial topics," notes John Clay, a vice president at Morgan Stanley and TCEL mentor. "As a result, I joined forces with TCEL to continue providing financial mentoring sessions for all cohorts, to build foundations for future interns' personal and professional successes."

Mental health struggles are at a dangerous high for young people. More than 90% of TCEL's 2020 interns wrote in their application essays of experiences with anxiety and depression, which have been exacerbated by the COVID-19 pandemic, racial and social unrest, and a lack of opportunity. That's why Kaiser Permanente became a TCEL sponsor. Its mental health professionals will provide mental health-focused mentoring sessions - so that participants are more equipped to help themselves and others.

Would-be interns should apply now. Because the goal is to impact students early in their education, interns can apply as high school juniors and seniors or college freshmen and sophomores. In 2021, internships will be available in the spring, summer and fall. Throughout the program, students receive stipends to help cover expenses as they work, since unpaid internships present a barrier for some students.


BRAND POINT MEDIA

"My goal is to serve as an ambassador for the United Nations, and I know that there's a great need for more women and people of color in ambassadorship roles," notes TCEL intern Kaylyn Goode, a George Washington University sophomore studying international affairs. "The TCEL internship provided me with important connections and knowledge as I work to achieve great things."

Donors and supporters are needed. To thrive, TCEL needs more financial support from individual and corporate donors who believe in the importance of supporting underrepresented young people and helping to build paths to success. Additionally, TCEL is actively searching for industry leaders and companies willing to share their expertise.

Recently, TCEL was one of the first nonprofits to receive a contribution from Life Science Cares, a newly formed consortium of Bay Area life science companies leveraging employee expertise and corporate profits to tackle society's greatest social issues including pervasive racial and socioeconomic inequalities.

The program arose from humble beginnings. Stutts, a foster child from a young age, credits her foster mother (a special education teacher) with teaching her that all people are valuable regardless of their labels. While achieving a successful career in the biotech industry, Stutts developed a passion for nurturing underrepresented youth and founded TCEL to cultivate creative, academic, professional, entrepreneurial and life skills. She and her daughter Loren created the TCEL internship program to address disadvantages from the combined forces of the pandemic and racial injustice.

Supported by major corporations such as Blue Shield, W2O Group and others, the virtual internship program has been enormously uplifting. Donors and supporters can visit TheExcellentLifeCenter.org for more information.

TCEL's overall mission is to mentor, inspire and empower youth and adult professionals in the pursuit of excellence. Potential participants in the TCEL Virtual Internship Program are encouraged to apply at TheExcellentLifeCenter.org.

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5 POSITIVE TIPS: Show teachers they have your support

Courtesy of Brand Point Media

Teaching has always been a challenging job, but this year our nation's teachers are working harder than ever to ensure student success - online, offline and in combinations thereof.

In addition to their usual tasks, educators are having to quickly learn unfamiliar technologies. They're reinventing lesson plans and figuring out new ways to convey information. They're inundated with communications and requests from principals, parents and students.

One survey earlier this year found educators are also being tasked with helping to preserve their students' social and emotional well-being during this time of massive change.

Even in these challenging circumstances, however, teachers across the U.S. have been stepping up to find ways to keep their classes engaged and moving forward. And they deserve our thanks for doing everything they can to keep our kids on track.

Cereal and snack giant Kellogg's recently led the way in thanking teachers by gifting them one million Nutri-Grain bars to share with their students. The "Got Your Back" program invited K-12 teachers across the nation to claim the tasty treats while entering to win one of four $300 gift cards to cover the costs of additional snacks and supplies.

Looking for more ways to show your children's teachers how much you appreciate all their efforts? Here are positive, proactive steps you might take to let them know they have your full support.

Send notes of encouragement. We all need to feel appreciated, and one kind word can often turn around someone's day. Rather than blaming your child's teacher for what may seem to be awkward and inconvenient new processes, put forth some positive energy by sending them brief notes supporting their plans and offering assistance as needed. Let them know you think of your child's education as a team effort, not a test of their competency.

Buy snacks and supplies. It's no secret that many teachers routinely reach into their own pockets to buy goodies and/or school supplies for their classes. One survey found, in fact, that 60% of teachers spend an average $300 each year on student snacks. That's a sure sign most would welcome parent, business or community donations of commonly used tools, materials and/or cleaning products that could help stock their classrooms. Another positive idea? Contributing healthy and tasty snacks that can ward off hunger and keep kids focused on learning. Baked with real fruit and 8 grams of whole grains, individually wrapped Kellogg's Nutri-Grain bars are an excellent choice for helping students power through their school days. Next time you're wrapping up an online order or shopping in your grocer's snack aisle, consider adding on the boxes of supplies or snacks that could make a real difference to your children's teachers.

Take responsibility for your child. If your child is involved with online or hybrid learning, you'll likely have to take a more active role than in the past to ensure they're ready and able to participate. Step up to keep them motivated, on time, on-task, prepared for upcoming learning sessions/projects and aligned with the teachers' expectations. You may need to go the extra mile to keep your computer technology up to date and ensure your home environment is conducive to learning.

Start an appreciation campaign. You may wish to organize efforts in your school community to let your educators know how much they're valued. Possibilities might include thank-you ads in newspapers, in school bulletins or on billboards; social media campaigns; or yard signs naming teachers as heroes.

Spread awareness of donation options. As the nation becomes more aware of our educators' many challenges, organizations are springing up that allow the educators to describe their specific needs and request donations accordingly. Many such organizations make it easy for you to get online, choose a request that speaks to you and direct money or supplies to the educator in question - all at the click of a button. You may wish to donate yourself and/or make other parents aware of these easy and convenient options for giving back to your community.

Today's teachers deserve our thanks and respect for continually adapting to changing educational needs and keeping our children's best interests at heart. Take time today for proactive, positive actions that support their educational missions.

Fairfax County Times' Guide to
Arts & Entertainment



PETS:
PET THEFT AWARENESS!
Page B5

Hello Larry

Larry Keel's American Dream recording is reminding people why the singer has endured for more than four decades



COURTESY PHOTO

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

If not for the current COVID-19 pandemic, Larry Keel would have popped up this winter at Jammin Java, the State Theatre or one of the local clubs in Washington, D.C., touting the release of his latest album, "American Dream."

But the 45-year veteran of the music scene has had to settle for Zoom shows and the occasional winery solo show lately, but that hasn't meant his music isn't being heard. Critics have praised his latest inspired work, which is uplifting at a time that needs it most.

"Due to COVID, my whole industry shut down and is suffering tremendously. I had to stop and take time and think about everything, and I lost what was going to be one of the busiest touring seasons of my career," Keel said. "I counted my blessings, cleared my head and as I did, a bunch of songs came to me."

So, Keel did what he does best—he started putting his ideas to paper and came up with a collection of songs that were among the best he's ever done.

"I was nervous about going into a studio and I was nervous about getting my band together, as well, so my web manager brought all the recording equipment to my house and recorded me playing all the instruments, and we got it ready to release," Keel said. "It gave me something to do and I'm very happy it's out there now."

The album boasts lyrics informed by

See LARRY, Page B2

MOVIE REVIEW

The heart and soul of a singer shines through in 'U.S. vs. Billie Holiday'



HULU

Billie Holiday (Andra Day) does a number with Louis Armstrong (Kevin Hanchard).

By Ed Symkus
MORE CONTENT NOW

Almost 50 years ago, there was another Hollywood movie about Billie Holiday. "Lady Sings the Blues" starred Diana Ross as the talented but troubled jazz singer. Ross was good in the role, but the film was a muddled mess of dramatic situations that didn't exactly stick to the truth, that played up Holiday's drug habit over her ability to squeeze so much emotion out of her voice.

Now we've got Grammy Award nominee Andra Day playing Holiday, and nailing the part both in the acting department - this is one brave, searing performance - and with her interpretation of songs connected to Holiday, including "All of Me," "Ain't Nobody's Business," and "Strange Fruit."

It's that last song, a horrifying piece about a Southern lynching, that's the focus of this new film by director Lee Daniels (his first feature since "The Butler"). To be clear, this is not a biography of Billie Holiday; it's more of a chronicle of what the title suggests: a government attempt - in this case it was directed by a snake named Harry Anslinger (Garrett Hedlund), who was the longtime Commissioner of the Federal Bureau of Narcotics - to destroy Holiday because she was riling up crowds by singing the incendiary "Strange Fruit." But since there was no real crime in singing a song, he decided to go after her via her heroin addiction which, he explained, would help clean up the drug problem in New York's Black community - or did it just provide an excuse for his department to exist?

That question isn't answered, but that's OK, because there's so much else happening in this film - some of it dramatic, some of it musically engrossing, a small amount of it funny - all of it anchored by remarkable performances in demanding roles. Day handles most of the load, with a great assist from Leslie Jordan as Jimmy Fletcher, a jazz fan who had romantic dreams of being with Holiday while also having to do his job as an undercover FBI agent assigned to follow and help bring her down.

Holiday had no trouble mesmerizing audiences with her smoky, sensual voice, even when she was under the influence of the needle but, explains the script, she didn't have a very easy go of it with men. Among the nasty ones introduced here - there were managers, there were husbands - are James Monroe (Erik LaRay Harvey), Louis McKay (Rob Morgan), and Joe Glaser (Dusan Dukic). Every performance is a winner.

An additional component that sparingly but effectively strings everything in the film together is a recurring segment between a well-established but very tired Holiday being interviewed by the excitable journalist Reginald Lord Devine (Leslie Jordan), and talking about the power of and problems caused by her singing "Strange Fruit."

It's not just their discussion that's regularly revisited here; many of the film's characters - those men in her life - keep returning at different junctures. And there's a lot of discussion, camaraderie, unease and, once again, humor, between her band members, of whom Tyler James Williams playing saxophonist Lester Young is a standout.

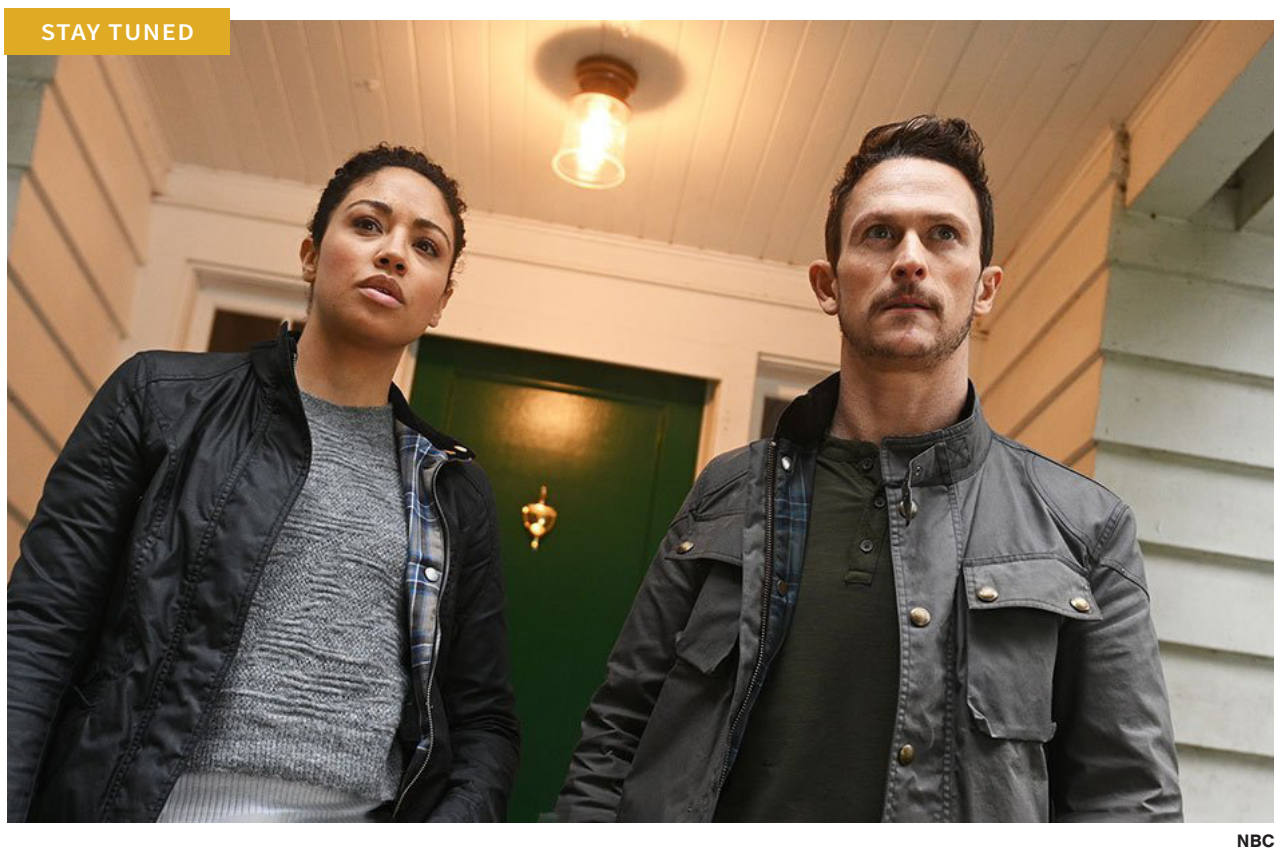
The film presents Holiday as a woman spinning out of control, with different people trying to help her as well as hurt her, while it's happening. The musical moments are fantastic. A drug-induced flashback sequence that takes a peek at her hardscrabble childhood really isn't needed to get the story told, but it's a magnificently haunting few minutes of filmmaking.

In the end, there's nothing but tragedy. Heroin, alcohol, and exhaustion take their combined toll on Holiday, but the slick government hacks never let up on trying to drag her down. Yet, if you stick around for the closing credits, there's one wonderful last laugh, about learning how to waltz.

"The United States vs. Billie Holiday" premieres on Hulu on Feb. 26.

Sci-Fi series 'Debris' premieres on NBC

STAY TUNED



NBC

By Melissa Crawley
MORE CONTENT NOW

A cat and mouse rivalry returns, zombies get their midseason premiere, and a new sci-fi thriller follows two investigators as they track down mysterious alien wreckage.

Dispatches: Weekly TV news

"Gaslit," an anthology series based on the Slate podcast "Slow Burn," is officially a go at Starz. The series explores Watergate's untold stories and characters and will star Julia Roberts and Sean Penn. Production is set to begin this spring.

Justin Melnick, who plays Brock Reynolds on "SEAL Team," was injured after falling from a helicopter during a private commercial shoot. The actor is reported to be fine and recovering at home. The shoot was not associated with the "SEAL Team" series.

See STAY TUNED, Page B2

Art News

Arctic Sky is a rock n roll experience influenced by music from decades ago up until the present day. Outdoor show. Doors open at 5 p.m. Showtime is at 6 p.m. Feb. 26. Free. The State Theatre, 220 N. Washington St., Falls Church. For more information visit https://bit.ly/3aHCAuQ

Broadway Night 2021 Live stream concert by South Lakes High School chorus. Feb 27 at 7 p.m. Tickets are $10 to $125. Purchase tickets at https://bit.ly/2NQR3vo.

Ranky Tanky Enjoy this digital concert that is part folk, part funk and totally fearless. 8 p.m. Feb. 27. Tickets are $17.50 and up. Purchase tickets at https://bit.ly/3pI5nDR.

The Waverly Gallery Gladys, the elderly matriarch of the Green family, has run an art gallery in a small Greenwich Village hotel for years. Now the management wants to replace it with a coffee shop. Show runs Thursdays through Sundays through Feb. 28. 1st Stage Tysons, 1524 Spring Hill Rd., Tysons. For more information and tickets visit https://bit.ly/2ZpZ7pH.

Vertigo is an exhibit by Mouna Benserradj featuring impressionistic oil pastel illustrations. The gallery is open Friday through Sunday from noon to 5 p.m. This exhibit continues through May 2 and may also be viewed virtually. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3uoNZr9 or call 703-584-2900.

Arcadia Enjoy a public sound and light installation created by artist Sam Nester offered in partnership with Murals at Mason and Mason Exhibitions initiatives. This will be accessible through December via Twitch livestream as well as in person. For more information visit https://bit.ly/3sEUJAn.

Community Information

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

Virtual Family Fun Trivia Gather the whole family around the computer or tablet for some socially-distant trivia. 7 to 9 p.m. Feb. 26. Cost is $5 per Zoom invite. For more information visit https://bit.ly/2NL9DFo.

Geocaching Workshop Learn how to use hand-held GPS units to locate hidden treasure caches. 2 p.m. Feb. 27. Ages 8 to adult. Cost is $22. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit https://bit.ly/3pKkcG6.

Twilight Boardwalk Stroll Join a naturalist for a guided walk along forested paths to the wetland and experience the park as it transitions from day to night. 5:30 p.m. Feb. 28. Cost is $9. Huntley Meadows, 3701 Lockheed Blvd, Alexandria. For more information visit https://bit.ly/3kdZYDh.

Science Enrichment Supplement your child's online science education with this hands-on program. Ages 5 to 11. 10 a.m. March 1. Cost is $6. Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. For more information visit https://bit.ly/3dDL9Jg.

Secrets, Spies, Sputnik and Huntley Uncover the history of spies, espionage and how the Cold War struggle shaped Huntley and the Fairfax County we know today. 12:30 p.m. March 3. Cost is $10. The program is for adults. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit https://bit.ly/3keTlkj.

George Mason & His Two Annes Join the Welcome Club of NOVA for this virtual meeting as Tom Moncure discusses how George Mason's mother and wife influenced the Bill of Rights. 10 a.m. to noon March 4. For more information visit https://bit.ly/3btsjSd.

ONGOING

Black History Month Events Find a list of virtual and in-person events taking place in February in Alexandria. For more information visit https://bit.ly/3cHul3c.

Self-guided Tour download the StoryMap app on your smartphone and walk the African American Waterfront Trail along the Potomac River in Alexandria. Free 45-minute walk. For more information visit https://bit.ly/2YCtBEn.

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

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

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



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LARRY

CONTINUED FROM PAGE B1

Keel's touring experiences and his take on current events, such as the COVID-19 pandemic and worldwide protests against systemic racism. It sends strong messages without being too preachy.

"My goal of making this CD was to express myself in the most positive fashion that I could," Keel said. "I wanted to dig deep and find a way to communicate my points positively, and hoped that it resonates universally. There's so much negativity out there and everyone is exhausted from all that. I just wanted to be the best me I could and put something out there that could life someone up."

The award-winning innovative flat picking guitarist and singer hails from Manassas, but grew up mostrly in Virginia's Appalachia and quickly took to the mountain culture of the region. Early on, he took traditional music and fused it with a more modern sound on his acoustic guitar.

"I was always watching my father (on banjo) and my brother (on guitar) play music and they had friends who would come over and play, and I was always dancing or playing spoons and getting involved," Keel said. "They saw I liked the music and my brother bought me a guitar when I was about 8 years old."

He formed a bluegrass band with his brother as a teen and started to play a lot of college parties up and down the East Coast, and he's been playing professionally ever since.

"When I was 25, I moved down to Lexington, Va., and I really like this part of the country," he said. "I still go to Northern Virginia all the time because my family is up there and I enjoy playing Jammin Java and the other clubs in the area."

Over his career, Keel has recorded more than 20 albums and written songs for a number of distinguished musicians.

During his downtime, Keel spent a lot of time building a big garden and grew vegetables for his friends and family. He's also done a lot of hiking and fishing, trying to stay healthy and strong. But he's also gotten to play a few outdoor shows, most notably at Virginia wineries with social distancing in place.

"I'm glad people are getting a chance to hear these songs," Keel said. "I'm really proud of them and proud of the positive energy of them. I think my fans are interested in hearing me play the banjo and mandolin and some of the things I don't normally play on stage."

He hopes that he'll be playing live a lot more in 2021 and looks forward to when touring will get back to normal.

"You have to keep the faith and stay positive and calm," he said.

STAY TUNED

CONTINUED FROM PAGE B1

ABC placed a pilot order for the drama "Promised Land." The project focuses on several generations of two Latinx families who are striving for money and power in Sonoma Valley, California.

Contenders: Shows to keep on your radar

The cat and mouse mayhem returns in **"Tom & Jerry: The Movie."** A blend of classic animation and live action, it premieres in theaters and on HBO Max Feb. 26.

"Secrets of Sulphur Springs" makes its Disney+ debut with five episodes on Feb. 26, followed by new episodes available to stream each Friday in March through April 9. Since its Disney Channel premiere, the show has ranked as the number one series across all basic cable with girls 6-11.

Netflix has three film premieres on Feb. 26. In **"Bigfoot Family,"** the animated sequel to "Son of Bigfoot," Bigfoot goes missing and his tech-savvy teenage son takes on an evil CEO to save him. A summer fling in Sicily between two teens turns into a heartbreaking love story in Italian romance **"Caught By a Wave"** and in the Spanish romantic comedy **"Crazy About Her,"** a man decides that the only way to see a woman he fell in love with after a wild night is to become a patient at the psychiatric center where she lives.

Tina Fey and Amy Poehler return to host **"The 78th Annual Golden Globe Awards"** (Feb. 28, NBC, 8 p.m. ET).

Season 10 of **"The Walking Dead"** continues (Feb. 28, AMC, 9 p.m. ET).

Science fiction thriller **"Debris"** premieres (March 1, NBC, 10 p.m. ET). Mysterious and powerful wreckage from a destroyed alien spaceship falls from the sky, scattering across the Western Hemisphere and two agents who work for a clandestine international organization are tasked with tracking it down before the bad guys get to it.

In **"Raya and the Last Dragon,"** a lone warrior must find the last dragon to restore the land of Kumandra (March 5, Disney+). The voice cast of this animated film includes Awkwafina, Daniel Dae Kim and Sandra Oh. Subscribers to Disney+ can purchase premier access for an additional one-time fee, which allows them to watch the movie as many times as they want on any platform where Disney+ is available.

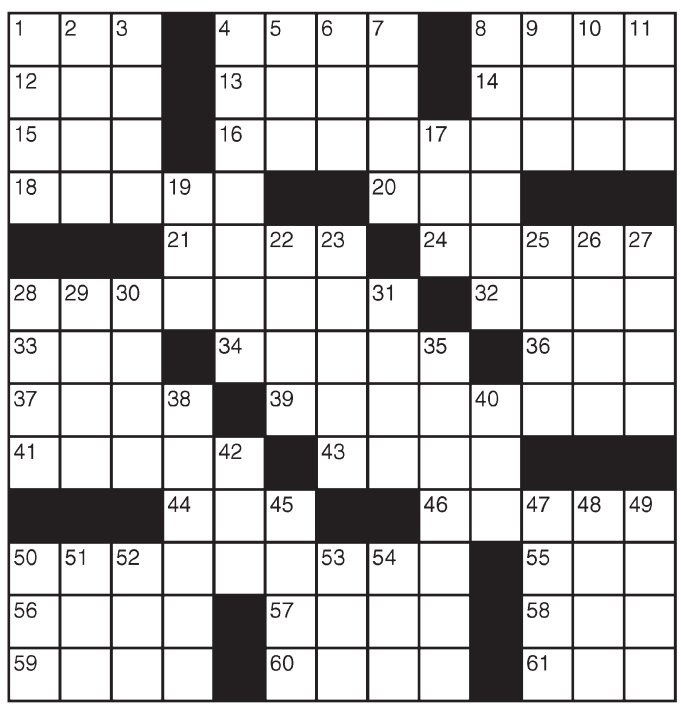
Report Card: Ratings winners and losers

Winners: CBS renewed **"Bob Hearts Abishola"** for season three and "The Neighborhood" for season four.

Losers: "NCIS: New Orleans" (CBS) is ending with season seven and "Mom" (CBS) will end with season eight.

Melissa Crawley is the author of "Mr. Sorkin Goes to Washington: Shaping the President on Television's 'The West Wing.'" She has a Ph.D. in media studies and is a member of the Television Critics Association. To comment on Stay Tuned, email her at staytuned@outlook.com or follow her on Twitter @mcstaytuned

King Crossword



ACROSS
1 June honoree
4 Say it's so
8 Pretzel topper
12 Past
13 Travel permit
14 Done with
15 Brock of baseball
16 Alaskan city
18 Heron's kin
20 Army address
21 Dalai —
24 Slow, in music
28 Right to vote
32 Cash advance
33 201, in old Rome
34 Heat to near boiling
36 GOP org.
37 Priestly vestments
39 Cheap ride section
41 "Yum!"
43 Novelist Hunter
44 Steal from
46 Cowboy's workplace
50 Spur on
55 Tic-tac-toe win
56 Nerd's kin
57 Hostels
58 Hooting bird
59 Big wind
60 Track tipster
61 Carrier to Amsterdam

DOWN
1 Valley
2 Awestruck
3 Gloomy
4 Online images
5 Sportscaster Scully
6 Computer key
7 Stadium cheers
8 Reddish-brown horse
9 "Selma" director DuVernay
10 Table support
11 Three, in Rome
17 Texas tea
19 Sprite
22 PC alternatives
23 Marble type
25 Asta's feeder
26 Tart flavor
27 As soon as
28 "Shoo!"
29 Bruins' sch.
30 Little lies
31 Mountain ht.
35 Most loved
38 Painter's motion
40 Genetic letters
42 Thee
45 Telly watcher
47 Cranny
48 Batman's hood
49 Actress Celeste
50 Early bird?
51 PBS funder
52 Cartoon frame
53 Yucatan year
54 Wildebeest

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FROM THE DOG'S PAW

Pet theft awareness!


YASH PATEL ON UNSPLASH

By Noah!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

"WOOF! BARKS! This week, I am pawing about a pawsomely impawtant concern for pet owners and their pets! One which deserves immediate attention by pet owners! Pet Theft! GROWLS! Sadly, an estimated 2 million pets go missing every year, with only about 10% of humans reuniting with their pawsome dogs. Preparation and prevention go hand and hand with keeping your pets safe!

Paws, steal pets, why? Money, of course! The theft of mostly purebred dogs can bring in lots of money to the thief. Paws, thieves could receive cash from pet parents wanting their beloved Fido or Fifi back, or there could be cash rewards from other sources driving thefts! Barks. Yorkshire Terriers, Pomeranians, Malteses, Boston Terriers, French Bulldogs, Chihuahuas, Labradoodle, American Pit Bull Terrier, German Shepherd, and Labrador Retrievers, GROWLS!, are the most common stolen dogs.

Barks, when my human and I go for a ride, he never takes me along when going someplace he cannot keep an eye on me or take me into the store. Woofingly, he doesn't go shopping somewhere, leaving me in the car, nor will he tie me up outside to a post! A thief wanting to steal your pet can quickly and pawfully easily cut the leash in just seconds! Barks, should he have to make a stop while we are out, it is where he can keep an eye on me and makes it quick by knowing what he needs, going directly to it, paying, and leaving. Dawdling in the store gives thieves more time to steal your dog! He locks me in the car and rolls the windows partly up! Barkingly, in the warmer weather, never leave your pet in a car for a second.

Thefts of pets do not just happen in shopping centers or from parked cars. They can happen in your backyard and front yard. I love hanging out with my Dad when he washes the cars or does some yard work. When doing so, he ties me up securely, so I don't wander after the next beautiful female dog that walks by and to prevent theft. Before he brings me out front, he makes sure he has everything needed for his project, so he does not have to go back inside. He never leaves me unattended in the front yard. When I play in the backyard, he keeps an eye out for me the entire time. He does not just let me go out back to play and run. Barkingly, most humans don't think about someone coming onto their property to steal their dog. Barks, but it happens more than many realize.

Bark, humans can take measures to help prevent their pets from being victims of theft. Always keep your pet's ID tags/collars and microchips updated with current contact information. Woofs, we recommend ID tags/collars and microchipping as it allows for quicker identification should your dog go missing. Ensure you have current documentation of ownership with a file of current vaccinations and preventatives, veterinary records, and photos. My human keeps folders of my information in a home file and both cars! This way, he has records of me everywhere we go.


ADITYA JOSHI ON UNSPLASH

WOOFS!

Paws, what should you do if your pet is stolen? I've compiled a list that you can clip and keep handy:

1. Immediately call the police and file a report! This creates a record of the theft, making it easier to retrieve your pet should you see it.

2. Barks, report the missing dog to www.homeagain.com, contact Veterinarians, groomers, shelters, and rescues with information about your dog.

3. Post information and photos on social media.

4. Send an email with photos to newspapers describing your dog.

5. Contact radio stations- you might find a DJ willing to take up your cause.

6. Post flyers throughout your neighborhood with a reward for your dog's return. Do not mention you believe your dog was stolen as it may help with a faster recovery.

7. Notify neighbors!

When sharing information, be sure to share any heart-tugging details about your dog, such as "bestest friend of a handicapped child!"

Barks, be aware of humans calling you from out-of-state concerning your dog and asking for a reward for its return! Paws, predators often use classified ads to find information on victims. Barks.

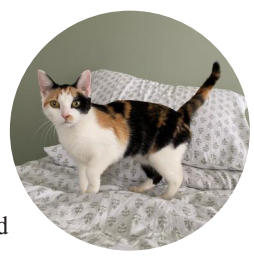
About us! Barks! Meows! Using humor with facts, Samson, Abby, and I write about dog/cat adoption, humor, pet care tips, and entertaining stories about life with pets! Enjoy our articles? Pawlease follow us at www.fromthedogspaw.com by email. Samson is Cat-in-Charge, I am Noah, Dog to our human, Allen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

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

Sugar



Breed: Domestic short hair
Age: 1 year
Gender: Female spayed
Sugar lights up when she sees people and runs to "greet" any visitors who come through the door. She loves giving headbutts and "loving eyes". If you're sitting, she immediately climbs in your lap, and if you squat down she will even climb onto your shoulder to nuzzle. Sugar is an amazing, comforting, affectionate companion to whomever is lucky enough to adopt her.

ROSEMARY & MAPLE



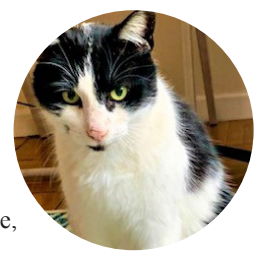
Breed: Domestic shorthair
Age: 5 months
Gender: Female spayed
Rosemary and Maple are two adorable sisters who love to be with people and to keep everyone entertained with their playful antics. Both kittens are extremely outgoing and friendly. If they are not completely engrossed playing with each other, they are following around their foster family checking out the activities and wanting to be involved in everything!

Thomas



Breed: Domestic short hair
Age: 2 years
Gender: Male neutered
This big burly guy is really a teddy bear at heart. Thomas is an affection cat always up for a good snuggle session and once he's rested up he's ready to burn a few calories with a game of laser tag.

Pluto



Breed: Domestic short hair
Age: 7 years
Gender: Male neutered
Pluto is a wonderful boy who was put outside after his owner passed away. Not only did he lose his home, his owner, but now he was on his own. When Pluto took cover under the next door neighbors house, this great family took care of the this boy by feeding and giving him shelter until they found a rescue to help.

Kitty



Breed: Domestic short hair
Age: 9 years
Gender: Female spayed
Kitty recently lost her human. She was rescued as a stray and grew up in a home where she was not spayed and had multiple litters and there were a lot of cats in the home and she wasn't getting the care she should have. She was moved to another home and then her human passed away which is when she found her way to FFGW.



— King Crossword —

Answers

Solution time: 24 mins.

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



How to make fried food healthier

Courtesy of More Content Now

Fried food is a staple for many Americans, but regularly eating foods such as french fries, fried chicken, mozzarella sticks, hushpuppies, etc., can increase your change of having a major cardiovascular problem, according to a new study.

The study, which was recently published in the journal Heart, found that the chance of suffering from a heart attack or stroke increased by 28% if you eat fried foods on a regular basis. The study also found a link between fried food consumption and heightened risk for heart failure (37%) and coronary artery disease (22%).

Here are a few healthier ways you can make your favorite fried foods while getting rid of the fatty consequences, according to Freshly.com:

1. Choose your breading: Swap refined flour or breadcrumbs for a more nutrient dense alternative, like almond meal or 100% cassava flour. Refined flours are processed in a way that removes key nutrients. Almonds pack nutrients like fiber, magnesium, and vitamin E, which can boost your immune and digestive systems - while still giving you that satisfying coating with a slightly-nutty flavor.

2. Try oven frying: Ditch the messy pan of oil for a baker's sheet in the oven. By oven frying you get to keep the crisp-factor and the flavor of your traditionally fried foods. You'll also eliminate some of the potentially negative impacts of high-heat cooking.

3. Pay attention to your oil: Choose a high quality, heat stable oil, like a non-GMO expeller pressed canola oil or olive oil over the more highly processed vegetable oils that are often used in frying. Olive oil is rich in monounsaturated fats and may help improve heart health. High-quality expeller pressed canola oil has a higher amount of omega 3 fatty acids, which are important to support the brain, heart, digestion and skin.


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Help Wanted

Living Savior Preschool is looking for a new Director

Lead a team of highly qualified part time teachers to provide children an age appropriate program where they can grow and develop cognitive, language, physical, spiritual and social-emotional skills through play and discovery.

Please send cover letter, three references and resume to: Living Savior Preschool, 5500 Ox Road, Fairfax Station, VA 22039 c/o Preschool Search Committee or email LSPSDirectorPosition@gmail.com by March 31st

IT Professionals:
Ent. Lvl to Sen. Lvl Sftwr Engnrs. are needed for our Herndon, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Aroghia Group LLC, 950 Herndon Pkwy, Ste 365, Herndon, VA 20170

Pharmaceutical Opportunities

Granules Pharmaceuticals (Chantilly, VA) is recruiting. Send rés w/code to HR at 3701 Concorde Pky, Chantilly, VA 20151. **Compliance Officer** (MAS008) – Develp & implmt drug mfg safety guidelines & monitor prodct qualty to ensure compliance standrd & specs. Req MS in Biochem, Microbio or Pharmcy +1 yr exp in job offrd. Req skills & wrkng knwldg of ANDA, QMS, Process Validation, Equipment & Facility Validation, IPQA, Hold Time Study Protocol & Report, FMEA. Director, Production (RAG004) – Supervse & coordinte pharma prodctn w/ develpmt, QA, QC & testing. Supervse 2 professnls. Req MS in Biochem, Chem, or Pharma Sci +2 yrs exp in job offrd or as Productn Mgr in pharma industry. Req skills & knwldge in Project Mgmt, Supply chain, QA/QC, SOPs, ANDA, Bio equivalent immediate/extended release tablet/capsules, commercial batch records.

Engineering: Application Support Engineer – TEOCO Corporation – Fairfax, VA – Provd'g cust supprt, integratn, installtn, maint'ce & ongo'g supprt for proprietary Helix Prod Suites. Reqs: Bach or frgn equiv in Eng'g, Mech Eng'g, or Electrical Eng'g +3yr exp in a telecom occpatn in OSS/NOC arena. Exp must incl. 3y w/: cust sites provd'g applictn supprt for mission critical sw sys related to OSS domain; writng scripts (BASH/SHELL) in Linux envrnmt; relatnal databases & SQL scripts; supprt'g cust in IP domain; dvlp'g ETL adaptors; BOE reprting platform & reports dvlpmt; provd'g tech training. Must be willing to work at various unanticipated locations throughout US. Send CV to careers@teoco.com ref code ASEJG.

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Legal Notice

[(Full name(s) of owner(s)]: OBC Fairfax LLC

Trading as:
Publishing Page 11
3950 University Dr Ste 106
Fairfax, Fairfax County, VA 22033

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

Randal Barnette, Managing Member

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

3008111 (02-26-21, 03-05-21)

Legal Notice

[(Full name(s) of owner(s)]: OBC Fairfax LLC

Trading as:
Ornery Beer Company
3950 University Dr Ste 106
Fairfax, Fairfax County, VA 22033

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

Randal Barnette, Managing Member

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

3008110 (02-26-21, 03-05-21)

Legal Notice

State Water Control Board Public Notice

An enforcement action has been proposed for FAM Construction, LLC for violations of the State Water Control Law at the Transform 66 Project located along I-66 in Prince William County, Fairfax County, and Fairfax City, Virginia. A description of the proposed action is available at the DEQ office named below or online at www.deq.virginia.gov. Jim Datko will accept comments by e-mail, james.datko@deq.virginia.gov, or postal mail, DEQ Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193, from March 2, 2021 through April 1, 2021.

NOTICE OF DELINQUENT TAXES AND JUDICIAL SALE OF REAL PROPERTY

On April 1, 2021, or as soon thereafter as may be effected, actions will be commenced under the authority of Virginia Code §58.1-3965, et seq., to begin proceedings to sell the following parcel of real estate for the payment of City of Fairfax, Virginia, delinquent real estate taxes:

Property Owner(s)	Account Nos.	Description
Harley B. Ferrell Harley Dwayne Ferrell	Tax Map No. 47-4-06-6B-333 Account No. 1804 TACS No. 717379	10028 Mosby Woods Drive, Fairfax; Mosby Woods Garden Condos; Block 6B; Apartment 333
Krisma USA Inc.	Tax Map No. 57-2-25-009 Account No. 6208 TACS No. 460461	3839 Plaza Drive, Fairfax; Old Lee Plaza Condos; Phase 1; Building B; Lot 9

Properties subject to delinquent real estate taxes may be redeemed by paying all accumulated taxes, penalties, interest, costs and fees. Payments should be made payable to the City of Fairfax and mailed to Taxing Authority Consulting Services, PC at Post Office Box 31800, Henrico, Virginia, 23294-1800. Interested bidders and inquiries regarding the above-listed properties are directed to the TACS website at www.taxva.com or may contact TACS by telephone to (804) 545-2500, by email to questions@taxva.com, or by mail to:

Jeffrey A. Scharf, Esq.
Re: City of Fairfax Delinquent RE Taxes
Taxing Authority Consulting Services, PC
Post Office Box 31800
Henrico, Virginia 23294-1800



Legal Notice

The following vehicles will be auctioned on March 8, 2021 at 10:00 am. Auction held at 8474 Terminal Rd Lorton VA 22079 by Dominion Towing. Vehicle is sold as-is. Keys not provided. Other restrictions may apply. Email auction@dominiontowing.com for inquiries.

2015 NISSAN SENTRA
VIN: 3N1AB7AP7FL665334

2006 DODGE CHARGER
VIN: 2B3KA73W26H265958

2008 BMW 335XI
VIN: WBAWC33598PD09964

2010 VOLKSWAGEN JETTA
VIN: 3VWRZ7AJ3AM034104

2011 VOLKSWAGEN JETTA
VIN: 3VWGX7AJ1BM352009

1988 MERCEDES-BENZ 300
VIN: WDBCA25D7JA415957

2011 NISSAN ALTIMA
VIN: 1N4AL2AP3BN447274

2007 FORD F450
VIN: 1FDXF46P27EB38530

1999 HONDA ACCORD
VIN: 1HGCG6659XA030988

1998 BMW 740I
VIN: WBACJ8328WDM19459

2011 KIA OPTIMA
VIN: KNAGM4A78B5081080

2010 LEXUS IS250
VIN: JTHFF2C24A2508297

2000 MERCEDES-BENZ C230
VIN: WDBHA24G4YA852326

2006 FORD E150
VIN: 1FTRE14W16DA30154

2010 NISSAN 370Z
VIN: JN1AZ4EHXAM502561

2011 MAZDA 3
VIN: JM1BL1VG4B1901106

2006 CHEVROLET TAHOE
VIN: 1GNEK13T86R103299

2014 VOLKSWAGEN JETTA
VIN: 3VWD17AJ1EM428384

2000 CADILLAC ELDORADO
VIN: 1G6ET1297YU202825

2012 HONDA ACCORD
VIN: 1HGCG1657YA058499

2001 TOYOTA CAMRY
VIN: 4T1BG22K31U857983

2007 TOYOTA CAMRY
VIN: JTNBK46K473006472

2012 CHEVROLET CRUZE
VIN: 1G1PH5SC8C7270643

1998 LINCOLN TOWN CAR
VIN: 1LNFM97V4WY707869

2004 HONDA PILOT
VIN: 2HKYF18574H566124

2012 HONDA CIVIC
VIN: JHMFB4F30CS003551

1997 BMW 740IL
VIN: WBAGJ8322VDM07659