FAIRFAX COUNTY TIMES

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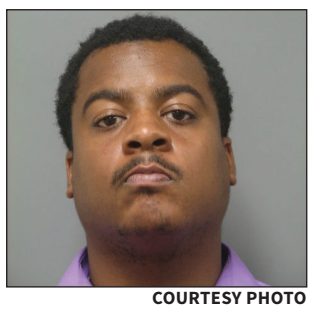
MUSIC: JAMMIN JAVA WELCOMES CORY BRANAN

Page B1



Friday -Partly Cloudy *High:* 87° *Low:* 70° | *Saturday* - Mostly Cloudy *High:* 90° *Low:* 68° | *Sunday* - Mostly Cloudy *High:* 89° *Low:* 70°

THIS WEEK INSIDE:



COURTESY PHOTO

Centreville man charged with multiple crimes

SEE PAGE A2



COURTESY PHOTO

Richard Thompson plans two nights at The Birchmere

SEE PAGE B1



WIKIPEDIA

Petitions to recall school board members gain support

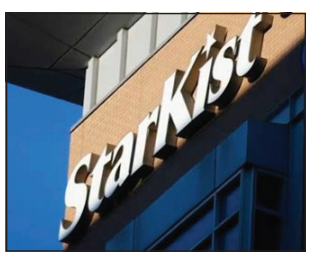
SEE PAGE A4



FAMILY FEATURES

Attract more birds to your backyard

SEE PAGE B4



COURTESY PHOTO

StarKist will build new headquarters in Fairfax County

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25¢ NEWSSTAND PRICE



Yes, Virginia – there is Critical Race Theory in our schools

By Elizabeth Schultz
SPECIAL TO THE FAIRFAX COUNTY TIMES

School districts across Virginia have been expending resources, directing staff time, and hiring consultants to address "equity" in curriculum delivery and for professional development of teachers and other employees. Fairfax and Loudoun County, the two largest counties in the Commonwealth, have set the lead in driving the changes in education and embracing critical race theory and "anti-bias" in their respective divisions.

Critical Race Theory (CRT) pushes the distorted concept that the most important thing about a person is their race, separating it above the person as an individual. It divides people by those who are "minoritized" and those who are "privileged" and "oppressors", advancing Marxist ideology that, by default, all interactions are derived from racism, our history and nation is built on racism, and all inequities are, yes, ascribed to racism. The color of one's skin defines whether they are racist, not their beliefs or actions.

As a result, to undo the professed mantle of inherent racism in all aspects of society, CRT demands "diversity, equity, and inclusion", addressing "justice", and, according to activists like Ibrahm X. Kendi, the Center for Antiracist Research director at Boston University, requires people to become "anti-racist".

Efforts to rewrite social studies curriculum with a goal of teaching from "diverse perspectives" began with Fairfax County teachers in 2018, joining with teachers from Albermarle, Charlottesville and Virginia Beach City. It later became a statewide endeavor to create an "anti-racist and culturally-responsive" curriculum, joined by teachers from Madison and Powhatan counties. The effort centered first on rewriting the fourth grade Virginia Studies curriculum.



ADOBE STOCK

At that time, Fairfax County Public Schools' (FCPS) social studies coordinator, Colleen Eddy, identified that the work was intended to address the

See THEORY, Page A5



Parents fuming over controversial commencement speech

By Heather Zwicker
FAIRFAX COUNTY TIMES

Fairfax County School Board At-large Member Abrar Omeish has been making headlines for her June 7 commencement speech at Justice High School, and not in a good way.

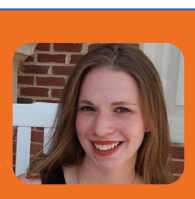
In the past few days the speech was covered by The Daily Mail, FOXNews, Apple News and the Washington Examiner just to name a few.

Omeish campaigned for Bernie Sanders and her father [Esam] was a "leader and board member of the Dar al-Hijrah Islamic Center" said a member of Justice's student council in his introduction.

Omeish's keynote address started off innocuously by congratulating the graduates, before it quickly turned controversial with racial and class-based nuances. Omeish suggested that Justice High School is sitting on land stolen from Manahoac

See SPEECH, Page A4

POSITIVE Vibes



BY NOELLE RIDDLE • Special to the Fairfax County Times

Vienna comedian is bringing laughter to Jammin' Java on Father's Day



COURTESY PHOTO

Vienna native Allan Sidley likes to make a room laugh. Despite his stage fright, Sidley got into stand-up comedy seven years ago, and has been bringing laughter to people's lives ever since. Sidley likes to look at life with the perspective of laughing makes things better.

See COMEDIAN, Page A4

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PUBLIC SAFETY NOTES



COURTESY PHOTO

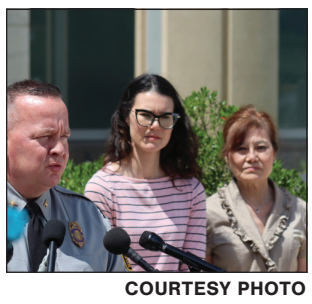
Tyler Green

Centreville man charged with multiple crimes

A woman attempted to leave an apartment in the 14400 block of Newton Patent Court June 6 at 2:20 a.m. but was blocked by an intoxicated man who threatened to assault her.

Officers arrived and the man threatened to assault them. As officers attempted to take the man into custody, he assaulted them before being arrested.

Tyler Green, 28, of Centreville, was charged with two counts of assault on law enforcement, abduction, disorderly conduct and drunk in public.



COURTESY PHOTO

Fairfax County Police Chief Kevin Davis speaks at a press conference June 15.

Reward being offered in disappearance of Lorton woman

Detectives from the Fairfax County Police Department Major Crimes Bureau continue to investigate the disappearance of 72-year-old Emily Lu.

A $20,000 reward is now being offered through Crime Solvers for information related to the disappearance of Emily Lu. Chief Kevin Davis and Maj. Ed O'Carroll, bureau commander of the Major Crimes and Cyber and Forensics Bureaus, joined Lu's family and members of our Victim Services Division outside Public Safety Headquarters June 15 to announce the reward after anonymous donations to Fairfax County Crime Solvers.

Officers responded to Lu's home in the 9200 block of Davis Lane in Lorton June 4 at 2:26 p.m. after her employer requested a welfare check when she did not show up for work. Lu's car was discovered in the driveway with groceries recently purchased from a nearby store. Officers checked the home and spoke with neighbors but were unable to find her. A family member contacted officers that afternoon and provided an address in Belle Haven that Lu frequents. Officers checked the home but did not find her.

Detectives continue to follow up on active leads and have been speaking with Lu's current and previous tenants. O'Carroll updated the community about the investigation after detectives found evidence inside Lu's residence indicating a crime may have occurred. Based on these preliminary investigative findings, her absence from work and the unusual lack of response to family members, detectives believe she is missing under suspicious circumstances.

Further investigation revealed Lu was last seen at the Aldi, 1329 Gordon Plaza in Woodbridge, around 7:52 p.m. June 3. Lu arrived home but never took all of her groceries inside.

This remains an active investigation. Anyone with information is asked to contact the Major Crimes Bureau at 703-246-7800, option 6. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Detectives investigate armed robberies in the Culmore area

Detectives assigned to the Mason District Station Criminal Investigations Section are investigating commonalities in four reported robberies that have occurred since June 5 in the 3300 block of Glenmore Drive.

In all the robberies, a man approached victims with a knife and demanded cash or property before running away. The suspect(s) are described as a white male, 17-25 years old, 5'8'', 180 lbs., and wearing a mask. Officers are increasing foot and vehicle patrol in the area and are asking for the community to report suspicious activity. Below are the reported cases under active investigation.

June 5, 9:01 p.m. The victim was approached by a man with a knife who demanded property before running away.

June 5, 10:13 p.m. Two victims were approached by a man with a knife who demanded property and physically assaulted a victim before running away. No injuries were reported.

June 8, 10:37 a.m. The victim was approached by a man with a knife who took cash and property before running away.

June 8, 4:57 p.m. The victim was approached by a man with a knife who demanded property and assaulted him before running away. The victim was taken to a hospital for injuries that were not life threatening.

Please remember these robbery prevention tips:

Show confidence. Walk at a steady pace, keep your head up and avoid carrying lots of items

Be observant. Remain alert and pay attention to the people around you.

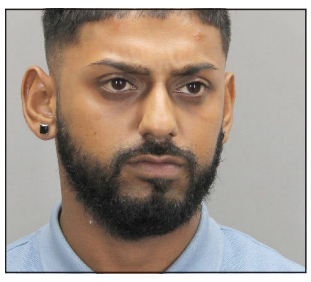
Walk in pairs, when possible.

Avoid secluded areas or areas with fewer people

Trust your instincts. If you sense trouble, leave the area.

As always, report suspicious persons and activity by calling our non-emergency line at 703-691-2131. If you are the victim of a robbery, or see a robbery in progress, dial 911.

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).



COURTESY PHOTO

Shaun Judah

Herndon man arrested after sleeping behind the wheel

Officers attempted to wake a driver who was asleep behind the wheel in the 13700 block of Atlantis Street June 9 at 12:52 a.m.

The driver awoke and sped away, resulting in a pursuit. The driver pulled into an apartment complex and attempted to walk away but was stopped by officers.

Shaun Judah, 27, of Herndon, was charged with driving while intoxicated (3rd offense in 10 years), eluding, driving on a revoked or suspended license and refusal of intoxication testing (2nd offense).

Alexandria Police Department investigates incident involving pride flags

The Alexandria Police Department is seeking the public's assistance with the investigation into an incident involving some of the pride flags in Market Square.

Investigators are looking for the individual(s) who removed several pride flags and threw them into the fountain at Market Square, outside of City Hall, at 301 King Street. The flags were believed to be taken down between noon June 5 and 8 p.m. June 6. The flags have since been replaced.

The Alexandria Police Department is urging anyone who was in the area and witnessed the incident or has information regarding the individual(s) involved to contact Detective Darryl Ferrer at 703-746-6723 or call the Alexandria Police Department at 703-746-4444. You may remain anonymous.



COURTESY PHOTO

Firefighters would like to remind you to watch what you heat.

Unattended cooking cause of West Springfield townhouse fire

Units responded for a reported townhouse fire in the 8700 block of Ridge Hollow Court, in the West Springfield area of Fairfax County June 8 at approximately 12:10 p.m.

Firefighters arrived on the scene of a two-story, middle unit townhouse with light smoke evident from first floor. Crews rapidly located, and extinguished, a kitchen fire. There were no civilian or firefighter injuries reported.

Three occupants were home at the time of the fire. An occupant discovered the fire in the kitchen and alerted the other occupants. They all self-evacuated and called 9-1-1. Working smoke alarms were present but sounded after the fire was discovered.

Fire investigators determined the fire was accidental in nature and started in the kitchen. The cause of the fire was the ignition of cooking oil from an unattended pot left on the stovetop.

Six occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $62,500.

Fairfax County Fire and Rescue would also like to remind all residents about cooking safely. Please remember to not leave cooking food unattended and "Watch What You Heat!



COURTESY PHOTO

The townhouse fire was accidental in nature.

Burke townhouse fire caused by electrical event

Units were dispatched for a reported townhouse fire in the 9500 block of Ashbridge Court in the Burke area of Fairfax County June 12 at approximately 7:44 p.m.

Firefighters arrived on the scene of a two-story, end unit townhouse with smoke visible from the roof. Crews located fire in the attic and quickly extinguished. There were no civilian or firefighter injuries reported.

No occupants were home at the time of the fire. A neighbor observed fire from the attic vent at one end of the townhome and called 9-1-1. Smoke alarms did not sound prior to fire department arrival due to the location of the fire.

Fire investigators determined that the fire was accidental in nature and started in the attic. The cause of the fire was an electrical event involving the wiring to the attic fan.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $70,000.



COURTESY PHOTO

The fire happened in the 400 block of Council Dr., NE in Vienna.

Vienna townhouse fire displaces two

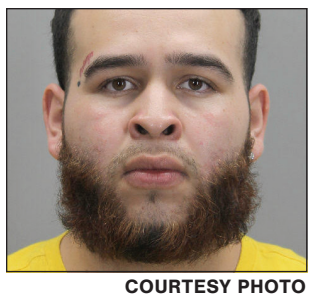
Units were dispatched for a reported townhouse fire in the 400 block of Council Drive, NE in the Town of Vienna. June 9 at approximately 12:12 p.m.

Firefighters arrived on the scene of a two-story, middle unit townhouse with smoke evident from the roof. Crews rapidly located, and extinguished, a fire in a second-floor bedroom. There were no civilian or firefighter injuries reported.

Two occupants were home at the time of the fire. A plumber was sweating pipe in a second-floor bathroom. He briefly went to his truck parked outside and, upon re-entering the home, heard the smoke alarm sounding. Upon further investigation, he observed smoke visible from the area where he was sweating pipe. The worker and one of the occupants called 9-1-1 and they all self-evacuated the home.

Fire investigators determined that the fire was accidental in nature and started within the wall between the bedroom closet and second-floor bathroom. The cause of the fire was an open flame device (torch) that ignited nearby combustibles.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $148,750.



COURTESY PHOTO

Carlos Moreno Jr

Annandale man arrested for weapons violations

June 7 at 7:30 p.m. officers located a man who was illegally parked in the 4700 block of Commons Drive and discovered that he was in possession of a loaded firearm.

Carlos Moreno Jr., 22, of Annandale, was charged with possession of a concealed weapon, possession of a firearm by a convicted felon, and served with outstanding warrants from a neighboring jurisdiction.




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PEOPLE AND PLACES



COURTESY PHOTO

Chief Michael L. Brown



COURTESY PHOTO

Acting Chief Don Hayes

Alexandria police chief announces retirement

Alexandria Police Department Chief **Michael L. Brown** has announced that he will retire effective June 25.

City Manager Mark B. Jinks appointed Assistant Chief **Don Hayes** as acting police chief upon Brown's retirement.

"This has been a difficult decision for me because I am so proud of the many commendable efforts within the Alexandria Police Department at this time," said Brown. "I am making this decision based upon several changing family priorities. It is very important for me to give these priorities the attention they are due."

"I want to thank Chief Brown for his many initiatives in addressing 21st-century policing opportunities in the Alexandria Police Department," said Jinks. "Continuous improvement is a value of our city government and Chief Brown embraced that value wholeheartedly, to the benefit of Alexandria residents and businesses. He provided solid leadership through challenging times for policing and worked to build trust in the community."

Brown's career includes 45 years of public service in law enforcement, safety oversight, and public policy. Brown joined the Alexandria Police Department at the start of 2017 and helped to implement best practices through neighborhood protection, community policing, traffic safety, and strategic planning. Accomplishments during Brown's tenure include APD's significant progress in building relationships with Alexandria residents and neighborhood groups; commitment to implementation of the city's Vision Zero Action Plan through education and modernized equipment; and the creation of the department's Peer Support and Resiliency Program to enhance employee well-being.

"Chief Hayes' 40 years of experience leading various aspects of the Alexandria Police Department and long-standing connection to the community make him the right choice for this acting police chief role," said Jinks.

Hayes joined the Alexandria Police Department in 1981 and achieved the rank of sergeant in 1996, overseeing the community-oriented policing and internal investigations sections. In 1999, Hayes was promoted to lieutenant and led the special operations, information services, and public services divisions. He was promoted to captain in 2013 and served as patrol commander, in addition to heading the parking enforcement, traffic, special events, and community relations divisions. He was promoted to assistant chief in 2019 and has since used his diverse experience to oversee all parts of the police department.

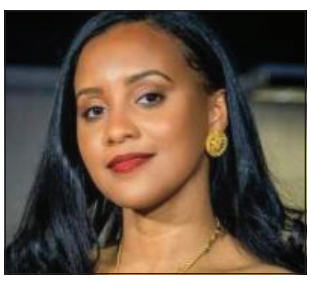
An Alexandria resident for nearly 30 years, Hayes is an active member of an array of organizations serving the community through youth empowerment, diversion, and offender's aid programs, while also serving as lead pastor of Oakland Baptist Church. He holds a master's degree in organizational leadership from Johns Hopkins University, a master's degree in divinity from Liberty University Baptist Theological Seminary, and a bachelor's degree in business administration from Bowie State University. Hayes, a graduate of the FBI National Academy, has earned numerous certifications, and is an active member of the National Organization of Black Law Enforcement Executives; the International Association of Chiefs of Police; and the FBI National Academy Associates.

Sheriff awards college scholarships to criminal justice majors

Fairfax County Sheriff Stacey Kincaid recently awarded Virginia Sheriff's Institute (VSI) scholarships to area criminal justice majors.

"I am inspired by their diverse interests and enthusiastic commitment to public service," said Sheriff Stacey Kincaid. "I also commend them on their strong work ethic and academic achievements."

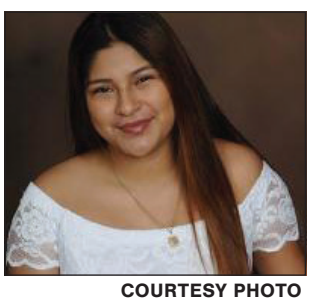
The 2021 VSI scholarship recipients for Fairfax County are:



COURTESY PHOTO

Selam Dubale

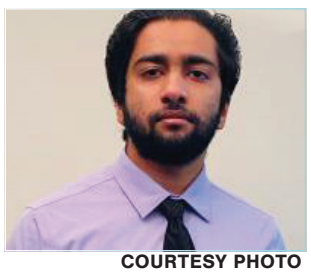
Selam Dubale is a third-year student at George Mason University pursuing a Bachelor of Science in Criminology, Law and Society after earning an Associate degree in Criminal Justice from Northern Virginia Community College. Dubale is a first-generation college student and is proficient in Amharic, a language of Ethiopia. She is active in her church choir, plays soccer for the Ethiopian Sports Federation of North America and has worked part-time in customer service. She is a member of the Tau Sigma National Honor Society and has been on the Dean's List for two semesters. Dubale is interested in a career in criminal justice because of a tragic incident in which her 16-year-old-brother was involved in Ethiopia. She wants to root out corruption in the criminal justice system.



COURTESY PHOTO

Blanca Frederkick Sigaran

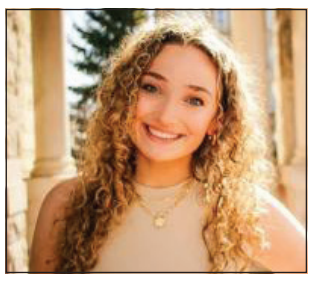
Blanca Frederick Sigaran is a third year student at George Mason University, double majoring in Criminology and Psychology with a concentration in Criminal Justice and Forensic Psychology. She is proficient in Spanish. Pre-COVID, Sigaran volunteered at the Artemis House domestic violence shelter and yearly at Arlington Cemetery during Christmas time. As part of her criminal justice class, she was able to explore the Fairfax County Adult Detention Center and the Coffeewood Correctional Center. She also completed a Teen Police Academy. While attending college, she works as a full-time nanny. After graduating she would like to become a special victim's detective or serve as an advocate for victims, specifically women and children who have been abused.



COURTESY PHOTO

Hamza Arshad

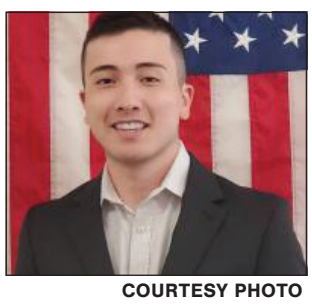
Hamza Arshad is a senior at George Mason University majoring in Criminology, Law and Society with a concentration in Homeland Security and Justice. He is minoring in Information Technology with a focus on digital forensics. He was able to transfer 27 credits from high school, which will allow him to graduate a semester early. He has been on the Dean's List every semester. Arshad grew up in Pakistan where criminal justice is not an established field, but he has found that in the U.S., criminal justice is a very fulfilling and honorable profession. He is involved in several extracurricular activities including Lambda Alpha Epsilon, a criminal justice fraternity, and Future Business Leaders of America. He has volunteered or interned on several political campaigns and works in customer service for Micro Center.



COURTESY PHOTO

Savannah Mason

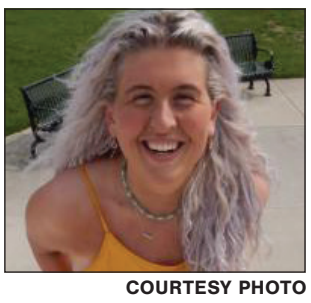
Savannah Mason is a sophomore at James Madison University majoring in Justice Studies with a concentration in Crime and Criminology. She is minoring in Spanish and Criminal Justice. She is involved in many organizations, including Phi Mu Greek Sorority, where she is the Sisterhood Development Chair. She also is a member of the Student Government Association and the Justice Studies Society. She volunteers at a local Harrisonburg shelter, writes letters to Virginia health care workers and also works as a childcare provider. She intends to pursue a career in criminal justice because she loves helping people and wants to make a hands-on difference in the community.



COURTESY PHOTO

Daniel T. Nephew

Daniel T. Nephew is a sophomore at George Mason University, majoring in Criminology, Law and Society with a concentration in Homeland Security and a minor in Intelligence Analysis and Forensic Psychology. He is an Army ROTC Cadet and a member of the Color Guard/Drill Team, where he has earned numerous awards and recognition. He works for the GMU Police Department as a physical security officer. His interest in criminal justice stems from his high school years living abroad in Brazil, where he observed shortcomings in its law enforcement and justice system. His time there heightened his passion for a career in criminal justice. He also learned to speak Portuguese and Spanish fluently. Nephew's career goal is to become an FBI agent.



COURTESY PHOTO

Samantha Messina

Samantha Messina is a second year student at George Mason University, studying Criminology with a concentration in Homeland Security and a minor in Intelligence Analysis. She has maintained a 4.0 GPA. She is a Pathways Program Intern for the U.S. Department of Justice – Office of the Inspector General where she assembles and identifies data for use in the management and direction of programs. Her dream is to become a criminal investigator or intelligence analyst for a state or federal agency. Immediately after college, she would like to work for either the Department of Homeland Security or Justice.



COURTESY PHOTO

Dannyela Rivera Jiron

Dannyela Rivera Jiron is a junior at George Mason University, majoring in Criminology, Law and Society with a minor in Forensic Psychology. She earned an Associate degree in Criminology and Criminal Justice from Northern Virginia Community College. She currently works as a paralegal for an area law firm and is fluent in Spanish. She has volunteered as a Domestic Violence Liaison with the Washington Metropolitan Police Department and participated in the 10-week Fairfax County Community Police Academy. With her church, she has participated in mission trips to Columbia where they distribute food, clothing, hygiene items and toys to families in need. She intends to pursue a career as a police officer so she can help people and keep our community safe.

The VSI scholarship program provides an opportunity for young people across Virginia to pursue an education in criminal justice. The scholarship is limited to students attending Virginia colleges and universities. The annual application period generally runs from January through April. Scholarships are available only to students who reside in jurisdictions where sheriffs participate in fundraising efforts. Applicants must include a personal essay and a letter of recommendation from their county sheriff.

COURTESY ART

Park Authority wins NAGC awards for communications

The Fairfax County Park Authority has captured seven honors in the 2021 National Association of Government Communicators (NAGC) Blue Pencil and Gold Screen Awards for excellence in a variety of government communications.

The agency's park bond education campaign tied for first place honors in the Grassroots Marketing Campaign category. Despite the constraints of the pandemic, voters were able to learn the facts behind the approaching referendum. Through news releases, social media posts, website materials, a countywide mailer and two dozen virtual meetings, the Park Authority provided vital information to the public about the Park Bond referendum that won overwhelming voter approval on the November 2020 ballot.

When COVID-19 forced closures of park facilities and program cancellations, the Park Authority developed a Virtual Exploration Center that was honored with a second place award in the Website category. The online library of free resources provided an equitable way for the community to re-main engaged through games, videos, worksheets and other resources in the areas of health/fitness, culture/history and science/exploration.

NASCOW, a fundraising event sponsored by the Friends of Frying Pan Farm Park, won second place kudos in the Special Event or Conference category. The event allowed folks to sponsor a contender in the park's NASCOW cow race to help raise money to purchase feed for the farm animals.

Four additional Park Authority nominees won an Award of Excellence.

The Fairfax County Park Foundation's monthly newsletter was honored in the E-newsletter category. The Foundation is the fundraising arm for the Park Authority, and its newsletter is used to encourage fundraising by recognizing and thanking donors, informing supporters about programs and fundraising successes, and promoting Park Authority projects and programs.

Parktakes Magazine was honored once again in the Magazine category. Nearly 200,000 residents of Fairfax County subscribe to this magazine that is designed to help generate revenue for the Park Authority by promoting fee-based classes, camps, programs, facilities and events.

A social media campaign that provided information about the phased reopening of the Park Authority's Farmers Markets was honored in the non-paid Social Media Campaign category. Posts about Markets Reopening Guidelines provided important information about changes in the markets' operations due to COVID-19.

"Samplings from Sully's Hearth" was a winner in the Special Purpose Publication category. The cookbook was designed to educate readers about Sully's rich history and honor those who had cooked in the kitchen at Sully Historic Site over the past 50 years.

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Petitions to recall school board members gain support

By Noelle Riddle
FAIRFAX COUNTY TIMES


WIKIPEDIA

The Open FCPS Coalition began a recall effort for three Fairfax County School Board members in October of 2020. At large member Abrar Omeish along with Dranesville District Representative Elaine Tholen and Springfield District Representative Laura Cohen are the members on which that effort focuses.

The issues with the school board members arose during the pandemic when children were not allowed to be in the classroom full time. "Last fall, when COVID was a serious concern, the school board sent out a survey asking if parents wanted their kids to be virtual or in person for class," said Open FCPS Coalition member Saundra Davis. "Fifty percent of parents said yes we want our children back in person. And then the school board said they would be doing all virtual learning. They ignored the science and the feedback."

The Open FCPS Coalition is a non-partisan group of parents who wanted their children to be in person for the school year of 2020 to 2021. And when the school board did not listen to their concerns, they decided to take action. "These school board members are using their position as a steppingstone for their career. They did everything but open the schools, they were not putting the kids first," Davis said. "These board members are not qualified or performing for the kids. They are leading in fear."

The petitions which the Open FCPS Coalition started have garnered many signatures over the last several months. Their petition to remove Dranesville District representative Tholen is less than 500 signatures away from being complete. Springfield representative Laura Cohen's petition is more than two thirds of the way of being complete. Once the petitions have enough signatures, the case will be evaluated by a judge. "The way they handled opening the schools was not what we wanted and that is why we want them removed. Not for other reasons," Davis explained.

With the petitions being close to complete, Davis is passionate about the work which her group is doing and wants to continue to push for removal. "The board is putting politics over education. They are becoming a political machine pushing agendas over children," the mother said. "They are climbing the political ladder on the backs of our children."

Davis is also passionate about that the school board does not represent the diverse views of Fairfax County. "The school board needs more diversity in views. Fairfax is diverse, and the school board's views are not representative of that," she said. "School boards are not going to run in the foreseeable future without parent scrutiny. Our county ranges in views, and the board is pushing what the population does not agree with."

Any registered Fairfax County voter can sign to have at-large member Omeish removed, while registered voters who are members of the Dranesville district can sign to have Tholen removed, and voters of the Springfield district can sign to have Cohen removed.

While the petitions are not yet complete, Davis wants to continue pushing for removal of the members. "It is taking so long to have these members removed because our group is busy, we are getting kids through school and working ourselves," Davis said. "The point was teachers had a voice and the kids did not. The school board did not want the kids to go back to school for a whole year. And meanwhile kids were having many issues at home. Some kids need to go to school to get away from bad situations."

For more information on the coalition and the recall petitions visit openfcpscoalition.org.

COMEDIAN

CONTINUED FROM PAGE A1

"I always knew I wanted to do stand-up comedy. I started off by doing improv comedy and classes to learn quick wit. It helped me with stage fright," Sidley said. "My first stand-up show was pretty awful, but I knew I wanted to figure it out since I loved it." Sidley also is a sketch comedy writer, podcaster, motivational speaker, business consultant and author.

Sidley describes his humor as all-encompassing literal jokes. "Most people say I am a pretty witty person. I give the audience all parts of me, and sometimes that includes being edgy and dark and corny," he said. "I like to joke about things, it is a part of my emotional processing." The joy of being able to make strangers laugh is what keeps Sidley inspired. He describes comedy as a language which can bring people together.

Sidley lost his father when he was nine months old, and for his comedy show at Jammin' Java on Father's Day, he wants to celebrate the father that he never knew. "People can expect a community experience from my show. Comedy shares experiences and connects the audience," Sidley said. "I want people to laugh and groan, to generally have a good time and feel okay about things again."

The stand-up comedian wants the community to know how important it is to support local acts who are up and coming. "Small, local acts are really funny. We work as hard as famous people and write our own stuff, we are unfiltered. This is our craft we are dedicated," he said.

Sidley has lots of experience working with other local acts. "I spent three years full-time producing shows and performing comedy. I grew my business from one show a month to 250 plus shows a year," Sidley explained. "I gave many comedians in Northern Virginia a platform for their craft and helped put Northern Virginia on the map as a local destination for comedy with fun shows."

Being a stand-up comic and having a successful producing background is not all Sidley has achieved in his career. He recently published a book titled "Daddy Issues". "Daddy Issues is provocative, edgy and corny, genius and stupid. People have told me it's like a written comedy album," Sidley said. "It's about family and life. The average open mic is 5 minutes, and it is hard to give people a picture of who you are in that time. This book gives you everything about me and showcases it all."

Sidley describes his book as containing the good, the bad and the in between of his life that can produce laughs and groans from the reader. "It took a combination of inspiration and writers block and depression to create "Daddy Issues"," Sidley said. "I had always thought about writing a book, but never had the time. It took the pandemic to make me do it. I just set a deadline and made it happen."

While the comic thinks his book contains what some would call "dad jokes", he suggests that anyone who likes jokes buy his book. "It took me six months to publish "Daddy Issues", but it contains six years' worth of material," Sidley said. "It belongs on coffee tables and bathroom stalls across America."

While Sidley is looking forward to performing at Jammin' Java in his hometown, he is nervous to be hitting the stage again after many months off due to the pandemic. "I am excited to perform at Jammin Java. It is a venue I spent some of my formative years at enjoying shows," Sidley said. "But I am a bit nervous, it has been over a year of not being on stage. But once the first joke lands, it'll be great."

Looking towards the future, Sidley wants to be happy and continue to make others laugh and help them connect with laughter.

For more information on Sidley's June 20 show at 2 p.m. at Jammin' Java visit https://bit.ly/3cEdQnQ

SPEECH

CONTINUED FROM PAGE A1

people. According to the Stafford County Museum's website, the Manahoac were a small group Siouan-speaking Indians who occupied an area above the Rappahannock fall-line to the Blue Ridge Mountains.

"You understand that social justice is only political for those that can afford to ignore it," said Omeish. "You understand that 'neutral' is another word for complicit. And you have made a choice to take a stand."

Switching between Arabic, Spanish and English languages, Omeish warned the graduates about the world. "Our world is overwhelmed with need," she said. "We struggle with human greed, racism extreme versions of individualism and capitalism, white supremacy, growing wealth gaps, disease, climate crimes, extreme poverty amidst luxury and waste right next door. And the list goes on."

According to The Daily Mail, Omeish told the graduates in English, "The world sees the accolade, the diploma, the fruit of all your years yet to be reminded of the detail of your struggle. When she switched to Arabic, she told the students to remember their 'jihad' – a word meaning both 'struggle' and, specifically, holy war waged on behalf of Islam."

Many parents took to Facebook to voice their displeasure of the speech, some commenting that they would have walked out of the ceremony rather than listen to "that garbage." "What an embarrassment that she is one of our school board members. She's openly anti-Semitic and takes no responsibility for her actions," said one parent. "A rich girl who went to Yale and won a political election in one of the richest counties uses her position to teach our kids that they will be oppressed by a racist and capitalist society. Such a disgrace!" said another.

A significant number of parents move to Fairfax County for the schools, according to Gary Aiken, a Fairfax County parent and resident running for Mason District supervisor. Aiken says it's the responsibility of the School Board to make sure kids receive an education that prepares them to be successful members of society.

"Abrar Omeish seems only concerned with turning kids into activists for her political causes. Her comments and her refusal to apologize [for what many have deemed anti-Semitic social media posts] and this latest doubling down on her hateful ideology and insistence on making it an issue on the School Board is distracting, and worse it's a direct violation of the Code of Conduct for Board Members," he said, noting that her speech is not her first example of divisive rhetoric. "If any of our students said the things she said, they'd be in violation of the Student Rights and Responsibilities and subject to consequences."

"Abrar Omeish's graduation speech to Justice High School is part of disturbing pattern of radicalization in America's public schools," said Asra Nomani, vice president of strategy and investigations at Parents Defending Education. Nomani is a Fairfax County resident, whose son recently graduated from Thomas Jefferson High School for Science and Technology.

"Fairfax and Loudoun County are hotbeds of this radical activism, but this is happening around the country based on reports we are getting at Parents Defending Education," said Nomani. Parents Defending Education is a national grassroots organization working to reclaim schools from activists promoting harmful agendas.

"From the divisiveness of critical race theory to the destruction of merit-based education at Thomas Jefferson High School and Technology and the anti-Semitism of the anti-Israel movement, school board members, teachers and principals are choosing to indoctrinate children and schools, not educate," she said.

Nomani, who described herself as a Muslim feminist, is cofounder of the Muslim Reform Movement. She said she's been tracking Omeish since her run for school board and victory in 2019. She has also been following Omeish's father Esam for years. The elder Omeish was asked to step down from a state immigration board in 2007 after video surfaced of him praising Palestinians who chose "the jihad way" to liberation.

"When I saw her running for office, I knew trouble was on the horizon. Abrar Omeish is not just your ordinary neighborhood school board member. She is a political activist who is part of the same dangerous Islamist network of political Islam in America that elevated Rashida Tlaib and Ilhan Omar to power," said Nomani. "She is part of the family business that pushes the agenda of political Islam with its rhetoric of anti-Semitism, anti-Israel activism and anti-American propaganda. She [Omeish] is the anointed princess of the Islamist movement in America right now."

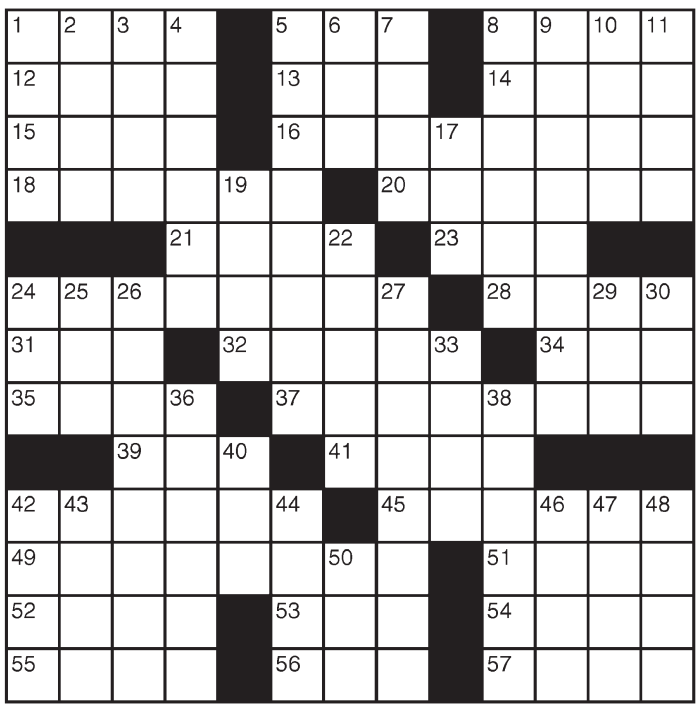
Fairfax County Public Schools released a statement saying that "individual School Board members have a First Amendment right to share their personal views at any public event at which they are invited to speak. Their personal opinions do not reflect nor represent the views of the Fairfax County School Board or the school division."

Aiken is disturbed by the silence of other school board members and elected officials. "They seem all too comfortable to chalk up blatantly anti-Semitic words and extremist rhetoric in her official capacity to the First Amendment," he said. "While she may have a right to say what she says, she has a responsibility as a school board member. She should choose which one is more important to her and follow that path. At this point, it's clear she should just resign."

The bi-partisan FCPS Accountability Coalition currently has an effort underway to recall Omeish and two other members of the school board. For more information visit openfcpscoalition.org.

King Crossword

ANSWERS ON B3



ACROSS
1 Egyptian deity
5 Piercing tool
8 Probability
12 Lion's share
13 Hot tub
14 Stench
15 Unoriginal one
16 Home to the Buccaneers
18 Pizza topping
20 Wine container
21 Off-white
23 Dict. info
24 Spoofs
28 Pharmaceutical
31 Playwright Levin
32 Leg bone
34 Mentalist's gift
35 Rhett's last word
37 Mildew cause
39 Scratch
41 Valentine flower
42 Molds
45 Foliage
49 Marshmallow toaster
51 Carousel, for one
52 "I cannot tell —"
53 Pair
54 Aspiring atty.'s exam
55 Fork setting
56 Still, in verse
57 Orange veggies

DOWN
1 Apple computer
2 Former frosh
3 "Got it"
4 Meryl of film
5 Space rock
6 New Deal agcy.
7 Gentle soul
8 Gave a speech
9 Owing nothing
10 Transaction
11 Terrier type
17 Group of seals
19 Highlander
22 Release a deadbolt
24 Cover
25 Altar constellation
26 Abba-inspired hit musical
27 Buck
29 Constitution letters
30 Family docs
33 Church section
36 Caught some z's
38 Almost
40 Ump
42 "Lion King" villain
43 Saintly ring
44 Faction
46 Travel permit
47 Dutch cheese
48 Collections
50 Regret

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StarKist will build new headquarters in Fairfax County



COURTESY PHOTO

By Rick Horner • FAIRFAX COUNTY TIMES

StarKist, the Pennsylvania-based tuna company, will soon move their headquarters to Fairfax County.

An announcement made by Governor Ralph Northam disclosed that the tuna fish brand will invest $3.6 million to relocate from Pittsburgh and establish their corporate and administrative headquarters from Pittsburgh to Reston. StarKist plans to occupy 24,000 feet of office space near the Reston Town Center at 1875 Explorer Street.

Virginia won StarKist over to Fairfax County after competing with the state of Maryland for the project which is expected to create 83 jobs according to a press release made by both the governor's office and the tuna company. Northam touted the Commonwealth as a diverse ecosystem of business representing a broad cross section of industries.

"We would like to thank Governor Northam and the Fairfax County Economic Development Authority for their ongoing support throughout this process," stated StarKist President and CEO Andrew Choe in the press release. "I believe the move to Virginia will provide an outstanding work environment for our employees, as well as an opportunity to expand the StarKist business in the years ahead."

The StarKist contract is the latest in a line of major corporations that have be attracted to the county by the FCEDA's promotion of Fairfax County as a business and technology center. Other notable newcomers to put down stakes in the Fairfax area have included global consultancy firm GuideHouse, technology solutions firm Ridgeline, and computer software and online giant Microsoft.

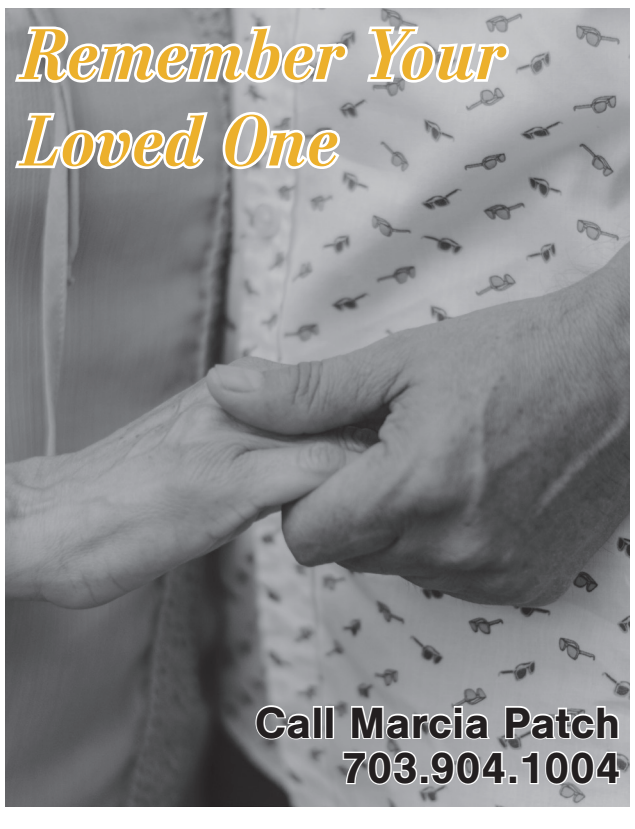
"I am so pleased to thank StarKist for choosing Fairfax County for its new headquarters," said FCEDA President and CEO Victor Hoskins. "This is a testament to the growing attractiveness of Northern Virginia to a wide variety of industry sectors and companies that know we have the assets and talent base to succeed here."

StarKist was founded in 1917 in San Pedro, Calif. and was originally known and the French Sardine Company of California. The company began marketing itself as StarKist in 1942 and introduced their globally recognizable company mascot Charlie the Tuna in 1961.

StarKist has passed though the hands of several food conglomerates since 1963 when they were acquired by the H.J. Heinz Company. Heinz then sold the company to Del Monte in 2002 and was then sold in June 2008 to South Korea based Dongwon Industries for more than $300 million.

"I want to thank and congratulate StarKist for choosing to base its operations in Fairfax County," said Fairfax County Board of Supervisors Chairman Jeffrey C. McKay. "The county has invested heavily to make this a great place to locate a business, to work, and to live, and I am delighted that StarKist will be able to join the Fairfax County business community and take advantage of what we offer."

Starkist will be assisted in its move to Reston by global real estate firm K&L Gates and Washington D.C. based realty advisors West, Lane, & Schlager.



THEORY

CONTINUED FROM PAGE A1

"overrepresentation of white and Eurocentric history" and the lack of "diverse perspectives in education." The overhaul of the curriculum was done in collaboration with the framework created by Teaching Tolerance, an extension of the Southern Poverty Law Center (SPLC), which has since been re-monikered to "Learning for Justice". The objective was to "examine materials, events, and institutions critically attending to power, position, and bias", with the intended use in 3rd, 4th, 6th, 7th, and 11th-grade classrooms.

A perusal of the Learning for Justice professional development and materials pre-populated for teachers to deliver in K-12 classrooms includes articles like the one, in which a teacher calls for "educators to commit to making schools—at all levels—critical active conscience spaces that center people long denied space, voice and freedom."

Long before the Nikole Hannah-Jones and the New York Times (NYT) Magazine's divisive and erroneous "1619 Project", which the NYT was later forced to quietly correct, the SPLC's Teaching Tolerance list of "Essential Knowledge" included direction for teaching third through fifth graders that "the United States was founded on protecting the interests of white, Christian men who owned property", that the foundational growth of the U.S. economy was slavery, and that our founding documents were created to "protect the institution of slavery."

In a July 2020 press release, FCPS included a comprehensive background on the work done by the division, its influence to collaborate across the state, and the work of Eddy to effect curriculum changes related to "bias, identity, and multiple perspectives" that had been done over the prior 18 months.

Simultaneous to the overhaul of curriculum materials by FCPS staff, Fairfax County residents experienced the unprecedented deployment of the policy known as "One Fairfax". The Board of Supervisors and School Board swiftly adopted the declaration of a broad new effort to make all decisions in the county – on everything from education, housing, policing, and the budget – through the "lens of equity". Outside consultants hired to advise staff in the county and school system successfully advanced the "lens of equity" progressive agenda, which has also been embedded in cities across the country and is backed by funding from George Soros.

In like-minded concert, the FCPS School Board secured a presentation by Kendi, expending $44,000 for a one-hour presentation - which they have refused to release publicly - and a supply of his books, inevitably bound for distribution to teachers and staff to further their "equity-driven" professional development.

In short order after the adoption of "One Fairfax", policy decisions by FCPS on crucial issues such as school boundaries were made by setting the "socioeconomic and/or racial composition of students" as the primary criteria for establishing school boundaries.

The new demand of "One Fairfax" to embed "equity" in all decisions was then turned on the nation's top ranked Thomas Jefferson High School for Science and Technology (TJHSST). FCPS' Superintendent Scott Brabrand, who had previously eliminated the executive role of a 'Chief Academic Officer' in exchange for a 'Chief Equity Officer', announced the revised TJHSST admissions plan to reduce the number of Asian students at the selective governor's high school.

Brabrand laid out the plan for the School Board to eliminate the existing merit-based admissions test, designed to ensure selection of students with the greatest aptitude for math and science – regardless of race – and adopt in its place a "merit lottery". The then-proposed and since adopted admissions plan - now the subject of a lawsuit – opened TJHSST to all eighth-graders, merely establishing a minimum GPA of 3.5 to ostensibly increase "equity of opportunity."

As the effort to revamp curriculum expanded beyond Fairfax County with the statewide work undertaken in 2018 and 2019, FCPS' Eddy then became appointed to the "Culturally Relevant and Inclusive Education Practices Advisory Committee" to the Virginia Department of Education (VDOE), established by direction of the 2020 Legislative Session of the Virginia General Assembly.

The legislation passed by the General Assembly calls for submission of recommendations on history and social science Standards of Learning by the Committee to the VDOE for a 2021-2022 review, which the Board of Education "shall consider" with required input on matters such as "historical dehumanizing injustice and discrimination" and "acknowledgment of inequity on the individual level, such as biased speech and harassment, and injustice at the institutional or systemic level, such as discrimination, and the harmful impact of inequity and injustice on the community, historically and today."

The division and statewide-level work that has been cloaked under the guise of being "inclusive", "cultural responsive", ensuring "equity", and embracing "anti-racism" is well documented. The underlying themes are driving people to be consumed about race over individual conduct, promoting race-shaming students, welcoming dangerous Marxist ideology, and working to divide an educational system by teaching young children to see and judge people by race, rather than by class or character.

Parents in Loudoun, including those who survived the Maoist purge, have been particularly vocal about pushing back on their school board, with minority parents decrying the actual racism that is behind and promoted by critical race theory. Instead of authentic conversations about what unites us as Virginians and Americans, parents are calling for school boards to end to this hate-promoting, divisive indoctrination in our classrooms.

So, yes Virginia; despite protestations of school boards in Fairfax and Loudoun that they are not "teaching" it, there has been a comprehensive, deliberative, and manipulative effort of school staff and the school boards, underway for years. The tactics have been advised and funded by outside progressive consultants, groups, and money - then intentionally expanded statewide - to embrace and deeply-embed critical race theory in our schools.

Elizabeth L. Schultz is a Senior Fellow for Parents Defending Education. Elizabeth served as an official in the U.S. Department of Education, was twice-elected to the Fairfax County School Board, and is an education and public policy expert with more than 25 years of experience in asset management, information technology, and global and K-12 education. She is the mother of four sons, three former FCPS students and one current student.



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Should you eat fermented foods?

KEYS TO BETTER HEALTH
CINDY SANTA ANA



Fermentation has been used to preserve food for thousands of years. Food fermentation is the process whereby bacteria, yeasts, mold, or fungi break down carbohydrates, such as starch and sugar, into acids, gas, or alcohol.

During lacto-fermentation, lactic acid bacteria break down carbs into lactic acid and carbon dioxide. This creates an acidic, low-oxygen environment that encourages the growth of good bacteria and prevents the growth of other microorganisms.

Most fermented foods have a tangy, sour taste and may require getting used to.

Examples of fermented foods include:

- Sauerkraut
- Kimchi
- Kefir
- Kombucha
- Miso
- Raw Yogurt
- Pickles
- Pickled Vegetables
- Natto
- Tempeh
- Raw Cheese
- Kvass

Benefits of Fermented Foods:

- Builds a healthy immune system
- Provides a source of probiotics that facilitate gut health
- They're ideal for weight loss because they can help suppress appetite and most of them have fiber which can keep you fuller longer – sauerkraut has a high content of fiber, Vitamin A, B and C.
- Some fermented foods, such as kimchi and raw yogurt, have been found to improve insulin sensitivity and blood sugar control.
- Help facilitate food absorption – consuming fermented foods along with a meal can help your body assimilate certain vitamins and minerals from your food.

A great way to incorporate fermented foods is to eat 1 tbsp of fresh kraut with your meal or drink 4-6 ounces of kombucha with your lunch or dinner.

A few studies have linked the probiotic strains Lactobacillus helveticus and Bifidobacterium longum to a reduction in symptoms of anxiety and depression.

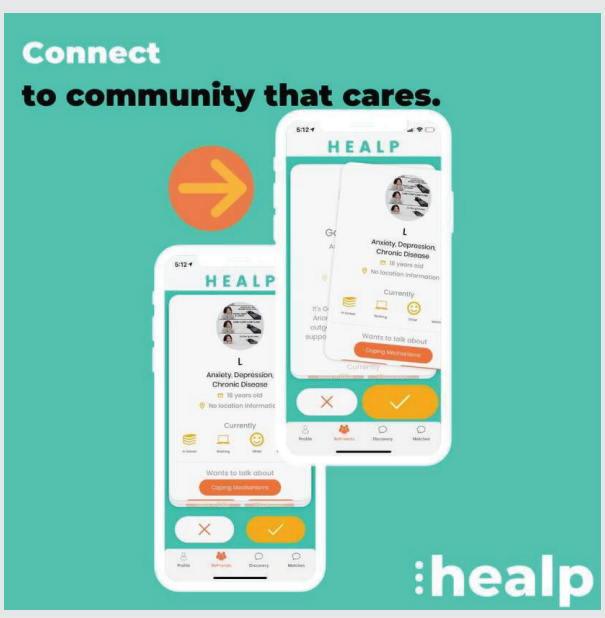
If you have SIBO (small intestinal bacteria overgrowth) or an intolerance to FODMAPS (short chain carbohydrates that are poorly absorbed in the small intestine and are prone to absorb water and ferment in the colon), you may have trouble with fermented foods and experience more gas and bloating. It's always best to start with small portions or servings and build up your tolerance to fermented foods as they introduce healthy gut bacteria.



PORTUGUESE GRAVITY / UNSPLASH

It's never too late to look for Healp when trying to figure out the right medicine

By Sravan Gannavarapu
SPECIAL TO THE FAIRFAX COUNTY TIMES



We have all made a trip to the drug store for medication at some point in our life. Yet, we see so many options that our minds are perplexed on what to choose to relieve our symptoms.

There is a way to make the right choice. Meet the Healp app. Developed by Fairfax Station resident Elizabeth Tikoyan, the app, initially named Riley, allows users to interact with other users' real-life experiences when taking a product.

Users fill out a questionnaire on what they have used to treat their health conditions. Upon completion, the app then publishes the top solutions based on human input. Additionally, users can browse and share their results while also offering their own perspectives.

Tikoyan says the initial name was based on a girl (Riley) she met when volunteering at Georgetown Hospital. Riley's name was given to the app as a way of remembering the girl who Tikoyan says was so full of energy and pomp.

"We changed it to Healp is because I saw a lot of health apps out there that had the word health in it somewhere," Tikoyan said. "I wanted to combine the two reasons why we started this."

Tikoyan was also hoping to stake her claim as a successful entrepreneur. However, she had dealt with chronic illness for much of her life, including her time in high school at Trinity Christian, where she worked on creating a tampon company. Despite getting to a point where she had lined up manufacturers, her illness took a toll and forced her to take time off.

"All my friends went off to college; I had to stay back and get treatment. It was really lonely," Tikoyan said. "I also didn't know if I was going to go back and live a normal life."

Eventually, Tikoyan found her way to the University of Virginia after spending time at NOVA and graduated with a degree in Youth and Social Innovation. It was in her second semester in Charlottesville, however, that the idea for Healp began to take shape.

"I was in a class, and we're reading an article about the least amount of innovation that was happening in the chronic illness space," Tikoyan said. "And I started reflecting on that article pretty heavily."

Tikoyan is quite surprised at how well this has shaken out for her, as she essentially went from being a patient to an entrepreneur. Also, it has allowed her to reach out to people who need help. The app currently operates online and iOs, with Android still in the waiting.

"I know we've made a significant impact right now. But I know there's so many more people we could reach," Tikoyan said. "But I'm very happy with where we're at."

Tikoyan says the Department of Health and Human Services has reached out to them and endorsed their work. Though the pandemic has slowed progress, she used social media to help promote her work. Tikoyan says that her belief in her work is what helped make this possible and hopes it serves as a lesson for future entrepreneurs.

To learn more about Healp and how it works, visit their website at https://bit.ly/3zfV53M. Additionally, it's never too late to ask for help for your health. Don't put it aside, join with others, share your experience, and get the help you need.



COURTESY PHOTO

Virtual learning, lack of outdoor time top causes for increased cases of myopia in children

Special to the Fairfax Times

A new study stemming from China and published in the Journal of the American Medical Association (JAMA) found that home confinement during the pandemic has created a significant increase in myopia – also called nearsightedness – for children aged 6 to 8 years, with the prevalence of myopia increasing 1.4 to 3 times in 2020 compared with the previous five years.

Myopia is a condition which usually starts in school-aged children and is caused by accelerated eye growth. This not only impacts a child's ability to see clearly and perform their best, but also increases the risk of a child having serious eye diseases when they get older, such as glaucoma, cataracts and retinal detachments.

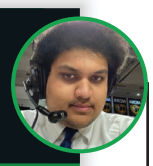
The increase in myopia has also been prevalent in the Washington, D.C. area. The increased hours of virtual screen usage this past year has fueled the fire of the myopia epidemic, including:

- Younger kids are becoming more affected: The average age of kids in the Washington, D.C. area currently being treated for myopia in 2021 is 7 to 10-year-olds, as compared to 8 to 12-year-olds in previous years.
- Major increase in worsening eyesight: 40 to 50 percent of these younger children are being diagnosed with a higher prescription (higher myopia), indicative of the impact of increased virtual learning and more indoor time over the past year.

"The number of myopia cases in our young patients has been growing at an alarming rate, due to more screen time and less time playing outdoors," said Dr. Kevin Chan, a Tysons area optometrist. "With the most recent pandemic, children are being forced indoors for more than just social time and have to finish school through virtual learning, putting their eye health at greater risk for myopia development. We cannot urge enough to parents the importance of their child's eye exam this year and seeking treatment as needed."

Currently, more than 250,000 children in the Washington, D.C., area suffer from myopia, and that number is expected to grow to over 320,000 by just 2030.

FAIRFAX COUNTY
BREAKING FREE



BY SRAVAN GANNAVARAPU
SPECIAL TO THE FAIRFAX COUNTY TIMES

Online learning wasn't what we signed up for, but it's not all that bad



COURTESY PHOTO

In case you haven't heard, school's out in Fairfax County. That means kids like Chantilly High School's Audrey Kodrata are not in school and are back home. But wait, haven't they already been home for most of the year?

Well, yes, but they have had school still, albeit through a virtual world. In other words, they don't have to turn on a laptop and study anymore, and instead, they have to keep themselves engaged with other activities. That's tough for the parents, especially those opposed to virtual learning from the start.

Kodrata didn't really have too much of a problem with virtual learning, although the sophomore did have a few challenges like most people.

"The first thing that went through my mind when it went down was that I wasn't sure how they were going to execute this," Kodrata said. "It's my first experience with online learning."

Kodrata found that despite the challenges being faced, other factors eased the tension and the transition.

"I really enjoyed the flexibility. My teachers were really nice about this," she said. "They were understanding about any connection issues, and it was like a breath of fresh air."

As Kodrata said, it's not just the students who have to feel the burden, nor just the parents, who are so used to their kids going into the classroom and having teachers deal with them. It's the teachers themselves.

It's hard enough teaching kids in the classroom when it's clear that some of them don't adhere to rules. It gets more difficult when virtual learning is enacted, and kids have an opportunity to shut off the camera and not pay attention as much, speaking only when called on.

"Now we all know that they're not just teachers, they're people as well," Kodrata said. "They're experiencing the same things we were, and it's really nice to know that they're not only struggling with us but experiencing it with us, so we weren't alone."

Kotrata makes a valid point. Teachers and parents would rather have the kids in school during the day. And kids would much rather be with their friends than be inside all the time. However, it's not the case, so we should take solace in the fact that nothing lasts forever.

It's hard not to forget how March 2020 marked the beginning of a period in which our lives changed significantly as the pandemic began. Rules were put in place that we had not seen in a long time. Though the Swine Flu in 2009 was a cause for concern, it didn't raise as much fear as what COVID-19 has done. Since its inception, the state has recorded a total of more than 11,000 deaths and upwards of 670,000 cases of COVID. In other words, going outside and not following protocol was a mistake as rates were increasing.

So, what do you do? Well, you can't just sit home and do nothing. If, you have a job, you still have to work. As such, if you are a student, you still have to learn. Granted, your parents are still working while you are learning, but that's not an excuse. It's just a way of managing life. Kodrata certainly, like most of us, had not to pay attention to the surroundings when studying.

"There's a lot of distractions at home, dogs barking, cars honking anything really," Kodrata said. "Staying focused is the main thing."

Although some kids who, in a typical setting, may have to do their classes online, such as college students, they still have the opportunity to meet the professor in person and figure out a solution. The same could be said for those in lower grades who can get up and go to their teacher's desk to receive guidance and figure out a solution.

The pandemic, however, shifted it to all virtual, and sometimes, there are problems with that, whether it be assignments being posted late, to grades coming out on time.

There are also the extracurricular activities that we usually enjoy that have had to take a turn. For Kodrata, that meant having her piano lessons moved virtually in addition to participating on a swim team. For starters, swimming lanes were limited due to the pandemic, and also, times and workout periods shifted as well.

"Usually, I swim in the morning at 4 or 5 right before school, two times a week," Kodrata said. "When COVID hit, especially during the winter, I could only swim one time per week, just because of the maximum amount of swimmers allowed, which was really difficult."

Learning isn't just relegated to school; it transcends to after school as well. How can a swimmer get better if they are limited in their workouts? Same with other sports. Without the practice and ability to train, it gets harder to refine and sharpen the skills.

While we are returning to a state of normalcy, the race doesn't end until you have officially crossed the finish line. Additionally, while today's kids are undoubtedly frustrated, they should know that their experience will serve as a lesson for the future.

10 tips on how to take dad fishing

Courtesy of Brand Point Media



COURTESY PHOTO

What are two things that dads all over America would love to do the most this coming summer?

Spend time with their kids ... and catch fish.

So, if you're looking for a unique way to celebrate your love for dear ol' dad, how about inviting him to go fishing (instead of the other way around).

What should you do to prepare to take dad fishing? Here are some tips.

1. Ask dad to go fishing. Dad may be unsure if you or the rest of the family wants to go fishing. That's where you'll surprise him - by you asking him to fish. Grab a fishing rod, make a small card, and go up to dad and invite him to go fishing this summer. Get dad to commit to a date, and a back-up date, in case it rains. It's a great way to bring a smile to his face.

2. Do your homework. You can let dad suggest a favorite lake or river for your day out, or you can go online and find a nearby lake, pond or river to fish. You don't need a boat to go fishing. There are many places where you can fish from shore, rent a canoe or boat, or kayaks. Some parks even rent fishing rods and reels for those who don't have them.

3. Go to where the fish are. All dads want to think that catching fish was their idea. So of course, to ensure that you have a great day on the water, you'll want to go where the fish are biting. If you're not sure, call up a local fishing tackle shop to find out where to go, or go online to a local fishing magazine website for their latest fishing reports.

4. Give dad a proven fish catcher. You're going to need fishing lures to catch fish, so make sure to give dad a proven fish catcher.

5. Pack dad snacks. Dads love their snacks every bit as much as their kids. So, don't forget to pack a sandwich, some chips and a soft drink. Meat sticks and homemade chocolate chip cookies will earn you hero status.

6. Don't forget the sunscreen. Make sure dad practices sun safety (or doesn't get sunburned) - bring along the sunscreen and have Dad apply ample amounts on his face, ears and nose.

7. Build in some nap time. A day out on the water can wear anyone out. Even dads. So make sure to allow some nap time for your dad after you get back from fishing.

8. Take a great picture. Even when you catch the bigger fish, all will be forgiven if you get a couple of great photos of dad with his fish. If he wants to hold it a little closer to the camera, go ahead and let him.

9. Laugh at his dad jokes. No doubt, you will get an earful of dad jokes during your time on the water. Rather than wince, encourage him to tell you another and enjoy every moment of it. After all, it's Take-A-Dad Fishing Day!

10. Just have fun. The biggest mistake you could make is focusing just on fishing. Dads want to have fun, too. Maybe work in a stop at a local restaurant for breakfast. Take lots of photos and video - even if the fish aren't cooperating. Encourage dad to share his favorite fishing stories. Whatever you do, make sure you tell dad that the most important part of this day is just being together.

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Uncommon path in unprecedented circumstances

Centreville High School's Chris Kuzemka decommits from Virginia Tech football for Loyola (Md.) basketball

By Grant Johnson
SPECIAL TO THE FAIRFAX COUNTY TIMES

Few high school athletes are talented enough to face the dilemma Centreville High School's Chris Kuzemka had the option to face: to play Division I football, or Division I basketball.

The 6-foot point guard and wide receiver extraordinaire chose the former, then the latter. All of the decisions were made by himself, he said, and they were weighed underneath the gravity of COVID-19 and the uncertainty of playing basketball at Centreville his senior year.

When the brute of the pandemic threatened to close all indoor activities this past winter in Fairfax County, Kuzemka verbally committed to play football at Virginia Tech as a preferred walk-on. He said he did this to provide security in case a cancelled season on the hardwood prevented him from earning any Division I basketball offers, and because he said it made him less stressed to have the decision done. Centreville — along with other schools in the Virginia High School League (VHSL) — did end up having a basketball season.

During said season, Kuzemka was 2021 Virginia Class 6 Player of the Year and Centreville won the Virginia Class 6 boys' basketball title over Potomac, 63-49 — an opportunity that many other leagues in the DMV didn't have. Well before the victory, Kuzemka said, is when he began to have a change of heart.

"I did love football, but even after like mid-season in basketball, I knew basketball was what I wanted to do," Kuzemka said. "But I didn't want any distractions from the game or anything like that, so I didn't want to say anything during the season."

This past year, basketball was played before football — the fall staple was played in the spring across the VHSL. Kuzemka committed to Virginia Tech before the January start to Centreville's basketball season, but he said he wanted to see the basketball season play out in its entirety before he decommitted from football. Kuzemka officially decommitted from Virginia Tech March 22, during Centreville football's bye week, to prevent distractions with the team, he said. His family thought he made the right decision; it even almost brought a tear to his mom's eye, Kuzemka said, for making the switch and following his heart.

Childhood friend and teammate of Kuzemka's on the basketball court and football field at Centreville, Reece Shirmer, said deep down in his heart, he knew Chris was a basketball guy. When he heard about his friend's decision to decommit from Virginia Tech, he said it made a lot of sense to him.

Centreville High School varsity football head coach Jon Shields — who Kuzemka said helped him get connected and receive interest as a preferred walk-on to Virginia Tech — said he didn't think Kuzemka would decommit the minute a basketball offer came, but he understood his decision and respects his basketball game greatly.

After the two-sport standout announced his decommitment from Virginia Tech, Kuzemka said coaches from mid-major basketball programs like UMBC, Canisius, VMI and Loyola (Md.) began contacting him. The team that stood out from the rest of the pack, Kuzemka said, was Loyola. After talking with the Greyhound's coaching staff on a Zoom call April 16, Kuzemka said he was impressed enough that he committed that night over the phone before many other programs got the chance to talk to him.

"Loyola was definitely the one that pushed me the most," Kuzemka said. "I felt the best energy, best vibe with [them]. I mean, [Tavaras] Harvey, the head coach, called me four days, five days in a row, so I felt like he really bought in. He really wanted me — it was really cool."

Other than an exuberant coaching staff that believes in him, Kuzemka said the way Loyola plays on the court fits his playstyle. He said the Greyhounds have a lot of guys that can space the floor, and said they emphasize "pick and pop" and "drive and dish" plays offensively. However, there isn't much on the floor Kuzemka can't do, Centreville High School varsity basketball coach Kevin Harris said.

"You could definitely tell he had the makings of a college basketball player, just on his work ethic alone and the talent he had at a young age," Harris said. "But when he got to Centreville his sophomore year, you started seeing a little more of it — the passing ability, the defensive ability, playmaking for other guys and getting his own points as well whenever he needed to and whenever the team needed him to — and at that point, we were like, 'This kid could do something at the college level.'"

Shirmer said the first time he and Kuzemka trained together since middle school after he returned from Paul the Sixth High School (PVI) — where Kuzemka played basketball as a freshman prior to transferring to Centreville before his sophomore year — he could tell everything everyone said about Chris wasn't hype. Shirmer said he remembered thinking, "This kid's special, he's the real deal, and he's just 'it,'" before their sophomore campaigns.

"I've been guarding him for five, six years and I've never been able to steal the ball from him," Shirmer said. "He's really unpredictable and he's so fast — it makes it hard to react."

With Kuzemka's basketball prowess, it was always earned and never given. Before his junior-year football season, Kuzemka tore his ACL — effectively ending both his football and basketball seasons during a critical time that puts many across the country on recruiter's radars. After the injury, Shirmer said he's never seen someone recover to be so healthy, fast and strong like it never happened.

Kuzemka's recovery from his torn ACL gets back to what Shields, Harris and Shirmer all attested to: Kuzemka's unmatched work ethic. It's what separates him from so many high schoolers with similar height and weights, and it's what Shields said was what he first noticed about Kuzemka. It's also what Harris picked up on after a basketball game his sophomore year.

Harris recounted a game early in Kuzemka's sophomore season where he missed a lot of free throws. It was to be expected, Harris said, because Kuzemka just finished playing football and he thought he'd be out of basketball shape and that his timing would be a little off. Harris told Kuzemka to not worry about it and to get back after it in practice the next day. That was until Kuzemka called Harris that night.

"[Chris] was like, 'Hey coach, can I get in the gym at six tomorrow before school,' and I was like, 'Sure, yeah, of course,'" Harris said. "I let him [in], he was there right there when I pulled up. He got in the gym, he got after it, and I don't think he ever had an issue with his free throw shooting again."

Shirmer's spent many days with training with Kuzemka — some days putting up 1,000 shots in Kuzemka's converted barn-turned-basketball court, followed by running routes on the football field for hours, he said. But even then, he said it's hard to keep up.

"Loyola's getting the hardest worker they ever will," Shirmer said. "Chris facetimes me at 5 a.m. and he's in the gym at our school putting up shots asking if I want to come over. It's 110 degrees outside and he's in his barn with no A/C just putting up 2,000 shots. He's skipping parties and stuff just to put up shots and work out and get better, and that just goes with him being focused."



LIAM BRENNAN
Kuzemka puts up a shot for Centreville during his senior year.

Few can get in and out get in and out of routes and run by people on the football field the way Kuzemka can, Shields said; or go from standing dribbling to a full sprint like him, Shirmer said, but talent isn't the only avenue that hopeful Division I recruit has to take. Kuzemka has proven work ethic and the ability to overcome adversity to be major culprits of his opportunity at Loyola, but also it's important to shine under the spotlight that a big game brings.

On January 8, Centreville faced off against national perennial power, No. 4 PVI. Kuzemka said he thinks his performance in this game "switched his life," and it was the main game tape he said he sent to college coaches. Despite the 30-point loss, 100-70, Kuzemka didn't back down to the superior team. He dropped 32 points against the likes of five-star shooting guard and Duke commit Trevor Keel — No. 1 player in Virginia according to 247 Sports — and four-star junior point guard Doug McDaniel.

Kuzemka said his advice to prospective recruits is to always be ready for opportunities like his against PVI.

"Just keep on pushing, going at it, keep working," Kuzemka. "If you really want to chase your dreams, then just chase them. Nothing's impossible if you really want to do it."

Countless hours of grinding in the gym combined with exceptional talent and dazzling performances when the competition is the strongest has brought Kuzemka to Loyola — where he said he wants to have fun, stay healthy and "smile through the days" because of all the hard work it's taken to get to this point. Kuzemka took his official visit to the Greyhound's campus in Baltimore June 13 and said it was "really awesome" that he finally got to meet the coaching staff in person that invested in him. Additionally, after spending the day with guards Nick Marshall and David Brown III — two other incoming Loyola freshmen that he's known and played against for a long time — he said he thinks the three of them "can be something special" in the future for the Greyhounds.

At Loyola, Kuzemka said his goals consist of winning a Patriot League regular- and post-season title and advancing to March Madness. He said he wants to be a part of one of those teams in the NCAA Tournament that "goes out there and shocks the world," with a first-round upset and hopes to advance to the Sweet 16.

Advancing deep in the NCAA Tournament would likely be a good day for Kuzemka. But he said on other days, ones that aren't going too well — whether it was rehabbing from his ACL tear or just any off day — he knows what to turn to.

"When I'm having a bad day," Kuzemka said, "I go out there and shoot baskets. I always say basketball cures my stress, my pain, whatever I have, I go out there dribble a basketball, shoot a basketball, just the sound of it, I feel like, heals whatever's going on."

FCPS teacher retires after 30 years of teaching in the county

By Noelle Riddle
FAIRFAX COUNTY TIMES

Ann Godden moved to Herndon from Arlington more than 33 years ago and has been a staple part of the Herndon Elementary School community ever since.

"I always loved working with children. I liked working with families and colleagues, I am just a people person," Godden said. "I began teaching second grade at Greenbriar East Elementary, I spent two years in London teaching, had four children of my own, and in 1996 I began teaching third grade at Herndon Elementary School. It was my home for 25 years."

Godden has taught a variety of grades and subjects. She taught second, third and fourth grade throughout the years. She originally taught her students all subjects, but then there was a change in what the community needed. "Formerly the school had a French-emersion program. But that program changed as the community did and instead it became a Spanish-emersion program made up of English and Spanish speaking students," said Godden. Godden had a colleague who helped her teach the emersion program and the pair would work together to help with translations for students and parents.

While Godden spent 32 years in total teaching, 30 of them were spent right here in Fairfax County. "The most rewarding part of teaching over the past 32-years has been working with the students, families and staff," she said. "It allowed me to be a lifelong learner, including learning new teaching techniques."

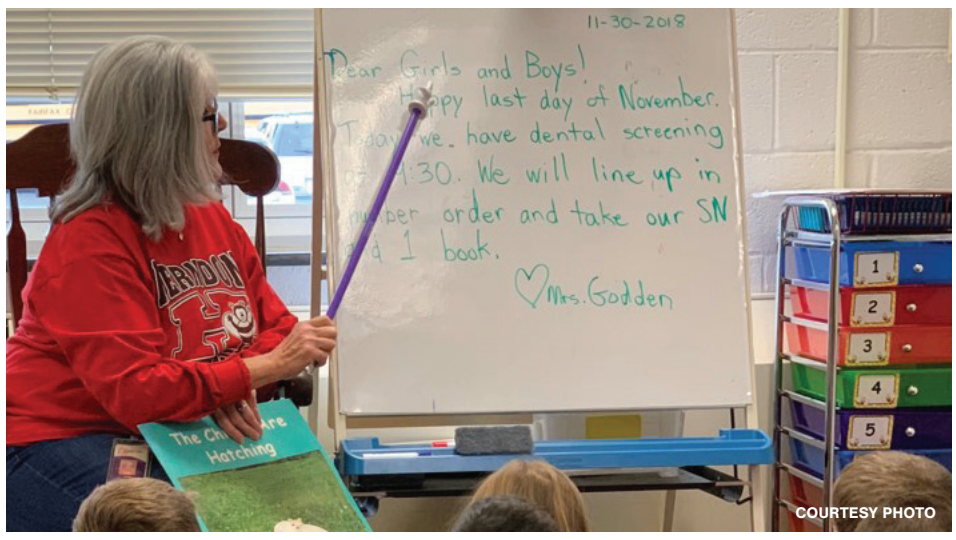
Godden is thankful for the school where she taught, and all four of her children ended up going to that school as well. "Herndon is a caring elementary school and a very close-knit community. The community includes the staff, students and families. I love how caring of a community it is," Godden said.

The Spanish emersion teacher's last year teaching before retirement was anything but normal, however. The COVID-19 pandemic required the experienced teacher to learn how to teach virtually. "This last year required lots of training to understand the platforms in order to teach virtually," Godden said. "Many of the children had limited tech skills, as did their parents. But by the end, some of the students became more proficient than me in technology. It was great still being able to keep children engaged and see them make progress in reading."

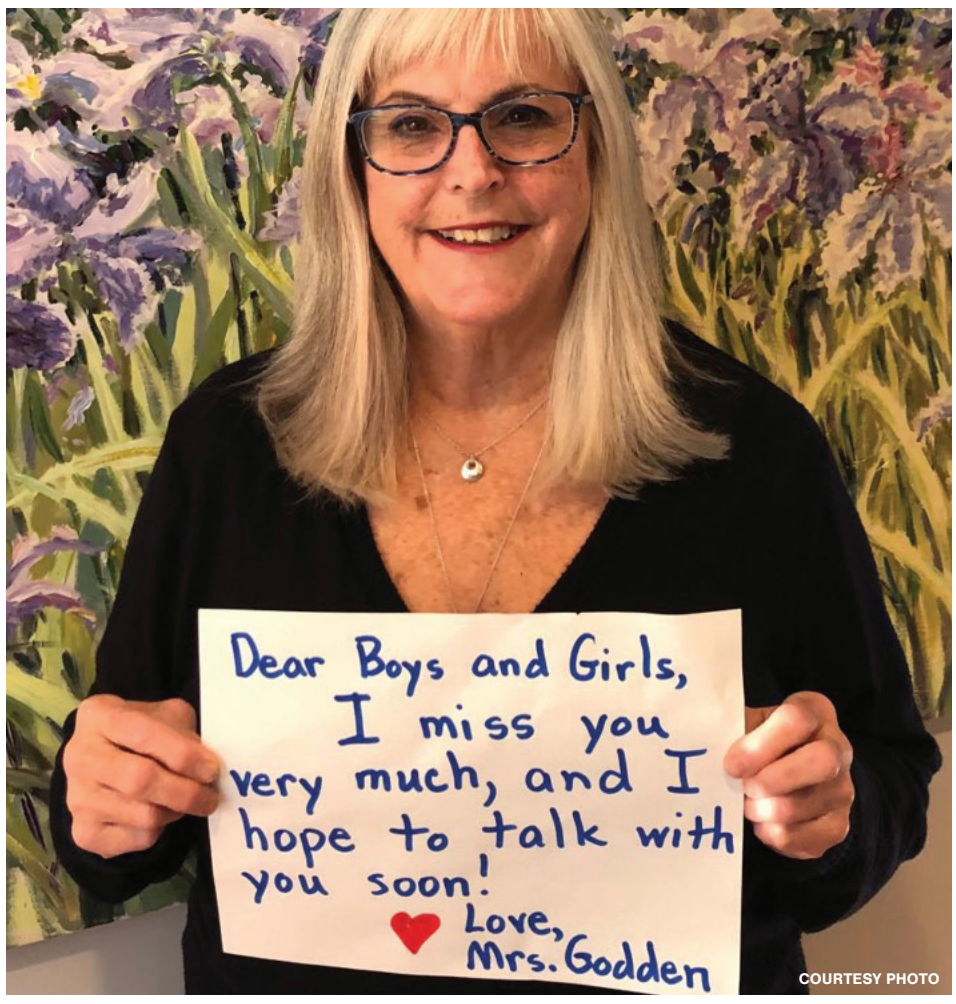
When the children were allowed into the classroom, Godden was excited to finally meet her students in person and not talk to them from behind a screen. "When we did finally go back to in person, it was fun to see how tall or short students were and really get to know them," Godden said.

While Godden had her retirement party virtually, she is still grateful for the experience and her time in the community giving back. "I was always so blessed to work with fabulous administrators, colleagues and staff members," she said. "I will still be volunteering and subbing at Herndon Elementary School even in retirement."

The long-time educator also has some wisdom to share with new teachers. "Be flexible, give students choices, be ready to learn new ways to teach, listen to your teammates," Godden said. "Be ready to learn even when you are old."

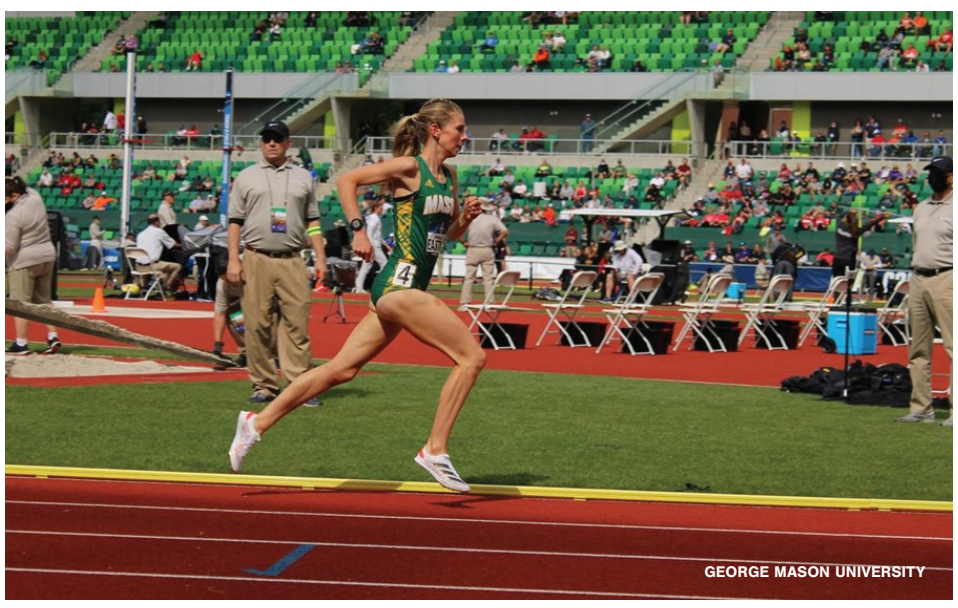


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COURTESY PHOTO

Mason track and field star falls short at NCAA Championships


GEORGE MASON UNIVERSITY

By Rick Horner
FAIRFAX COUNTY TIMES

Annabelle Eastman, a member of George Mason University women's track and field team has had an incredible season.

Eastman, a native of Melbourne, Australia, spent the 2020-2021 season breaking records in several track and field competitions. Eastman qualified to compete in the NCAA Track and Field Championships in Eugene, Oregon this past week and gave what her coaches called a gutsy performance.

The Mason junior was the university's sole competitor competed in the semi-finals of the steeple chase event where Eastman ran a personal best of 9 minutes, 45.22 seconds to finish seventh in her heat and earn 13th place in the event overall. The winner of the event, Brigham Young University's Courtney Wayment, ran a time of 9:32.52 which was 13 seconds faster than Eastman's run.

Although Eastman didn't win the event her placement earned her Second Team All-American honors for her time.

"Annabelle's race tonight was a fantastic cap to an absolutely tremendous year," said head coach Andrew Gerard in a press release. "To set an 8 second personal best when it counted most is a huge credit to the focus and resiliency she's exhibited all year."

The NCAA Championship closes the book on one of the best seasons by an individual Mason athlete. Eastman broke three school records in the steeplechase, the 3,000 meter, and 5,000-meter events becoming Mason's first ever national qualifier in the steeplechase and earning an at-large bin in the NCAA Cross Country Championship.

Eastman also set the steeplechase record in the A-10 tournament with a time of 9:53.07 which allowed her to qualify for her second NCAA East Preliminary Championship. Eastman ran the second fastest time in A-10 championship history to become Mason's sixth-ever national qualifier and the first since 1996.

"It was a bittersweet ending to an unforgettable season, but I'm loving this sport more than ever," said Eastman in the press release. "The future is bright, and I couldn't be more excited to build from here."

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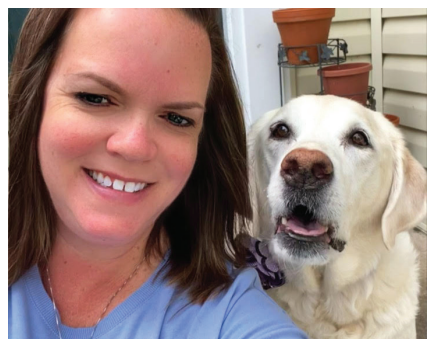
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Jammin Java welcomes Cory Branan

The alt-country singer/songwriter books his return to the Vienna-based club



COURTESY PHOTOS

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

Cory Branan has always considered himself "too punk" for the country scene, despite being one of Nashville's most promising songwriters. The singer is known for his deep lyrics and alt-country sound, with his most recent album, "Adios," proving how versatile his songs really are.

Last year, as the 46-year-old was establishing an even stronger following, the pandemic hit, and it seemed the momentum of his career might have been stalled.

"I was thinking, I could potentially be out of work two years, so I pretty much got a little home rig and went down the rabbit hole of all the things I've been avoiding over 20 years of doing this in the studio—the recoding, engineering, mixing and mastering," Branan said. "I started doing these things were fans would request songs and I would do covers and send them, and just made sure I was still playing and singing."

That kept him sharp, and when the opportunity to tour again came about, he was quick to jump back in. On June 19, Branan will be headed to Jammin Java as one of his first stops since the pandemic.

"I've played here before and it's a really great spot with nice folks," he said. "I'm just going to be doing some shows on the East Coast, and then this fall, head to the West Coast, and just play as much as possible."

It's been three years since "Adios" came out, and although Branan has plenty of material he's written since, he's not sure what will actually make it on the next one.

"The idea is that I'll have a little break after this run, before fall, and I'm hoping to have finalized a new deal by then, and get a record for next spring," he said. "I'm sitting on 3-4 records in my head, so I don't know which one it's time for. but there's definitely something coming before too long."

His four other full-length releases show a steady progression of maturity, from "The Hell You Say" in 2002 to "12 Songs" in 2006, to "Mutt" in 2012 and "The No-Hit Wonder" in 2014.

Branan's music has received critical praise from the likes of Rolling Stone, The Wall Street Journal, Southern Living, and many others. He's often lauded for his lyrics and unique writing style.

He feels that his writing style inevitably will be impacted by the pandemic in some obvious ways, but hopes his fans will stay with him as he unleashes his signature sound on whatever is next. Branan likes to stay connected to his fans on social media and keeps them updated about his latest happenings, including his thought process for songs.

Branan started on his professional musical journey a little later than most. He was 25 and started writing songs, and the tunes kept coming.

"I was always terrified of my own voice early on, but

See BRANAN, Page B2

Richard Thompson plans two nights at The Birchmere

The English singer celebrates 50 years as a solo artist



COURTESY PHOTO

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Considered a master of British folk music, Richard Thompson has been a part of the music scene since the late '60s, first gaining success as lead guitarist for Fairport Convention and going on to sing with former wife Linda Thompson and establishing himself as a top solo act.

"Music was just something I had to do," he said. "I wasn't really good at anything else, and it's what I was best capable of doing and where my talent lied. I was playing gigs early in school and we were getting more and more, working 5-6 nights a week and it was exciting and a great lifestyle and five years later, I looked over my shoulder and I was still doing it."

Now 50 years more, he never stopped.

The 72-year-old recounts his interesting and inspired career in "Beeswing, Losing My Way and Finding My Voice, 1967-1975," a new memoir he released earlier this year.

"I spent a lot of time editing and going backwards and forwards with the stories, but it was really fun to relive a lot of those times," Thompson said. "I thank my lucky stars I have been able to do this for so long."

During the pandemic, Thompson has been absent from the stage for the longest time since he was a teen, and desperately misses being in front of an audience. He'll finally get the chance this month when he plays two nights at the Birchmere, June 21 and June 22.

See THOMPSON, Page B2

Documentary shows Go-Go music's place in protests last year

By Rick Horner
FAIRFAX COUNTY TIMES



THEFADER.COM

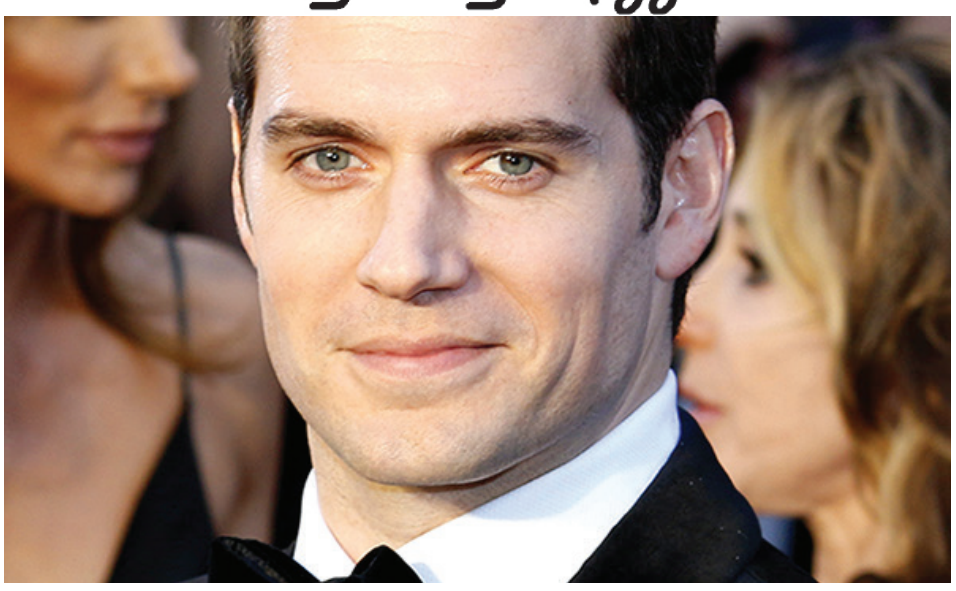
The recent Washington D.C. Film Festival saw an offering to their slate of films that told the story of past and present D.C. history and how its culture played a part in recent events.

"*Go-Go City: Displacement and Protest in Washington D.C.*", a documentary directed by Samuel George, discusses how Go-Go, the home-grown music of the District, became the soundtrack to the protests last summer in response to the death of Minneapolis-resident

See GO-GO, Page B2

HOLLYWOOD

by Tony Rizzo



Henry Cavill [DEPOSITPHOTOS]

Arnold Schwarzenegger has taken two years and the pandemic to plan his next move. His last film, "Terminator: Dark Fate" (2019), cost $190 million and earned only $261 million. With no bids for his movie services, he's chosen to finally accept Netflix's offer to do a series for it. Arnold signed to star in an untitled, global spy adventure about a father and daughter who've secretly kept from each other that they work for the CIA, and they only learn this when they're forced to team up to fight a common foe.

***

Also on the comeback trail is 29-year-old Taylor Lautner. At 13, he scored big as Sharkboy in "The Adventures of Sharkboy and Lavagirl" (2005). In 2008, at age 16, he began starring as Jacob Black in "The Twilight" saga, which stretched into five films over five years. In 2013, he starred in Adam Sandler's "Grown Ups 2," which grossed $247 million because of Sandler's following. But when he top-lined "Tracers" (2015), it barely managed to gross $19 million. In 2015, at 22, he worked with Sandler again in the Western comedy "The Ridiculous 6," which managed to gross $60 million (low for a Sandler film). In 2016, Lautner co-starred with Constance Zimmer in "Ride the Tide," which did poorly.

Netflix is gambling he'll do well paired with Kevin James, Rob Schneider and Gary Valentine in "**Home Team**," in which Kevin James plays a football coach inspired by New Orleans Saints coach Sean Payton.

***

Netflix feels "Enola Holmes" (seen in 76 million homes in the first month of release) deserves a sequel, but how can they make people stand up and take notice? They came up with the idea of Sherlock Holmes (Henry Cavill, aka "Superman") coming out as being bisexual. That's the word from insiders at Netflix. Millie Bobby Brown, 17, who plays Enola, Sherlock's sister, scored big as the star of "Godzilla vs. Kong," which grossed $427 million.

Cavill recently played Superman in "Zack Snyder's Justice League," which pulled in $70 million (big during the pandemic). He also got the green light from Netflix to star again as "**The Witcher**," which had eight episodes its first season and was renewed for another eight episodes for season two, available for streaming later this year.

***

Is Ellen DeGeneres' withdrawal from her daily talk show after 19 seasons a signal that the face of daytime television is changing? The network says it isn't looking for another talk show to replace hers and may go in a totally different direction. Also, rumors abound that Pat Sajak may well retire from "Wheel of Fortune" (after 40 years) at the end of this year. Stay tuned as the wheel of syndicated shows turns!

BRANAN
CONTINUED FROM PAGE B1

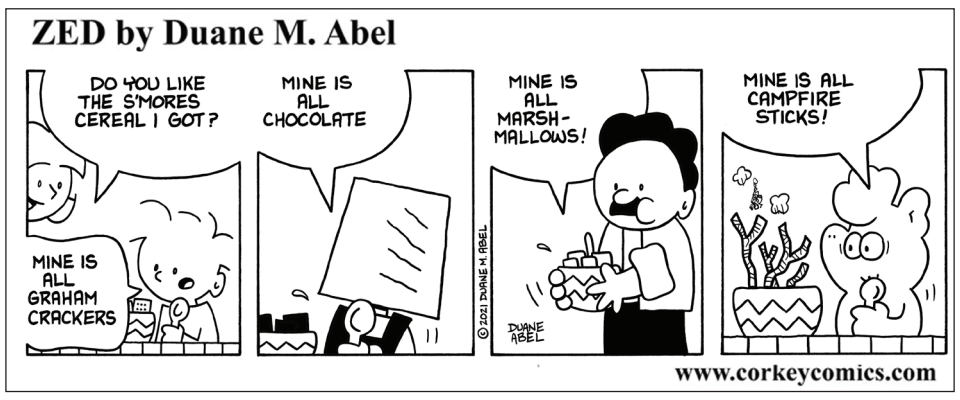
and went from one label to the next," he said. "I started touring and just never stopped. There's never been much of a plan, and you have to be ready for a lot of changes in the industry. You can't make a five-year plan. I just want to get back on the road and make music. I haven't thought of too much beyond that."

At the Jammin Java show, the singer expects to play some of his most popular songs, the ones he's been craving to play for a year. But he'll also dip into some of those new songs he mentioned, and then let the fans have a say.

"Usually, during the back end of the set, I'll play whatever they want to hear," Branan said. "That helps me stay on my toes to make things different every night."

He invites everyone out on the evening, and knows that just being in front of a live crowd again is going to be something special.

"This is something that we all need, and I'm so excited to be getting back on the road and headed towards all the good people in Virginia," Branan said.



GO-GO
CONTINUED FROM PAGE B1

George Floyd.

But the documentary explores more than just the protests, it explores the recent history of gentrification in areas of the city that had been home to African-Americans as well as the birth grounds for their business, economic, and cultural growth since the end of the American Civil War. Go-Go music, an offshoot of funk music that focuses on the percussive beat of drums, congas, cowbells and more, became as ingrained a part of the African-American character of D.C. as much as Ben's Chili Bowl on U Street continues to be or Horace and Dickies was before it moved out of the city last year.

The sound of bands like Chuck Brown and the Soul Searchers, Trouble Funk, Rare Essence, Mambo Sauce, among others permeate the documentary and would give a good starting point for any music fan who is interested in exploring the genre.

In watching the documentary, one finds how close the sound of Go-Go came to being silenced. As a place that was once known as Chocolate City loses its long-time identity due to residents and business owners of these neighborhoods being pushed out by real estate speculators and developers and denied the chance to be a part of the rebirth. Those who have been at the forefront of this change have taken advantage of federal and other sources of funding that have been pumped into the area following 9/11.

One statistic brought up in the film courtesy of University of Maryland historian George Derek Musgrove states that D.C. at its peak used to be 73 percent African-American but now that number has dwindled to 46 percent.

But once the drive to silence Go-Go by more recent transplants was stopped, it gave the chance for the music to take on a role in the summer protests giving the chants of "No Justice, No Peace" a driving beat that could be danced to.

George, a Philadelphia transplant had lived in worked in D.C. for more than 10 years and found the sounds of Go-Go to be the soundtrack of life that he didn't know he'd been looking for. Maybe someone reading this will find that to be true for themselves.

THOMPSON
CONTINUED FROM PAGE B1

"I've been playing in bands since I was 12, so it's just been crazy and without question the longest I have ever gone without being on stage," he said. "It's been a long 16 months and I am just thrilled to be going back on the road. This will be one of my first gigs and I'll be playing some new stuff and see how the crowd responds."

Plus, this being the 50th anniversary of his solo career, he plans to play some of the "old stuff" from his debut album, "Henry the Human Fly" and other records along the way.

"I need to give a nod for those in the audience who have been there all the way through these 50 years," Thompson said.

Playing music is just muscle memory to him now, but Thompson still believes it may take a few shows to get back up to speed on his planned tour.

"You need that gyroscope to start spinning and the momentum to get you ready, and it's always that way early in a tour, and will probably be even more so this time around," Thompson said. "You're usually not quite as confident and accomplished as you're going to be like in three nights' time, so I'm going to be really curious to see if my brain has changed, but I'm confident that I will prevail."

There's something special about playing live, he noted, and it's a feeling like no other.

"You have to be the conduit that the music is flowing through and it's such a wonderful thing that happens, especially with an acoustic show like this, where you get this kind of stillness in the room and there's this wonderful way where people are really listening to the music," Thompson said. "I look forward to that happening again at the Birchmere."

He tried to use his off-time productively, writing a great deal, and planning a new album for sometime later this year.

"I've been looking at the songs I've written and seeing if I've let the pandemic creep into my stuff—am I writing about the fragility of life and things like that? But it turns out I'm really not," Thompson said. "It's just stuff from my imagination and subject matters all over the place. There's no real theme but they bind together because they were written in the same timeframe."

Those at the Birchmere will be among the first to hear some of these tunes, and Thompson encourages people to come out to the shows.

"People have been home a long time, and so if there's nothing good on TV, what a great way to spend an evening," he said. "I've been doing this more than 50 years and for those fans who come out, it's just going to be a fun ride at the Birchmere."

CELEBRITY EXTRA

Mare of Easttown, Heartland and Murdoch Mysteries questions answered

By Dana Jackson
KING FEATURES



MICHELE K. SHORT/HBO

Kate Winslet in "Mare of Easttown"

Q: **Kate Winslet's portrayal of a small-town detective in the new HBO crime drama "Mare of Easttown" is absolutely superb. Any chance there may be a sequel or additional episodes? It is one of the finest-acted crime series that I have ever watched. – J.D.**

A: A: Oscar-winning British actress Kate Winslet has played many iconic roles in film, but she's having a career resurgence in television with her titular role in "Mare of Easttown." The rest of the cast is just as fabulous, including Jean Smart ("Fargo"), Guy Pearce ("The Hurt Locker") and Julianne Nicholson ("I, Tonya"). Other viewers agree with you and are begging for a second season.

Fortunately, Winslet has said that she would absolutely love to play the role again, calling it "wonderful" and "addictive." It's not a sure thing, but it's very promising when the lead actress is willing to give a sophomore season a try.

In addition to her acting, the 46-year-old Winslet also has earned praise for her lack of vanity. When the director offered to shoot Mare's love scene with Pearce at a more flattering angle, Winslet refused to hide her "bulgy bit of belly."

***

Q: My husband and I have watched all 13 seasons of "Heartland" on Netflix. It's been a good family series, taking place on a horse and cattle ranch in Alberta, but now it has come to an end – crushing! Any information regarding this series would be very heartwarming. – R&D.

A: Have no fear. "Heartland" didn't end with season 13. In fact, season 14 has already aired in Canada, and star Amber Marshall, who plays Amy, recently announced an upcoming 15th season. You won't be able to watch season 14 on Netflix until at least March 2022 because it has an exclusive deal with the UPTV network and the UP Faith & Family streaming service. For more information, check out their website (UPTV.com/shows/Heartland).

***

Q: Before season eight of "Murdoch Mysteries," an episode aired about a Sherlock enthusiast/imposter and a young boy. We enjoyed it very much and would like to find it so we might watch it again. Could you please tell us which season it aired? – C.A.P.

A: "Murdoch Mysteries" has aired for 14 seasons in Canada and is available in syndication here in the U.S., as well as on streaming platforms Hulu, Amazon and Acorn TV. It stars Yannick Bisson as late 19th-century detective William Murdoch.

I did a little investigating with the help of IMDb.com, and I believe the episode you are looking for is "The Return of Sherlock Holmes," which was episode four of season seven of "Murdoch Mysteries." Actor Christian DiStefano played the little boy opposite Andrew Gower's Holmes persona.

Hopefully this will help you find what you're searching for, but if not, there are a whopping 14 seasons to enjoy of this wonderful show.

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

FROM THE DOG'S PAW

Moving with your dog and cat, paw 1

By Abby!
SPECIAL TO THE FAIRFAX COUNTY TIMES

Pawlease note: We did not receive any dog or cat treats or money for pawing our opinions about the services mentioned in this article. Pawingly, we have used the services.

BARKS! Woof, we sincerely apawlogize for missing three weeks of writing stories for you without letting you know. We have missed you. Oh my paws, it has been crazy non-stop going around here for the past three months. Barkingly, our humans were blessed with finding a home out in the country. Once all the paws, barks, woofs, and meows were worked out, you know how house buying goes, we were on our way to the new house. WOOFS!

With all the craziness of moving, and not next door either - a far distance away, we didn't have much time to prepare our humans for moving with us. Barkingly, over the next few weeks, we will be pawing about a few things we learned about moving with a dog and a cat.

Paws, you pawbably know how moving goes for humans. They pack everything into a bazillion boxes labeling what's inside and where it goes in the new house, only to find that they cannot find anything they want at all at the new home. WOOFS! Paws, doing all the packing with an 11-month puppy who wants to explore the entire universe, including the boxes you are using, can be pretty challenging to bark and paw the least, especially when I am barking for attention constantly too. Samson decided packing was beneath his royal cat-dignity and job description, so he stayed in his meowingly favorite spot. Samson had his staff, Mom, do his packing.

Paws, as a puppy, all of the packing, taking care of this and that and that too, was piquing my curiosity, and I got into just about everything I could get my paws on. Barks, my human, said it was challenging for him when I did that because I could get hurt. Woofs, and with everything going on, it's hard for him to get what needs doing along with taking care of my beautiful self with walking and playtime. Arfs, not to mention I had to pack my stuff too; I can't leave my sticks, toys, stuffies, and the like for another dog!

Paws, Dad needed help, so he contacted Meghan McAuliffe of Meg's Loving Pet Care (https://megslovingpetcare.com/) asking about their services. WOOF!! She was pawleased to help take of me while my humans prepare to move. She was able to fit me in when Dad's moving schedule needed her the most. BARKS! She took me on some great walks through our neighborhood which depended on the amount of time Dad requested. Woofingly, I like her too! Very kind. She took time for me to have fresh water and a treat. Oh, my paws! I'd like to keep her. Arfs, she taught me a few things along our walks and followed Dad's special instructions. WOOFS! I enjoyed my walks with her.

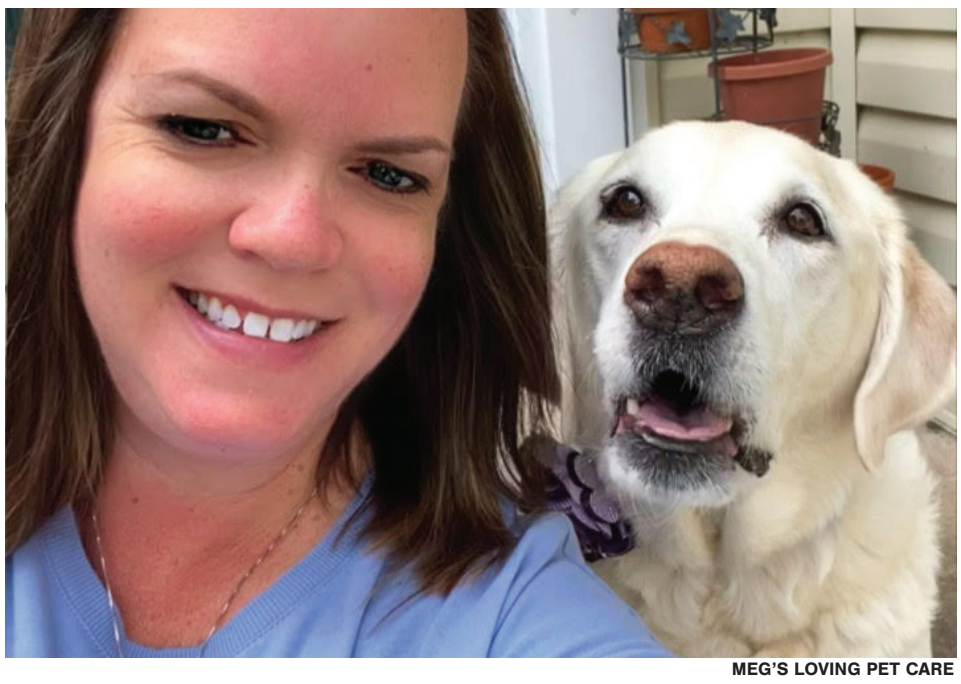
Meg's Loving Pet Care offers pawlenty of pawsome services for taking loving care of your pet. If our move had taken our humans away from home overnight, or if they went on vacation, they offer vacation sitting. This is ideal for pets needing several visits during the day and includes walking or potty break, feeding, watering, and scooping. In addition, they will give your home a lived-in look by bringing in the mail, newspaper, and adjust lights. Barkingly, they may be able to accommodate special requests too.

WOOF! Er, uh, Meow, Samson took care of himself; if we had needed help, their cat visits include feeding, watering, litter box scooping, playing, and cuddling with your cats as much as they will allow. Paws, if you have any special requests, just ask.

I can't forget to paw they barkingly offer other pet sitting services. Uh, no snakes, pawlease. These services include routine care, feeding, changing the water, and cleaning up their cage. Pawlease inquire with them about your special pet. They might be able to assist with special requests.

Woofs, we contacted Meg's Loving Pet Care by email at Megslovingpetcare@aol.com and by calling (703) 338-3446. Their website is megslovingpetcare.com/ and follow them at www.facebook.com/megslovingpetcare, www.instagram.com/megslovingpetcareva/.

About Us: Noah, Samson, and Abby are Pawthors at www.fromthedogspaw.com! We paw about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans. Pawlease follow by email to enjoy our adventures. Our human, Allen Pearson, is a Dog Photographer and Writer. Find us all at: www.allenpearsonphotography.com, www.allenpearsonphotographyjournal.com www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.



MEG'S LOVING PET CARE

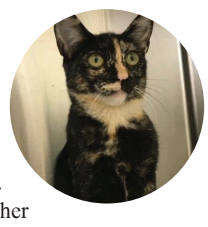
Meghan McAuliffe and her dog Lily.

ADORABLE ADOPTABLES

THE FELINE FOUNDATION

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

Pepper



Breed: Domestic short hair
Age: 5 months
Gender: Female spayed
This beautiful Tortie girl will steal your heart with her good looks and charming personality. Pepper is always up for playtime with her feather toys and loves interacting with people. She'll greet you with kisses and head butts when you come home after a hard day.

Mia-U



Breed: Domestic short hair
Age: 2 months
Gender: Female spayed
Aloha! Mia-U and her brother Maui are looking for a home together. This charming young lady with gorgeous markings of black and white enjoys playtime with her brother and snuggling up in your lap for naps.

MAUI



Breed: Domestic short hair
Age: 2 months
Gender: Male neutered
Maui and his sister Mia-U would love to have you over for a luau. They are ready for a home together where they can keep you entertained with their goofy antics and curl up in a warm lap when it's time to settle down. Come meet this dynamic duo today!

Suzie



Breed: Domestic short hair
Age: 3 months
Gender: Female spayed
Suzie is a beautiful Tortie. She is very sweet and very active. She loves to play with the feather wand jumping very high! She also likes to chase balls and run through the cat tunnel. After play she is always ready to snuggle, sleep next to you or on your lap. This pretty girl always greets you with her loud purr and likes to rub against you. Suzie is looking for a home with one of her siblings.

Grey



Breed: Domestic short hair
Age: 3 years
Gender: Male neutered
If you are looking for a gentle, sweet, and cuddly boy, Grey is the cat for you! Grey is a calm cat that will cuddle up in your lap or watch the birds out the window. His hobbies include exploring the house, being picked up, and taking naps by your side. He'll greet you in the morning with the most adorable headbutt and sit by your side as your drink your morning coffee. He is the sweetest guy and will be perfect for any home looking for a low maintenance, friendly, and loving feline companion.

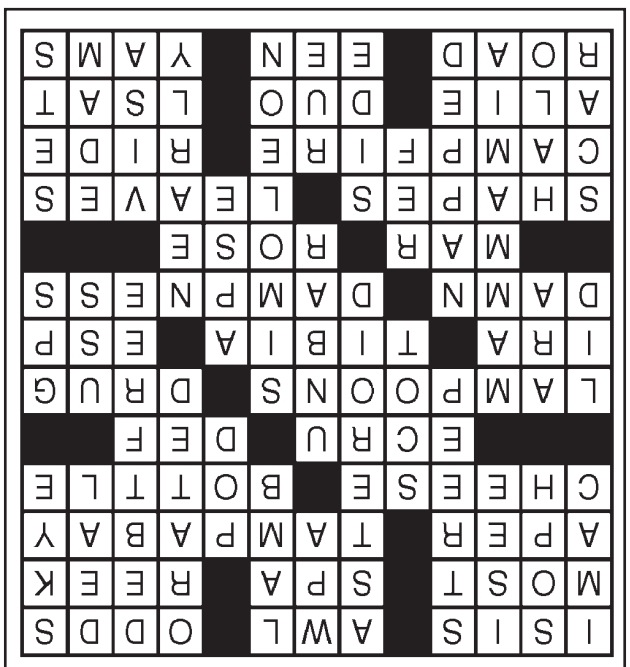
Dim-Sum



Breed: Domestic medium hair
Age: 3 months
Gender: Female
Dimsum is a typical kitten- extremely playful, loves to run around, and gets into everything! She will chat your ear off and follow you around everywhere. She loves being around people and would make an excellent lap companion. Little Dimsum would love a home with another kitty to play with and keep her kitten antics going!



— King Crossword —



Answers

Solution time: 22 mins.



Attract more birds to your backyard

Courtesy of Family Features

With all the constraints people lived through in 2020, many turned to their own backyards - nature, in particular - for hope, solace, wonder and even entertainment. Despite the worldwide crisis, nature's normalcy remained intact; flowers continued to bloom, bees continued to pollinate and birds continued to fly and forage food.

Feeding birds can be enjoyable for any age group and provide stress relief for all who partake. A University of Exeter study, focused on nature's impact on humans in suburban and urban areas, found lower levels of depression, anxiety and stress were associated with the number of birds people saw during afternoons at home. The benefits of birdwatching come from seeing lots of birds - quantity not "quality" - the study found.

People "felt relaxed and connected to nature when they watched birds in their gardens," researchers said. These feelings increased with the level of bird feeding in the yard. For millions working and schooling from home, this stress reduction was an unintended bonus.

Data from 2020 shows sales of bird feed, feeders, nesting boxes and bird houses spiked as interest in backyard birds soared while people spent more time at home.

Interest in birding isn't slowing down. If you haven't tried attracting birds to your backyard, now is a perfect opportunity to start. The experts at Cole's Wild Bird Products Co. offer these bird feed and feeder basics to attract more birds to your backyard.

Feeders

A variety of bird feeder types placed at different heights attract more birds than one feeder featuring one seed type. Start with two feeder types that accommodate most feed options. Bowl feeders serve not only seeds but also dried mealworms, fruit and suet. An option like Cole's Bountiful Bowl Feeder comes with an adjustable dome cover you can raise or lower to prevent larger birds and squirrels from getting to food and protect it from rain.

Traditional tube feeders are all-purpose options for bird feeding, especially for small birds that cling. For example, the Terrific Tube Feeder is made with state-of-the-art materials to prevent warping and discoloration and includes a quick-clean, removable base to make cleaning fast and easy. Just push a button and the bottom of the feeder pops off for easy access to the inside. Rinse the feeder with soapy water, dunk it into a water-bleach solution at a concentration of 9-to-1, rinse, dry and reattach the bottom. Regular cleaning of feeders is essential for preventing mold, germs and disease.

Popular Foods

Birdseed: Not all birdseed is created equal. Look for quality blends without cheap filler like red millet and oats. All-natural seed containing no chemicals or mineral oil is safe and more appealing to birds. Top seed picks include all-natural black oil sunflower and Cole's "Hot Meats" (sunflower meats infused with habanero chili peppers that birds love and squirrels dislike). Or an option like Special Feeder blend, packed with favorites including black oil sunflower, sunflower meats and pecans, attracts the greatest number of wild birds. Offering a wide variety, Cole's feed is researched and specifically formulated to attract certain bird species, the largest number of birds and the greatest variety of birds.

Insects and Worms: A healthy, lush lawn is one of the best ways to feed birds that prefer insects and worms. You can supplement birds' diets by serving dried mealworms in a packaged variety that's easier to feed and less messy than live mealworms. Mealworms are packed with energy and contain essential nutrients, fat and protein.

Fresh Fruit: Apples, orange halves and bananas are favored fruits.

Suet: Perfect for insect-eating birds, suet is a high-fat food that provides abundant calories, rich nutrition and is a high-energy treat.

Using the right feeders and high-quality feed can enhance your backyard and entice more birds, bringing stress relief and enjoyment.



FAMILY FEATURES

Fairfax County Times
Baby Boomers
Summer Edition



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FAIRFAX COUNTY TIMES

How and where to add plants in your home

Courtesy of State Point Media

So you want to become a plant parent? How do you make sure your new green "baby" will thrive in your home or apartment?

When selecting the best spaces in your home for different types of plants, it's important to consider light, humidity and maintenance required, as well as what benefits that type of plant will bring to the space.

From bathrooms to bedrooms to offices, you can make the rooms of your home healthier and more more inviting by becoming a plant parent.



COURTESY PHOTO

Modern kitchen and bath upgrades


COURTESY PHOTO

Courtesy of Family Features

Upgrades happen for all kinds of reasons, but one of the most common purposes of a home renovation is to make essential spaces like kitchens and bathrooms more modern.

Modernizing your spaces isn't just about the aesthetic, although that is a major advantage, especially when it comes to resale value. Updating your kitchen and bath is also an opportunity to introduce new technology and enhancements that improve the function of these high-traffic rooms.

Modern styles simplify everyday living and can make contemporary entertaining more enjoyable. The sleek lines of modern design lend themselves to a clean look, which is supported by hidden features that make organization easier.

Smart Technology

Although the idea of a connected home isn't new, technology is steadily improving. This means smart features are now often more affordable, easily integrated into the rest of your home and available to help manage a wider range of household items.

In the kitchen, you can add smart technology in numerous ways, from appliances and climate control to lighting and window treatments. For example, touch-to-open and push-to-open doors and drawers create a sleek, modern design while opening and closing with either a push or touch of a button for convenience.

Similar diversity is available in the bathroom, where you can incorporate connected health and fitness monitors, touchless toilets, mirrors that double as information centers, towel warmers and even showers that automatically adjust to your preferred temperature.

Paint

Changing the colors in a space is one of the most effective ways to transform the decor, but the walls aren't the only place where paint can make a bold statement.

Black is a hallmark of modern design and installing cabinetry with a black finish can instantly upgrade a room. To create visual interest, consider incorporating accent cabinets in a coordinating finish. For example, you could pair Wellborn Cabinet's Midtown wall cabinets finished in Matte Ebony with upper center cabinets finished in Putty Oak. An island in Bel-Air can incorporate both dark and light tones for a cohesive look.

Decorative Range Hoods

An exposed range hood is a trendy look that can add sophistication to your kitchen. Treating this functional element as a statement piece gives you another place to showcase your style and create a sleek and modern look. If your hood is covered, consider making the cabinet door a focal point with a material such as back-painted glass.


COURTESY PHOTO

Multi-Purpose Sinks

While your sink has some obvious functions, you can upgrade the space for even more practical use. Some of the latest sink design innovations include built-in features such as cutting boards, colanders, bowls, drying racks and compost areas. In addition, motion activated wastebaskets with separate compost or recycling containers provide hands-free access to reduce unwanted messes.

Touchless Faucets

Public restrooms aren't the only places you can benefit from a touchless faucet. At home, the feature may come in handy when your hands are full or filthy. An automatic water flow is convenient and can help keep germs and grime under control. For the most on-trend, modern look, coordinate your faucets with other bathroom elements finished in gold hues, such as a laminate veneer vanity in a high-gloss gold finish.

Cabinetry

Collectively, cabinets are the biggest component of most kitchens. Since kitchens tend to be the hub of the home, it's important to maintain a homey feel while adding the luxury of modern features. Using warm colors, gold-toned hardware and sleek door styles can deliver a glamorous yet welcoming design.

Free-Standing Tubs

A luxurious soaking tub is a top demand for many homeowners, and trends are moving toward free-standing options that create a focal point in an oasis-like bathroom. You may be envisioning an old-fashioned claw-foot style, but there are numerous modern takes on the traditional version that can fit seamlessly into your modern design scheme.

Wood-Look Flooring

Natural wood floors were once the gold standard, but thanks to improvements in the quality and appearance of laminate and vinyl products, you can find alternative flooring in even high-end homes. Laminate and vinyl planks give the same look as wood (or stone, if you prefer) to complement a modern aesthetic, usually at a lower price point and with greater durability over time.


COURTESY PHOTO

Art News

Scott Kurt & Memphis 59 Enjoy Afro Pop in this free outdoor concert 7 p.m. June 18. Parking is free in the ParkX parking garage with validation. Reston Station, 1901 Reston Metro Plaza, Reston. For more information visit https://bit.ly/3znmu3U.

The Anonymous Lover Join Wolf Trap Opera for this comic romance or a beautiful young widow who has become disillusioned with love. 8 p.m. June 18. Cost is $32 and up. Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3iApUue.

Reston Pride Festival Enjoy multiple performances by talented local artists and musicians. Multiple vendors will be there too. 10 a.m. to 2 p.m. June 19. Free. Lake Anne Plaza, 1609 Washington Plaza, Reston. For more information visit https://bit.ly/3gzu9ne.

Third Saturday Enjoy live artist demonstrations by Torpedo Factory artists and environmental education by staff members from the Jerome "Buddie" Ford Nature Center. 1 to 3 p.m. June 19. City Marina, 0 Cameron St., Alexandria. For more information visit https://bit.ly/3pTSOas.

Virtual Juneteenth Celebration with the Washington Revels Jubilee Voices and the Alexandria Black History Museum. 2 p.m. June 19. Free. For more information visit https://bit.ly/2U9L1tj.

Classic Comedy by Lohr This fast-paced family vaudeville show is filled with circus skills and comedy with a sprinkling of magic. 10 a.m. June 19. Free. Reston Town Square Park, Corner of Market and Explorer streets, Reston. For more information visit https://bit.ly/3grTQ9a.

Salon Series Join Wolf Trap Opera for Intimate Evenings of Song streamed online. Each program is curated by the artists, providing a unique glimpse into how they interpret art songs and the world around them. 7 to 9 p.m. June 25, July 9 and 15. Free. For more information visit https://bit.ly/3gioxO4.

Country and Western Line Dancing Singles and couples are welcome. 6 p.m. Weekly June 16 through August 4. Cost is $93 for the series. Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit https://bit.ly/2SkMJXU.

We, Too, Sing America is a solo exhibition by artist Omolara Williams McCallister and will include visual, sound, and interactive elements including durational performance. The exhibit ends July 18. A virtual reception will be held June 11 at 7 p.m. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit https://bit.ly/34nLGsB.

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

Behold! The Beauty of the Earth showcases the art of Ava and Richard Neff and reflects their skills in working with colors and compositions. Ava creates artistic wall hangings and takes her inspiration from photographs, her husband's oil paintings or her observations of nature. Scenes of nature by plein aire painting has been a central theme in Richard's art. The exhibit is daily from through June 30. Free. Reston Community Center, 2310 Colts Neck Rd., Reston. For more information visit https://bit.ly/3xBGX40.

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

Community Arts Collection was introduced by Fairfax County Public Library in late 2020. It's a virtual public gallery of art. Discover the creative talents of your neighbors and share your own. As the collection grows it will showcase work in a variety of categories including illustration, sketch, painting, graphic design, art and craft creations in various formats and materials, photography, poetry and more. For more information visit https://bit.ly/3bVJU6u.

Ellen Reid Soundwalk is a GPS-enabled work of free public art that uses music to illuminate the natural environment. Continues through Sept. 6. For more information visit https://bit.ly/3cSyZLw.

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.

Farmers' Markets Visit a variety of vendors to purchase produce, pastries, bread, meat and more. 8 a.m. to noon. Fridays through Nov. 12. Lewinsville Park, 1659 Chain Bridge Rd., McLean. For more information visit https://bit.ly/3fK9H2t. 3 to 7 p.m. Fridays through Oct. 29. 5844-5862 Kingstowne Center, Alexandria. For more information visit https://bit.ly/34lWuHG.

African Americans at Walney Walking Tour Hear the names and stories of many families who lived and worked at Walney. 10 a.m. June 18. Cost is $7. E.C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3cFEM6Q.

River Fishing by Boat Fish for smallmouth bass and sunfish from a canoe or jon boat. Start out with an intro to boating and fishing basics. 5:15 to 7:15 p.m. June 18. Cost is $22 per person. Riverbend Park, 8700 Potomac Hills St., Great Falls. For more information visit https://bit.ly/3xyJxar.

Father's Day Golf Tournament Teams of two players compete in an 18-hole scramble format in three divisions. 8 a.m. June 19. Limited to 48 teams. Cost is $75. Burke Lake Golf Center, 6915 Ox Rd., Fairfax Station. For more information visit https://bit.ly/3iFefu5.

Community Market includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. June 19. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3hTCNiO.

Gardening with Ferns Webinar Learn how to grow and propagate these shade-loving plants. Link to the virtual program will be emailed to all registrants one hour before start. 10 a.m. June 19. Cost is $15. Virtual. For more information visit https://bit.ly/3wsem07.

Equestrian Lecture Join Mark Wonderly for a lecture on riding and jumping skills. A limited space, hands-on riding portion is available. 10 a.m. June 20. Cost is $35. Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit https://bit.ly/2U4cNHw.

BOGO Golf Rounds Bring a new golf friend and get their round for free when you purchase your round at regular price. 6 a.m. June 22. The fee is cost of a round. Free full swing clinic is at 9 a.m. Greendale Golf Course, 6700 Telegraph Rd., Alexandria. For more information call 703-971-6170.

Mosby Bus Tour Register now for the June 26 tour with hosts Don Hakenson and Eric Buckland. Visit Stone Bridge, Mosby's gravesite, Warrenton, Middleburg and more. Cost is $65 to $75. For more information call Don at 703-971-4984.

ONGOING

Forgotten Road Tours in commemoration of Juneteenth, these outside walking tours of the original outbuildings and representative slave quarters focus on the lives and stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. daily through June 19. Cost is $20 to $40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit https://bit.ly/34WkvFN.

Virtual Mental Help Events and Support Recovery Program Solutions of Virginia holds a variety of free online events and support groups each week. Meet new friends, stay healthy and fit, participate in art therapy and more. For more information visit https://bit.ly/3vokjut.

Senior Womens Softball Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit goldengirls.org.

Help Needy Children through volunteer work with Assistance League. Learn more at https://bit.ly/305C3ge.

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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Help Wanted

Federal Home Loan Mortgage Corporation **seeks f/t** Quantitative Analytics Senior in McLean, VA to develop analytical methods and models that assess the credit risk of new and existing financial and mortgage products. Req's PhD or foreign equiv in stats, data science, applied math, econometrics, finance, or related quantitative discipline and demonstrated knowledge of economic and/or financial modeling or Master's degree and 3 years of experience or Bachelor's degree followed by 5 years of progressively responsible experience. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-153

Federal Home Loan Mortgage Corporation **seeks f/t** Development Senior in McLean, VA to design and develop advanced Android & iOS mobile applications and enhance features. Req's Master's or frgn equiv degree in Computer Science, Computer Engineering, or related discipline and 3 yrs of exp with application development or Bachelor's degree follwed by 5 years of progressively responsible experience. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-1562.

Senior Java/J2EE Developer – Reston, VA. Seeking MS in IT, Comp. Sci., Engg., or related and 2 yrs. soft. dev. exp. req'd. Would also accept BS in IT, Comp. Sci., Engg., or related and 5 yrs. soft. dev. exp. req'd. Travel and relocation, as req'd. Mail CV to Attn: HR/Job #0527, eSolutionsFirst, LLC, 12020 Sunrise Valley Drive, #100, Reston, VA 20191.

Federal Home Loan Mortgage Corporation seeks f/t Financial Modeling Development Professional A in McLean, VA to design, develop, and support systems within the financial modeling and research area. Req's Master's degree or frgn equiv in in Computer Science or related discipline. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-411.

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to collocate wireless communications antennas at a top height of 92.92 feet on a 110.92-foot building rooftop at the approx. vicinity of 7401 East Moreland Road, Annandale, Fairfax County, VA 22003. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Samantha, 8600 LaSalle Road, Suite 301, Towson, MD 21286. 410-853-7128 ext.905.

Admin & Fiscal Assistant, Fairfax County Cooperative Extension
The essential duties to the operation of the unit include administrative, fiscal, and business functions not limited to: accounts payable, receivable, journal entries, budgeting and a high commitment to both internal and external customer service. This position is eligible for full state benefits package. Salary commensurate with education and experience.
To apply visit:
Tinyurl.com/FairfaxAFA
Virginia Tech is an equal opportunity/affirmative action institution

Federal Home Loan Mortgage Corporation **seeks f/t** Development Senior in McLean, VA to support application development, prototyping, and modeling. Req's Master's degree or frgn equiv in Computer Information Systems, Computer Science, or closely related field and 3 years of experience with software development and automation or Bachelor's degree fllwed by 5 years of progressively responsible experience. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-1009.

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TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Planning Commission** of the Town of Herndon, Virginia, will hold a work session on Monday, June 14, 2021, at 7:00 p.m. and a public hearing on Monday, June 28, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work sessions and public hearings may be by electronic means.

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

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

ZONING ORDINANCE TEXT AMENDMENT, ZOTA #21-02, to allow for an increase in permitted density up to 28 dwelling units per acre in the PD-UR, Planned Development Urban Residential, zoning district when a zoning map amendment includes adaptive reuse of existing buildings for residential dwelling units. This zoning ordinance text amendment is being considered pursuant to Virginia Code §§ 15.2-2204, 15.2-2285, 15.2-2286, and an Initiating Resolution adopted by the Town Council on May 25, 2021. Notice is hereby given to consider zoning text amendments to establish new, and clarify, revise, and/or delete, existing regulations and definitions in order to increase the maximum density up to 28 dwelling units per acre in PD-UR. The proposed amendments under consideration include, without limitation: Chapter 78 (ZONING), Article V (Planned Development Districts), Section 78-51.1 (Planned Development Urban Residential), and Section 78-180 (Definitions).

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning June 11, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish June 11 and June 18, 2021

[(Full name(s) of owner(s)]: SHB McLean LLC
Trading as: Starr Hill Biergarten
1800 Capital One Dr. Ste 1100
Tysons, Fairfax, VA 22031-3404

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine and beer off premises license to sell or manufacture alcoholic beverages.

Josh Cromwell

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.

3008451 (06-11-21, 06-18-21)

[(Full name(s) of owner(s)]: 7-Eleven Inc and Gurjas Inc
Trading as: 7-Eleven 10643B
10008 Main Street
Fairfax, Fairfax, VA 22031-3404

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine and beer off premises license to sell or manufacture alcoholic beverages.

David Seltzer, VP

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.

3008443 (06-11-21, 06-18-21)

Marquez IP Law Office, PLLC
Juan Carlos A. Marquez, Attorney-at-Law
1629 K Street NW, Suite 300
Washington, DC 20006

SPECIAL COMMISSIONER'S SALE OF INTELLECTUAL PROPERTY

Certain Assets of Vehicle Control Technologies, Inc.

Under a power of sale contained in an Order by the Circuit Court of Fairfax County in Civil Action No. CL2020-0043 and dated May 12, 2021, appointing Juan Carlos A. Marquez Special Commissioner of Sale ("Special Commissioner"), Special Commissioner will sell at public on-line auction on

July 7, 2021 • AT 12:00 PM

A. The following patents on record with the United States Patent and Trademark Office:
PATENT NO. AND TITLE
8,430,049 Launch and recovery systems and methods
8,364,331 Docking apparatuses and methods
8,205,570 Autonomous unmanned underwater vehicle with buoyancy engine
D649,924 Buoyancy engine module for an unmanned underwater vehicle
D630,994 Apparatus for mechanically guiding a water vehicle that is being released or retrieved
D629,736 Tail module for an unmanned underwater vehicle
7,775,174 Self-propelled tow body
D580,341 Docking slot portion of an object
D578,463 Underwater vehicle
D573,937 Portion of a vehicle
D573,935 Underwater vehicle
B. Certain rights in and to copyrightable works and the respective copyright registrations thereof relating to software, described more particularly as follows:
i. Design and simulation tools located in a file directory named VCTTools, which includes software designated as HydroV, SimV, CableV, FlowV, ExpV, and MATLAB/ SIMULINK software scripts and functions linked to VCTTools; and,
ii. Vehicle guidance, navigation, and control (GNC) software in C/C++ language.
C. Certain contract rights and authorizations necessary to transfer to the purchaser ownership of various accounts at which the Software is stored.

The Patents, copyright to the Software, and ownership of the accounts at which the Software is stored, shall be transferred to the purchaser free and clear of any and all claims of ownership, assignment, license, or otherwise EXCEPT they shall not be transferred free and clear of any interest of the United States of America, but shall be subject to all such interests.

TERMS OF SALE: A deposit in the form of a credit card hold in the amount of $7,500 shall be required in order to bid. The winning bidder shall execute the Purchase Agreement within 24 hours of the completion of the auction and pay the Special Commissioner the entire sales price within 48 hours of the completion of the auction in cash or certified funds.

A buyer's premium equal to ten percent (10)% of the Purchaser's final bid will be added to the amount of the Purchaser's final bid to determine the Sales Price. Thus, the Sales Price will be the amount of the Purchaser's final bid plus the 10% buyer's premium.

In the event purchaser does not settle as required for any reason, purchaser shall be in default. Upon such default, the Special Commissioner may resell the property at the risk and expense of defaulting purchaser. Purchaser hereby consents to such resale without further notice. Defaulting purchaser shall not be entitled to any surplus proceeds or profits resulting from any resale of the Property, and the deposit shall be forfeited to the Special Commissioner and all of the expenses of this sale (including attorneys' fees and full commission on the gross sale price) shall be charged against and paid out of the forfeited deposit. Purchaser shall pay all attorneys' fees and costs, and all other damages of any kind or nature, incurred by the Special Commissioner, and his respective agents, employees, successors, and assigns, in connection with any such default.

If Special Commissioner is unable to convey title, purchaser's sole remedy at law and in equity shall be limited to a refund of the deposit and the sale shall be considered null and void and of no effect.

Special Commissioner reserves the right, in his sole discretion, to reject any and all bids, to withdraw the Property from sale at any time before or at the auction, to extend the time to receive bids, to waive or modify the deposit requirement.

THE INTELLECTUAL PROPERTY IS BEING SOLD AS-IS and neither the Special Commissioner, nor his respective agents, employees, successors, and assigns, make any representations or warranties, express or implied, with respect to the Property, including, without limitation, its value, description, potential uses, merchantability, or fitness for a particular purpose.

The information contained herein was obtained from sources deemed reliable (including public records) and believed to be accurate, but is offered for informational purposes only. No express or implied representations or warranties are, or may be, inferred with respect to the accuracy of such information. Interested bidders are urged to conduct such independent due diligence as they may deem appropriate.

Juan Carlos A. Marquez, Special Commissioner

To bid please go to: www.tranzon.com/fx7354

For further information please contact: Jeff Stein at Tranzon Fox at (888) 621-2110

Help Wanted

TECHNOLOGY
CSC Covansys Corporation, is accepting resumes for the position of Professional Programmer Analyst in Tysons, VA (Ref. # 5084590). Analyze, design, and write specifications for basic programs. Assist in identifying and resolving product problems with specific programs. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. #5084590, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Federal Home Loan Mortgage Corporation seeks f/t Financial Modeling Development Professional A in McLean, VA to design and implement high quality financial model application components/frameworks. Req's Master's degree in Information Technology or in a closely related technical field and demonstrated knowledge of programming in Java. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #18-937.

Help Wanted

Federal Home Loan Mortgage Corporation **seeks f/t** Development Senior in McLean, VA to support application development, prototyping, & modeling. Req's Bachelor's degree or foreign equivalent degree in Electrical Engineering, Computer Science, or rel field followed by five (5) years of progressively responsible experience with Informatica tools. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-1019.

Transportation System Modeler. C&M Associates, Inc. seeking Modeler for its Arlington, VA location to coordinate collection of project data to support traffic and toll revenue studies; create models and methodologies to convert large datasets; create software tools to calculate toll policy curves to calculate optimum toll rates. Resume to: 15770 N. Dallas Pkwy, Suite 870, Dallas, TX 75248