# FAIRFAX COUNTY TIMES

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ae

**COMEDY:**

**DC IMPROV WELCOMES ERIN JACKSON**

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*Friday - Partly Cloudy* **High: 60° Low: 40°** | *Saturday - Mostly Cloudy* **High: 62° Low: 45°** | *Sunday - Showers* **High: 77° Low: 51°**

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25¢ NEWSSTAND PRICE

# Community partners play a key role in equitable vaccine distribution

**By Brooke Lewitas**
FAIRFAX COUNTY TIMES

Throughout the last year, COVID has taken a disproportionate toll on Black and Hispanic communities. In one measure completed by the Fairfax County Health Department, Hispanic individuals in Fairfax County had a 7-fold higher age-adjusted risk of hospitalization and death compared with non-Hispanic whites, and are 4 times more likely to contract the disease.

"While COVID-19 is a public health crisis, Fairfax County is confronting it recognizing that health is tied to the conditions that people live in and the opportunities they have for housing, jobs, transportation, education, health care, and more," said Chairman Jeff McKay's Communications Director, Hannah Menchhoff. "And while anyone can contract COVID-19, we acknowledge that social and economic conditions in the community are making some people more vulnerable to the effects of the disease than others."

The government is working in tandem with other community leaders to mitigate these issues. Board of Supervisors Chairman Jeff McKay, Fairfax County Chief Equity Officer Karla Bruce-Choice, and Health Department Director of Epidemiology Ben Schwartz were joined by a number of community partners and advocates in a public meeting to discuss distribution equity. Some of the organizations represented included Black Women United for Action, the Virginia Latino Advisory Board, Network NOVA, and Rowan Tree's Anti Racism and Equity in Action Committee.

The County is employing what have been called 'equity vaccination centers', which "are aimed at reaching the Fairfax County populations at the highest risk and most impacted by contracting COVID-19," Menchhoff said.

"Locations for these clinics are chosen and carried out by evaluating vaccinations by zip code data, the Fairfax County COVID-19 Vulnerability Index, and COVID-19 hot spots. The Health Department and the Department of Neighborhood and Community Services (NCS) collaborate with community-based leaders and organizations in the faith, nonprofit, and civic sectors with connections to the highest risk communities, equipping them with information and tools to enable these trusted messengers to provide early notification of registration opportunities and other necessary support for people to get vaccinated," Menchoff continued.

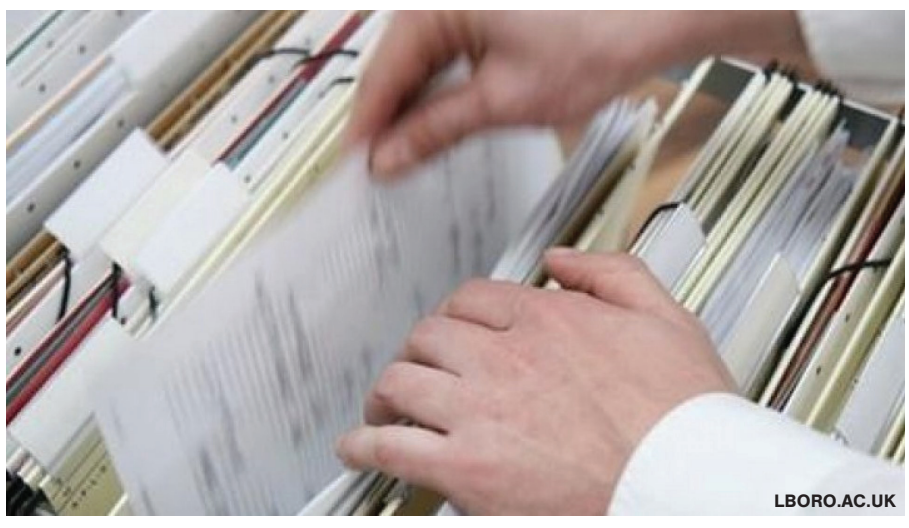
CDC / UNSPLASH

Co-Founder of Rowan Tree's Anti Racism and Equity in Action Committee Kate Viggiano Janich stated "It's important to improve access to the vaccine for those who wish to receive it, but face barriers such as not being able to take off from work during regular hours or not having transportation to the current vaccine sites. Having vaccine centers removes some of these barriers by making it easier for our community members to obtain their vaccine close to their community, at times that work for their schedules."

As Karla Bruce explained, community partners like faith centers, nonprofits, and civic organizations can be a trusted source of information for people who have

See VACCINE, Page A7

# Virginia just made it easier for the public to access closed case files



LBORO.AC.UK

**By Rick Horner**
FAIRFAX COUNTY TIMES

On March 31 Governor Ralph Northam officially signed House Bill 2004 into law, this bill will allow for the public to easily access closed criminal investigative files which some have applauded as a big step towards greater police transparency and justice.

HB 2004, which was filed by Del. Chris L. Hurst (D-Radford, Giles County) adds criminal investigative files related to criminal investigations or proceedings that are not ongoing to the list of items that can be requested through the Virginia Freedom of Information Act. Before this bill the release of such files was up to the sole discretion of law enforcement which could cause headaches for defense attorneys who would seek their client's old case files or to request the case files of officers who had been known to contribute to wrongful convictions.

"Our justice system cannot function without the trust of the community. Allowing the public access to formerly closed police investigations will help foster that trust." Says Fairfax County Commonwealth's Attorney Steve Descano in a statement made to Fairfax County Times.

One well known case of where access to files would have been helpful is that of the Norfolk Four, a 1997 case that resulted in four U.S. Navy sailors wrongfully convicted for the rape and murder of 18-year-old Michelle Moore-Bosko. The investigator, former Detective Robert Glenn Ford was found to have used tactics to elicit confessions from the four sailors that were

See COLD CASE, Page A7

POSITIVE VIBES with Brooke Lewitas

# Reston author publishes heartwarming children's story

COURTESY PHOTO

One day in 1999, a tiny Tibetan Spaniel mix named Rascal followed Jessica Sizemore's older brother home from school. The family wasn't looking for a dog, but he became a very well loved part of the family.

Sizemore, who now lives in Reston with her husband

See LITTLE RASCAL, Page A7

## PUBLIC SAFETY NOTES

COURTESY PHOTO

### Stay one step ahead of scammers

Every day, hundreds of local residents lose their hard-earned money to a variety of fraud schemes. In fact, every two seconds, a con artist steals someone's identity.

To strike back against scammers, AARP and the Fairfax Silver Shield Task Force are bringing together top experts and law enforcement officials to present at a free informational virtual Scam Jam April 23 from 9 a.m. to 11:30 a.m. The event will be hosted on Zoom.

The keynote speaker is Susan Hogan, consumer investigative reporter for NBC News4; her remarks will focus on how individuals can outsmart scammers. Presenters and exhibitors will discuss scams targeting Virginians, such as internet, telephone and mail fraud, COVID-19 vaccination schemes and the latest identity theft shams.

Registration is required at http://bit.ly/FfxScamJam.

### CBP officers, facial biometrics detect impostors to U.S. passports at Dulles airport

U.S. Customs and Border Protection (CBP) officers identified two Cameroon women as impostors at Washington Dulles International Airport April 5 with the help of biometric facial comparison technology.

The two women arrived at a CBP primary inspection booth separately after their flight arrived from Brussels, Belgium April 5 and each presented a U.S. passport to a CBP officer. CBP's biometric facial comparison technology reported a mismatch between each woman and the true bearers of the U.S. passports.

The CBP primary inspection officer referred both women to a secondary examination. During separate interviews, both women immediately admitted that they purchased the U.S. passports. CBP determined the women to be impostors for deliberately attempting to use genuine travel documents that were lawfully issued to other people.

CBP is not releasing the women's names because neither woman was criminally charged. Instead, CBP seized the passports and ordered the women to be expeditiously removed from the United States.

CBP uses biometric facial comparison technology to further secure and enhance the international arrivals process while protecting the privacy of all travelers. When travelers arrive from overseas, they pause for a photo at the primary inspection point. That photograph is then compared to the traveler's passport or visa photo retrieved from government holdings.

"This is a great example of how Customs and Border Protection officers use their law enforcement experience coupled with biometric facial comparison technology to intercept impostors deliberately masquerading as lawful travelers," said Keith Fleming, Acting Director of Field Operations for CBP's Baltimore Field Office. "Impostors violate U.S. immigration law and may pose a serious threat to our national security."

To date, more than 68 million travelers have participated in the biometric facial comparison process at air, sea and land ports of entry. The use of facial biometrics provides travelers with a secure, touchless travel experience and continues the fulfillment of a long-standing Congressional mandate to biometrically record the entry and exit of non-U.S. citizens.

CBP's border security mission is led at ports of entry by CBP officers from the Office of Field Operations. CBP officers screen international travelers and cargo and search for illicit narcotics, unreported currency, weapons, counterfeit consumer goods, prohibited agriculture, and other illicit products that could potentially harm the American public.

EXPERIENCE THE FINEST
Senior Living Lifestyle Coming to Fairfax County

MEET FAIR OAKS
We invite you to visit our Welcome Center and discover how our exceptional team, carefree lifestyle, and personalized services will make life brighter for Virginia seniors when we open in Fairfax summer of 2021.
- Monthly rentals with no large entrance fees – a great value
- Social, lifelong learning, cultural, and entertaining events and programs
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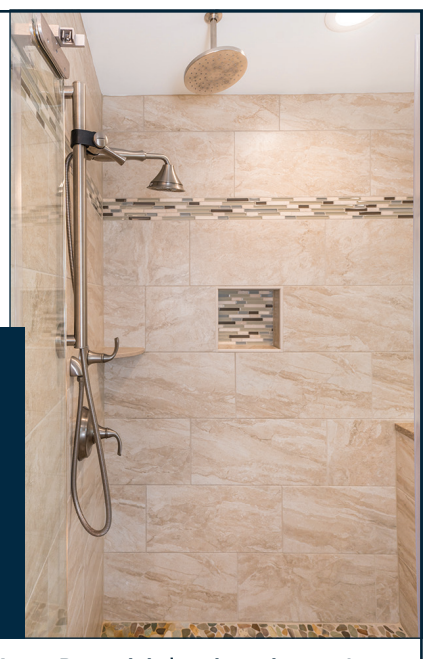
SINCE 2001…153+ PROJECTS COMPLETED…
$18+ MILLION Invested in building a better community + $12+ MILLION Labor, time, materials and expertise donated = OVER 196,000 LIVES CHANGED
HomeAid Northern Virginia, Builder **Captain Christopher Companies**, KTGY Architecture + Planning, Staged Interior, and **25 trade partners** completed a **$140,000+ renovation and expansion project** at a home owned by Operation Renewed Hope Foundation (ORHF) whose mission is to provide quality housing and supportive services to our Nation's homeless Veterans.
In addition, **Staged Interior** and **KTGY Architecture + Planning** provided all of the furnishing and accessorized the entire home.
The project expanded the home with an additional ADA compliant bedroom and bathroom by converting a carport into living space; converted the upstairs layout into two large bedrooms with a 'Jack and Jill' shared bathroom; and built out the unfinished basement to include a bedroom with an en-suite bath. In addition, Christopher Companies and trade partners completely renovated and updated the kitchen, shared living spaces, flooring, electric and plumbing, light fixtures, roof, exterior siding, landscaping, and created a wheelchair accessible ramp.
THANK YOU!
CHRISTOPHER COMPANIES QUALITY BY DESIGN
And the following trade partners for giving new life to the house owned by Operation Renewed Hope Foundation, and the Veterans who will call this place home.
Alside Supply Center
Annandale Millwork & Allied Systems
Archer Exteriors
Best Painting
Builders First Source, Inc.
Burgess Lighting
Capitol Building Supply
Colonial Sash & Doors, Inc.
Coretrade Electric
Eastern Applicators, Inc.
Exceptional Choices, Inc.
FCO Carpentry, Inc.
GAF
Heritage Contracting, LLC
KTGY Architecture + Planning
Masonry Design, Inc.
McCormick Paints
MEP Home Services
Renewal by Andersen
Signature Companies
Southland Insulators
Stadler Nurseries
Stonewall Concrete, Inc.
T.A.C. Ceramic Tile Co.
Universal Stones, Inc.
Vintage Security
OFFICIAL CHARITY OF NVBIA Est. 1936
HomeAid Northern Virginia builds and renovates facilities for homeless shelters and other non-profits across our region, thanks to the generosity of our Builder Captains and their trade partners.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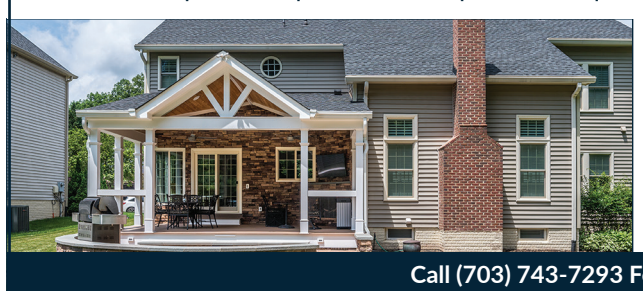

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## PEOPLE AND PLACES

COURTESY PHOTO

A girl enjoys one of the Fairfax County Parks carousels.

### Park Authority amusements and facilities to reopen for spring

Spring is in the air, and that means it's time to reopen Park Authority amusements and facilities that have been closed for the winter. Welcome the warm weather by taking a spin on a carousel, going for a train or wagon ride, launching a boat, playing a round of mini golf or practicing your swing at the batting cages.

Amusements at many Park Authority facilities have begun opening for the season. Please check our website for site-specific hours and details; hours will continue to expand as we approach summer:

**Batting Cages** – Located at Braddock Park.

**Boating/Marinas** – Includes Lake Accotink, Burke Lake, Lake Fairfax and Riverbend Park.

**Carousels** – Located at Burke Lake, Clemyjontri, Frying Pan Farm, Lake Accotink, Lake Fairfax and Lee District Family Recreation Area.

**Mini Golf** – Includes facilities at Burke Lake, Jefferson Falls, Lake Accotink and Oak Marr.

**Train** – Includes Burke Lake Park Miniature Train and Clemyjontri's Trackless Train.

**Wagon Rides** – Includes regular rides at Frying Pan Farm Park and programmed rides at other locations.

COVID-19 safety procedures remain in place at all park venues. Amusements will run at reduced capacity, equipment and rides will be cleaned between uses, sanitation breaks will be implemented, and social distancing is required in queues and while participating in park activities. Certain seats or areas may be blocked off to facilitate social distancing. Masks are required for visitors age 2 and up, and customers are encouraged to carry wipes and hand sanitizer.

Due to reduced capacity, tickets are limited. Visitors are encouraged to purchase tickets in advance to reserve your spot and reduce physical contact. You can buy an unlimited number of tickets for your favorite activities for the same day or different days. Drop-in tickets will still be available on site if activities do not sell out online. The Park Authority encourages visitors to check the status online or book online before arriving. For ticketing and more information, visit the Popular Activities Page at https://bit.ly/3uJG87c. Please note that Braddock Park batting cage tokens must be purchased in person.

For more information, contact the Park Authority at 703-324-8700.

### Winners announced in annual student poetry contest

Nine student poets have been named winners in the 2021 Fairfax Parks Student Poetry Contest.

More than 120 students in grades K-8 entered the contest presented by the Fairfax County Park Authority and the Fairfax County Park Foundation. The annual contest coincides with National Poetry Month in April.

This year's theme also celebrates 70 Years of Excellence in Fairfax County Parks. Students were asked to write how local parks have made Fairfax County a greener, cleaner, healthier place to live, work and play.

The winners in each grade category of the poetry contest are:

**Grades K-3**

**James P.**, a third-grade student at Kent Gardens Elementary School

**Leonardo Rodriguez**, a third-grade student at Laurel Ridge Elementary School

**Zahra Quraishi** of Ashburn, a first-grade homeschool student

**Grades 4-5**

**Alisha Baptista**, a fourth-grade student at Bull Run Elementary School

**Lydia Gibbons**, a fifth-grade student at Cherry Run Elementary School

**DoWon Lee**, a fourth-grade student at Oakton Elementary School

**Grades 6-8**

**Katelyn Hubbard**, a sixth-grade student at Mosby Woods Elementary School

**Seonghui Ju**, a sixth-grade student at Haycock Elementary School

**Sumayah Qazzaz** of Falls Church, a seventh-grade homeschool student

The nine student winners will participate in a virtual poetry reading to be shared on the Park Authority's website and social media platforms on Earth Day, April 22. Follow the Park Authority on social media or visit the Poetry Contest website at https://bit.ly/2Ql6TQ9 to see the virtual showcase.

In celebration of the Park Authority's 70th anniversary, winners will also receive a $70 Park Authority gift card, courtesy of the Fairfax County Park Foundation.

COURTESY PHOTO

All the teams recognized by the new Patriot Pathbreakers Award have found innovative solutions to keeping Mason students safe and operations moving forward during the pandemic.

### Mason's annual staff honors include new Patriot Pathbreakers Award

For the first time, George Mason University is recognizing specific teams of employees for their innovative work. The newly created Patriot Pathbreakers Award was presented at an awards ceremony April 13, to three staff teams for their work over the past year.

The teams being honored are the Office of Admissions Relationship Management Team, the Housing and Residence Life and Student Health Services Team, and the University Life Emergency Funding Team. A full list of the award winners can be found at https://bit.ly/2QoZ2kA.

"The Patriot Pathbreakers Award acknowledges and applauds the innovative and collaborative efforts of a Mason team, recognizing those efforts have helped us find solutions to larger organizational problems, overcome challenges and support the Mason value of thriving together," said Shernita Rochelle Parker assistant vice president, Human Resources strategy and talent management.

"The Patriot Pathbreakers Award, established by Human Resources (HR) and Payroll and the Staff Senate, seeks to honor high-performing teams that embody the Mason value of 'We Thrive Together,'" said Lauren Reuscher, chair of the Staff Senate.

"High-performing teams are active pathbreakers, using the individual talents of team members to overcome obstacles and make progress toward their goals," said Reuscher.

Reuscher said that the way the Mason community responded to the challenges of the past year inspired a group of Staff Senators and HR and Payroll staff to recognize the work accomplished by Mason's most innovative teams.

The Office of Admissions' Relationship Management Team is being honored for quickly pivoting from a primarily in-person service to an online presence to meet institutional enrollment goals.

"This team's innovation helped them thrive despite the quick changes required in college recruitment," said Reuscher. "By encouraging team members to bring their unique perspectives to the table, they find creative solutions."

The staff in Student Health Services and Housing and Residence Life is being honored for establishing a collaborative approach to keep the residential student community safe during the coronavirus pandemic, said Reuscher.

"These two groups worked together to educate students about COVID-19, carry out testing, and ensure proper quarantine or isolation for affected residential students," said Reuscher. "Their collaboration put our community's health and safety at the forefront."

The third group receiving the Patriot Pathbreakers Award, the University Life Emergency Funding Team, quickly mobilized to distribute state, federal and donor funding through one centralized application for all Mason students, said Reuscher.

"Staff from different units in University Life dedicated their energy and talent to creating a new, effective process," said Reuscher. "The majority of them volunteered to join this team, ready to go above and beyond to help our students during a challenging time."

### Reston-based Caliburn International announces intention to split

**Caliburn International, LLC**, a leading provider of professional services and specialized technology solutions for the U.S. government and commercial clients worldwide, announced April 7 that it intends to separate into two independent companies.

The decision was made after an extensive strategic review by the Board of Directors, senior management, and their advisors, who concluded that, given the diverse nature of the company's capabilities, missions, and customers, it is in the best interest of its constituents to separate into two companies.

The two new companies are:

**Acuity International**, which will be comprised of the company's (i) Engineering & Technology, (ii) Advanced Medical, and (iii) Global Mission business units and,

**Valiance Humanitarian ("Valiance")**, which will continue the company's humanitarian efforts, primarily to the U.S. Department of Health and Human Services' Office of Refugee

**Robert Stalick**, who currently serves as president of Caliburn's Engineering and Technology business unit, has been named the Chief Executive Officer of Acuity International. **Melissa Aguilar**, M.S.S.W., LMSW, LCCA, has been named Chief Executive Officer of Valiance Humanitarian. **Jim Van Dusen**, currently Chief Executive Officer of Caliburn, will continue to serve on the Board of Directors of Acuity International and remain a senior advisor to both companies.

"Caliburn has reached a pivotal moment in its evolution and growth, and this decision to split the company into two separate entities will allow each company to have the strategic focus to better satisfy its respective customers' missions," said Thomas J. Campbell, chairman of the board of directors. "This separation is a natural progression given the different capabilities required to support our customers who rely on our expertise in Engineering and Technology, Advanced Medical and Global Missions and our customers focused on Humanitarian Assistance. This will position Acuity International to continue to grow by investing in complementary capabilities, particularly those with a technology focus such as cybersecurity and artificial intelligence. Similarly, Valiance will be able to expand its ability to support humanitarian efforts."

"Our three business practices will continue to provide high-value, technology-centered and innovative solutions to both our domestic and international customers, said Stalick. "We have invested a significant amount of R&D resources over the past couple of years in new technology and plan to go to market with two new software products – "CostPro" and "MLINK" – in the second quarter. We have an excellent team and a diversified set of capabilities. I am honored to be able to lead the company as we continue our growth and evolution."

Ambassador **William Todd**, former Deputy Under Secretary of State for Management, has joined Acuity International as Chief Revenue Officer. **David Williams**, formerly vice president/General Manager of the Healthcare Provider practice of Conduent, has been named as President, Advanced Medical. Acuity International is actively recruiting a president for its Engineering & Technology business unit.

Two of Caliburn's current senior management will assume new roles within Acuity International. **C.D. Moore**, who has served as chief operations officer since 2019, has been named president of Global Mission Services, overseeing efforts that include base operations, logistics, security services, munitions, and specialized engineering projects. **Frank Pandolfe**, who served as executive vice president for Corporate Development since 2019, will become president, International Operations and will be headquartered in the United Arab Emirates.

Stalick will also retain his role as president and CEO of Owl Cyber Defense ("Owl"). Owl is a leading provider of highly differentiated cybersecurity solutions utilized by the U.S. Department of Defense, U.S. Intelligence Community and critical infrastructure, both domestically and internationally. Separately, Owl has been collaborating with Acuity International on the introduction of Owl's suite of cyber products and solutions to Acuity International's customer base. Both companies are owned by affiliates of DC Capital Partners.

"Our humanitarian work is extremely important, and we look forward to continuing to support our current clients at the U.S. Department of Health and Human Services' (HHS) Office of Refugee Resettlement (ORR)," said Aguilar. "We are particularly dedicated to ORR's compassionate and vital mission to protect unaccompanied minors and support the needs of their families, as well as expand our capabilities to serve new clients with similar requirements. Valiance Humanitarian will focus all its attention on humanitarian efforts and find additional ways to support our customers in this critical mission."

**Jessica Martinez** has been named chief operating officer and executive director of HHS Programs for Valiance Humanitarian. **Francisco Quezada** has been named director of Operations and Facilities. The company is actively recruiting a chief financial officer.

Both Acuity International and Valiance Humanitarian will soon be announcing the members of their respective Board of Directors as well as additional personnel appointments and promotions.

The separation of Caliburn into the two companies is expected to be completed by September 30, subject to receipt of necessary regulatory approvals.

## OBITUARIES

*In loving memory*

### *James Charles Ruwaldt*

James (Jim) Charles Ruwaldt of Herndon, Virginia died suddenly at his home on December 24, 2020. He was born on January 11, 1971 in West Lafayette, Indiana to James Joseph Ruwaldt, Jr and Janet Marie (Girtman) Ruwaldt who survive him and live in Lodi, Wisconsin. He is survived by a sister Karen Marie Ruwaldt of Illinois and a brother Matthew John Ruwaldt of Florence, Oregon. He was also survived by his long term partner Tonya Kay Pettigrew who now lives in Burlington, North Carolina. Jim was predeceased by his grandparents James J. and Margaret E. Ruwaldt, Sr, and Charles R. and Estelle Girtman.

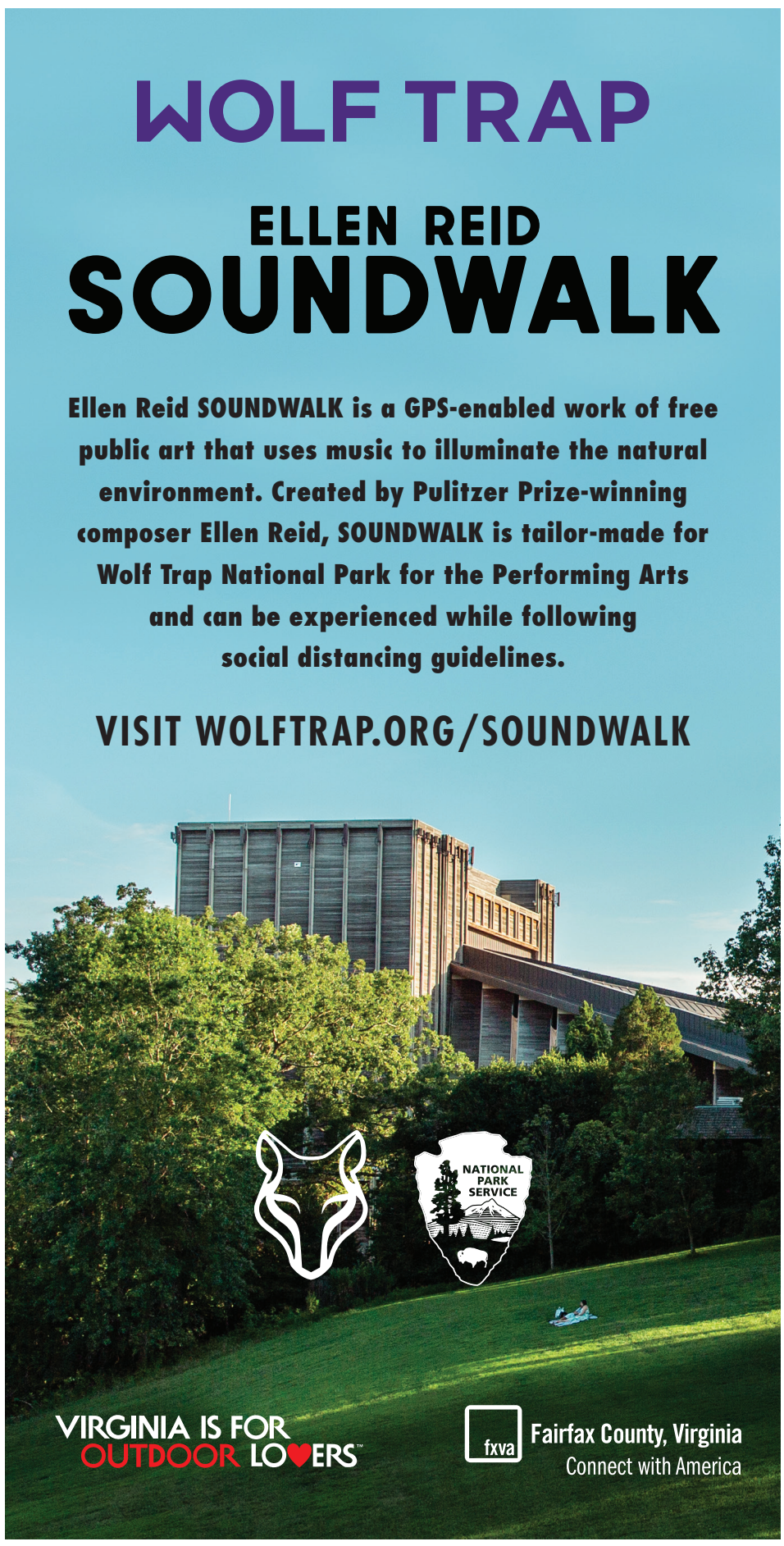
Jim graduated from Indiana University in Bloomington in 1997 with a Master of Library Science and in 1993 with a Bachelor's Degree in Germanic/Scandinavian Studies. He graduated from Bloomington High School North in 1989. He attended T. F. Riggs High School briefly in 1986 before moving to Bloomington, Indiana. Jim was fluent in German. He also spoke French, Danish and Welsh.

He was employed at the Library of Congress in Washington, DC. which was his life-long career goal. Previously he worked at the US International Trade Commission and as a Sr. Library Technician at Guilford Technical Community College.

Jim was elected to the Board of Directors of the Fairfax Jubil-Aires in January 2020. The Jubil-Aires are members of the Fairfax County Virginia chapter of the Barbershop Harmony Society, a society for the Preservation and Encouragement of Barbershop Quartet Singing in America.

Jim's favorite sports teams were the Carolina Hurricanes and the Capitols. He loved acting in horror films and regularly participated in the Greensboro 48 Hour Film Projects. For several years he acted during the Halloween season at the Woods of Terror, Greensboro, NC.

His request was to be cremated. A Memorial gathering will be held later in the year.



# Spruce up for Spring: fresh ideas for home upgrades

GETTY IMAGES / FAMILY FEATURES

**Courtesy of Family Features**

Spring means it's time to start sprucing up your home and garden with a little TLC inside and out. If you're unsure where to begin, consider these tips:

**Make function a priority.** While aesthetic changes may boost value and please the eye, be sure to consider upgrades that make living easier, like organization units that give you more space or upgrades that create additional living space.

**Keep budget in mind.** Make a list of the projects you'd like to complete and estimate how much each will cost. Use the list to determine what you can afford to complete now.

**Do your research.** If you'll be making a significant purchase such as a new vacuum or grill, be sure to explore your options, read reviews and shop around for the best prices for greater confidence in what you choose.

Set yourself up for a more enjoyable spring with more home and garden tips at eLivingtoday.com.

**Hands Free Spring Cleaning**

For busy households, an all in one vacuum and mop robot like the Deebot N8+ is a perfect daily companion to help automate spring cleaning. It features high suction power (but low noise), True-Mapping technology to create an efficient cleaning path and the OZMO Mopping System to remove 99.26% of bacteria with dual vacuuming and mopping. Controllable with a smartphone app, it includes an Auto Empty Station for months of hands- and maintenance-free cleaning. Learn more at ecovacs.com/us.

**Enhance the Space Under Your Deck**

Optimize the space beneath an elevated deck by adding a drainage system such as Trex RainEscape. Designed to capture and divert water, this system protects a deck's substructure from moisture damage while creating dry space usable for storage or an additional living area. Homeowners can safely add gas lines and wiring to accommodate grills, appliances, ceiling fans, lights and entertainment components to create an outdoor oasis. For more information, visit TrexRainEscape.com.

**Perfect Your Pantry**

Cleaning out your pantry is an important step during spring cleaning as it allows you to discard expired items and rethink the space. Start by reorganizing and simplifying the area with ClosetMaid ventilated shelving like this Pantry Organizer. Built with the ShelfTrack system for a fully adjustable space along with close mesh to help prevent items from tipping over, it includes four 4-foot-by-16-inch shelves, a hang track and all necessary hardware. Find more information at closetmaid.com.

**Get Ready to Grill**

A grill's lifespan depends on many factors, including where and how it is stored and your climate. When it's time to upgrade, you'll have some decisions to make. The biggest is which heating style you prefer: gas, electric or charcoal. Other considerations include the overall size, number of burners and grate quality. Also be sure to compare available features, such as side burners and igniters, which are fairly common, and upgrades like lighting and fuel gauges.

**When to Update Home and Garden Goods**

Investing in quality products, properly maintaining and storing them all have an impact on how long they'll stay in good working condition. As you tackle spring cleaning this year, take stock of your common home and garden equipment to determine what may need updating.

**Lawn Mower:** If your mower needs a repair that exceeds its value, it's time for a replacement. However, there may be other signs that an upgrade is warranted. Rough operation, frequent breakdowns or other indications of faulty performance deserve a second look. Before you buy new, remember to check your warranty to determine whether repairs might be covered.

**Vacuum:** Many homeowners discard their used vacuum when it stops picking up dirt and debris as efficiently as it did originally. Before you move on, be sure to check that performance issues aren't the result of clogged hoses or a filter than needs cleaning or replacing. A belt may also be worn or need adjusting. Other signs it may be time to replace the vacuum include damaged or frayed cords, motor issues like overheating or making strange noises.

**Grill:** A grill may last anywhere from 5-15 years, depending on the quality of the materials and how it is maintained. However, it's common to have to replace parts along the way. Signs you may need a new grill include a firebox (the main enclosure) with cracks, rust or holes and burners that distribute heat unevenly. Damaged grates can affect even grilling if they're warped or if they're flaky or rusted, they can contaminate food. If you're not able to replace the grates, or any other essential part, including hoses and connectors for a gas grill, you'll be better off replacing the unit.

# 7 steps to save money on a remodel

**Courtesy of Family Features**

Every homeowner has a defined budget he or she can allocate toward a remodeling project. Even if funds were unlimited, it's still in a homeowner's best interest to secure the best value for each dollar invested in a remodeling project, ultimately increasing the value of the home.

Consider these tips from the experts at the National Association for the Remodeling Industry to help save money on your next project.

**1. Determine how far your budget will go.**

Create a wish list of everything you want to accomplish. Disregard cost and simply write down everything you can dream of. Prioritize items from "must haves" to "nice but not necessary." Find a contractor who will work with you to determine whether your wish list is attainable for the funds you are willing to invest in your home.

**2. Decide how to handle budget overages.**

If you can't get far enough down the list with the available money, you could choose to stop the process and continue saving, investigate financing options, re-evaluate your wish list or consider material substitutions.

**3. Make material selections you can afford.**

Every project will have a set of required materials, but there are options when it comes to variety, style and quality.

• **Cabinets:** Subtle changes like forgoing custom rustic cherry cabinets with plywood cabinet sides for regular cherry cabinets with furniture board sides can achieve the same look at a lower cost.

• **Countertops:** Natural stone and quartz countertops are popular, but advances in the design options for lower-cost countertop materials have rejuvenated their popularity, too. With the proper usage and protection, nearly all countertop materials can support your everyday needs.

• **Millwork:** Painted millwork has dominated the market for many years and solid maple is the preferred choice because the tight grain allows for a beautiful, smooth surface. However, the cost is multiple times that of vinyl and equally appealing when finished properly.

• **Flooring:** Advances in synthetic materials make them difficult to distinguish from natural products. Synthetics generally come with lower cost and more durability, making them a simple substitute for natural products like stone, wood, brick and marble.

**4. Pay attention to project details.**

It's critical to ensure every detail of labor and material is specified in the agreement with the remodeler. If it's not included in the written agreement, it's likely not included in the work scope. Ask your remodeler what labor and materials are not included and determine what additional expenses you'll likely incur to complete the project.

**5. Ask how you can help reduce costs.**

Talk to your contractor about tasks or materials you can provide that would reduce the project cost without affecting its schedule. This might include jobsite clean-up or obtaining certain materials the contractor would otherwise spend considerable time securing.

**6. Plan ahead for project timing.**

Ask for a potential timeframe for completing the project, as well as any factors that could affect the schedule so you can anticipate costs such as eating out more often while the kitchen is being renovated or renting living or storage space.

**7. Know how you'll resolve disputes.**

Because of the unique stresses induced by remodeling projects, it's a good idea to determine before you begin how disputes will be resolved, such as adding an arbitration clause to the agreement that eliminates expensive legal representation. A few deep breaths and a solution-minded approach can also save more than money if conflict arises.

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# South Lakes falls to Chantilly 7-0 in region semi-final

**By Michael Napolitano**
SPECIAL TO THE FAIRFAX COUNTY TIMES

Despite a two-week program pause due to COVID and three days of practice, South Lakes played the Chantilly Chargers tightly in a rematch of last year's first-round playoff match-up but came up just short of advancing to the next round.

South Lakes started with the ball and moved into Charger's territory on their first series but an injury to junior right tackle Adam Hvitfeldt-Matthews on a rather routine play changed the course of the evening for the host team. "Adam separated his shoulder and when we're dealing with a tough [Chantilly] defensive line, our playbook became limited with him out." Coach Hescock commented post-game. The loss of Hvitfeldt-Matthews meant additional blockers would be needed to protect the blind side of quarterback Marcus Miles and limited the offensive weapons at the quarterback's disposal. Even with that initial setback, Miles was able to target some receivers deep, but the passes glanced just off their fingertips during the first series. Miles was under pressure most of the night and was able to generate offense in spurts, but the running game struggled and the team was unable to sustain pressure against a strong Chantilly defense that allowed less than 7 points per game coming into the night.

Defensively, South Lakes added several starters back into the lineup including some that saw their first action of the season. Junior DJ Cotton and senior Damianos Mylonas joined Gabe Gibson on the defensive line and limited Chantilly to 156 yards of offense and only 8 first downs. "DJ had a foot injury and Damianos had knee surgery about six weeks ago; he came in every day and did his work to get healthy. He finally got cleared on Wednesday. I'm so proud of kids like that who got out to finally play this season." The single score came midway through the second quarter on a 27-yard run by the Charger's running back. The teams traded field goal attempts, but both came up short.

Hescock commented, "We felt like the game could have flipped at any moment, we just couldn't get that full momentum shift when we needed it. We did exactly what we wanted to do and spread out our offense, but we just couldn't sustain…things just didn't fall our way."

Hescock summed up the season and praised the players post-game. "You look at the things we accomplished, and you should be incredibly proud…you found reasons to keep competing…that game could have gotten ugly but you did not quit. You played with class and that's what I'm most proud of."

In the end, the 2020 football season was satisfying in many respects but disappointing in others.

The fact that the team, and football in general, was able to compete this year was a victory despite all the protocols and restrictions put in place. All involved in the program should be equally proud of advancing to the playoffs despite the program pause. The fact that the team was in a position to earn a playoff berth, despite the challenges, is a testament to the hard work of the players and coaches. For the seniors, several are already committed to play football at the college level and several others are still looking at options. Hescock, who coached at the college level, talked about some of the challenges the current graduating class of players have faced. "Recruiting was tough this year overall. The NCAA awarded an extra year of eligibility for players in many cases so programs don't need to recruit as much. Colleges could not visit schools or players and only go off of film…there is still opportunity for many players but it is much harder this year."

Next season will bring several big changes. The Seahawks will need to replace many key starters including 3-year varsity players Marcus Miles, Gabe Gibson, Ty Rankin, and Nick Haitz among others. Next season will be the first one in six years that there will be a quarterback without the last name of Miles under center for the Seahawks.

Most notably, the team will move from the Liberty District to the Concorde District and play teams like Madison, Westfield, and Chantilly on an annual basis. South Lakes has matched up with these teams in non-district games and the playoffs the past several years, but now it will be a member of the same district.

# Mason loses weekend series against St. Louis University

**By Rick Horner**
FAIRFAX COUNTY TIMES

This past weekend The George Mason Patriots faced off against the St. Louis University Billikens at Spuhler Field in Fairfax. Both teams were trying at the beginning of the weekend sat at losing records for the season, Mason with 8-14 record and St. Louis standing at 10-20. The Patriots and the Billikens played a doubleheader on the previous Friday night each taking one game apiece.

Friday night's game would be a rough one for Mason's pitcher Ryan Stoudemire who started his seventh game of the season with a 1-5 record on the mound. The first four innings looked promising for the graduate student as he allowed no runs from the Billikens. But then came the top of the fifth would see runs batted in by St. Louis shortstop Matt Happ and Cole Smith who both drove in runs on ground outs giving their team a 2-0 lead.

Then came the top of the sixth inning where Billikens' third baseman Kyle Fitzgerald hit a two-run homer to expand St. Louis' lead to 4-0. The seventh inning however was the death stroke as first baseman Cam Redding hit a three-run homer off of Mason relief pitcher Stuart Barrett extending St. Louis's lead 7-0 which would be the final score after nine innings and taking Stoudemire to a 1-6 record for the season so far.

See MASON, Page A7

# Fairfax Lions ladies field hockey beats West Springfield 7-1

**By Rick Horner**
FAIRFAX COUNTY TIMES

On Tuesday the Fairfax Lions faced off against the West Springfield Spartans in ladies field hockey in the Regional Quarterfinals. The last time these two teams met was on March 27th during the regular season when the Lions beat the Spartans 6-1. That win would give the lady Lions a ticket into the Occoquan District Finals where they would lose a 5-1 game against Woodson.

The Lions have had a tremendous and dominate regular season with nine wins

See LIONS, Page A7

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## VACCINE

CONTINUED FROM PAGE A1

been historically underserved by the government.

"There's unique connections to the black community realizing that we're working with churches, and with fraternal organizations and other types of civic groups that are familiar and common in the black community," she said in a Fairfax County Public Meeting on April 8. "We're using channels unique to the Spanish speaking community. And so it's…building upon our information and relationships that we've previously had and refining them based on what we're learning because that's really what's serving to inform our strategy."

In the coming weeks, vaccine equity clinics will be placed into apartment complexes where there have been a "disproportionate share of disease", said Ben Schwartz. "We are really trying to reach out as much as we can to hold these clinics and to vaccinate people who otherwise would not be able to access vaccination.

## LITTLE RASCAL

CONTINUED FROM PAGE A1

and dog, Scrappy, always loved to tell people the story of how Rascal picked them. After graduating from Virginia Tech in 2017, she always dreamed of becoming a published author. She started to write the book in 2016 and began the publishing process in 2019.

"I was so worried they would tell me the story wasn't special or unique, but I am so glad I finally pushed send on that email!" She says that the hardest part of writing the book was getting started and believing in herself enough to send the email out. "Holding the book in my hands for the first time was so fulfilling, and I only wish I had been more confident and started working on it sooner!"

That's the story of how *Little Rascal Finds a Family* came to be -- from a cute family story to Sizemore's first published book. *Little Rascal Finds a Family* is a rhyming story told from the perspective of Rascal, which the author says she hopes will help breed compassion for animals in readers. Sizemore says it is great for any children between the ages of toddlers and middle schoolers.

"I have seen children (and adults) of all ages enjoy the story and its beautiful illustrations. So far, I have met with students (virtually) in the second and fourth grades. I love hearing about their family pets and how they can relate to the story. I also enjoy answering any questions they have about Rascal, the book, writing, or storytelling," she said.

Her biggest goal in writing the book, aside from honoring her beloved pet, was to have the book become just one person's favorite--feedback which she did receive recently.

"This story is beyond special to me, and hearing that children are enjoying it always brightens my day! Even though this book is about my childhood dog, I think the story is relatable for anyone who had a pet. They really do become family members, and I think anyone who got to experience the joy of bringing their pet home for the first time will enjoy Rascal's story too," she said.

*Little Rascal Finds a Family* is published by About Mascot Books in Herndon and can be purchased at their website, or online at Barnes and Noble or Books a Million.

## COLD CASE

CONTINUED FROM PAGE A1

at best questionable.

For example, one of the sailors, Danial Williams, told a FRONTLINE during a 2010 investigation of the case that Ford had interrogated him uninterrupted for 11 straight hours until Williams confessed to the rape and murder under duress. Those false confessions were enough to convict the sailors who fought a 20-year battle to be released in spite of the fact that DNA evidence actually linking someone else to the crime.

The men were pardoned by then Gov. Terry McAuliffe and former Det. Ford is currently serving a federal sentence after being convicted in 2011 for acts of corruption and extortion. Specifically, those acts were accepting bribes from criminals and then lying to the FBI about those actions.

In a press release made by The Innocence Project, a New-York based nonprofit that advocated for the bill, stated that it hopes:

"the bill will allow individual and innocence organizations to access records of inactive investigations to help overturn wrongful convictions and, potentially, identify actual perpetrators through FOIA requests."

The new law will go into effect later this year on July 1.

RAFAEL SUANES / GEORGE MASON UNIVERSITY

## MASON

CONTINUED FROM PAGE A6

Saturday would see the Mason bats wake up for Austin Cabone's first start of the season but not before the Billikens put up three runs in the top of the second inning. Centerfielder Colin Bergmann and catcher Ryan Hernandez would each bat runs in and Bergmann would later score on a wild pitch.

Mason would gain some momentum in the bottom of the fourth inning as designated hitter Cooper Mrowka would hit a solo home run, his third of the season. Later with runners on first and second Mason third baseman South Trimble would hit a single off of St. Louis reliever Grant Fremion that would bring left fielder Jack DeLongchamps home and make it a one-run game.

Unfortunately for Mason that wouldn't last as at the top of the eighth inning St. Louis sophomore Colten Schild would hit an RBI single off of Patriots reliever Nick Zenga. A scoreless ninth inning would lead to a Billikens win over Mason with a score of 4-2.

This coming weekend will see the Patriots face the University of Dayton on their home turf with games on Friday and Sunday with a doubleheader scheduled on that Saturday.

## LIONS

CONTINUED FROM PAGE A6

and no losses. Two games were canceled or postposed and those were against West Potomac and West Springfield, both games had been scheduled to take place in early March.

The first quarter would see the Lions take the opening possession and score the first goal of the game by number 19 Kelly Via at the 13-minute mark. That woke up the Spartans' defense as no matter what the Lions did whether it was playing the edges, charging through, or corners the defense held.

The Lions did have a chance at the 1:30 mark but were denied as Spartan's goalie held the line to prevented a second goal. But the Lions would get a chance at a penalty shot which was made by number eight Sara Silarszka who would give the Lions a two-goal lead at the end of the first quarter.

The second quarter would see West Springfield threaten to score with a couple corner shot but Fairfax would regain possession which would lead to a goal by Silarszka at the 9:25 mark. Silarszka would score again at the 5:52 mark. The Spartans would soon respond with a goal of their own at the 4:02 by number 23 Riley Sturtevant.

The Lions would end the first half in the lead against West Springfield 4-1.

The third quarter would see the Spartans defense try to stem the tide but another goal made by Silarszka at the 8:40 mark and one made by number two Emma Abromavage at the 4:37 mark would make that a much harder prospect. This would be Silarszka's fourth goal of the game and would give the Lions a 6-1 at the end of the quarter.

The fourth quarter saw the Spartans trying to stem the tide, but a last-minute goal from Abromavage sealed the game for the Lions with a final score of 7-1.

The Fairfax Lions would go on to play winner of the TC Williams and Robinson game on Thursday night.

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# Men's Virility Restored in Clinical Trial; 275% More Blood Flow in 5 Minutes

## A newly improved version of America's best-selling male performance enhancer gives 70-year-old men the performance they enjoyed in their 30's.

America's best-selling sexual performance enhancer just got a lot better.

It's the latest breakthrough for nitric oxide – the molecule that makes performance like this possible by increasing blood flow right where you need it!

A new discovery that increases nitric oxide availability was recently proven in a clinical trial to boost blood flow 275% resulting in even quicker, stronger and longer-lasting performance.

Nitric oxide won the Nobel Prize in 1998. It's why "the little blue pill" works. More than 200,000 studies confirm it's the key to superior sexual performance.

And this new discovery increases nitric oxide availability resulting in even quicker, stronger and longer-lasting performance.

One double-blind, placebo-controlled study (the "gold-standard" of research) involved a group of 70-year-old-men.

They didn't exercise. They didn't eat healthy. And researchers reported their "nitric oxide availability was almost totally compromised," resulting in blood flow less than HALF of a man in peak sexual health.

But only five minutes after the first dose their blood flow increased 275%, back to levels of a perfectly healthy 31-year-old man! "It's amazing," remarks nitric oxide expert Dr. Al Sears. "That's like giving 70-year-old men the sexual power of 30-year-olds."

### WHY SO MUCH EXCITEMENT?

Despite the billions men spend annually on older nitric oxide therapies, there's one well-known problem with them.

They don't always work.

Dr. Joseph Loscalzo explains why. He's studied nitric oxide for over 43 years. He is the physician-in-chief at Brigham and Women's Hospital. He says a "deficiency of bioactive nitric oxide… leads to impaired endothelium-dependent vasorelaxation."

In plain English, these older products may increase levels of nitric oxide. But that's only half the battle. If it's not bioactively available then your body can't absorb it to produce an erection.

Experts simply call it the nitric oxide "glitch." And until now, there's never been a solution.

### NEXT GENERATION NITRIC OXIDE FORMULA FLYING OFF SHELVES

Upon further research, America's No. 1 men's health expert Dr. Al Sears discovered certain nutrients fix this "glitch" resulting in 275% better blood flow.

He's combined those nutrients with proven nitric oxide boosters in a new formula called *Primal Max Red*. In clinical trials, 5,000 mg is required for satisfying sexual performance. *Primal Max Red* contains a bigger, 9,000 mg per serving dose. It's become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of more than 500 scientific papers. Thousands of people listened to him speak at the recent Palm Beach Health & Wellness Festival featuring Dr. Oz. NFL Hall of Fame quarterback Joe Namath recently visited his clinic, the **Sears Institute for Anti-Aging Medicine.**

*Primal Max Red* has only been available for a few months — but everyone who takes it reports a big difference. *"I have the energy to have sex three times in one day, WOW! That has not happened in years. Oh, by the way I am 62,"* says Jonathan K. from Birmingham, AL.

### HOW IT WORKS

Loss of power starts with your blood vessels. Specifically, the inside layer called the endothelium where nitric oxide is made.

The problem is various factors THICKEN your blood vessels as you age. This blocks availability causing the nitric oxide "glitch." The result is difficulty in getting and sustaining a healthy erection.

How bad is the problem?

Researcher shows the typical 40-year-old man absorbs 50% less nitric oxide. At 50, that drops to 25%. And once you pass 60 just a measly 15% gets through.

To make matters worse, nitric oxide levels start declining in your 30's. And by 70, nitric oxide production is down an alarming 75%.

*Primal Max Red* is the first formula to tackle both problems. Combining powerful nitric oxide boosters and a proven delivery mechanism that defeats the nitric oxide "glitch" resulting in 275% better blood flow. There's not enough space here to fully explain how it works, so Dr. Sears will send anyone who orders *Primal Max Red* a free special report that explains everything.

### MORE CLINICAL RESULTS

Nutrients in *Primal Max Red* have logged impressive results.

In a *Journal of Applied Physiology* study, one resulted in a 30 times MORE nitric oxide. And these increased levels lasted up to 12 hours.

"I measured my nitric oxide levels, you can buy a test kit from Amazon," reports 48-year-old Jeff O. "Monday night I showed depleted."

Then he used ingredients in *Primal Max Red* and, "The results were off the charts. I first woke around 3 a.m. on Tuesday ready to go like never before. My nitric oxide levels measured at the top end of the range."

### FREE BONUS TESTOSTERONE BOOSTER

Every order also gets Dr. Sears testosterone boosting formula *Primal Max Black* for free.

"If you want passionate 'rip your clothes off' sex you had in your younger days, you need nitric oxide to get your erection going. And testosterone for energy and drive," says Dr. Sears. "You get both with *Primal Max Red* and *Primal Max Black*."

### HOW TO GET PRIMAL MAX

To secure free bottles of *Primal Max Black* and get the hot, new *Primal Max Red* formula, buyers should contact the Sears Health Hotline at 1-800-530-9426 within the next 48 hours. "It's not available in drug stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer."

Dr. Sears feels so strongly about Primal Max, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back," he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call 1-800-530-9426 to secure your limited supply of *Primal Max Red* and free bottles of *Primal Max Black*. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use Promo Code NP0321PMAX434 when you call in. Lines are frequently busy, but all calls will be answered.

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# HEALTH & WELLNESS



# Components of a power salad

KEYS TO BETTER HEALTH
CINDY SANTA ANA

LUISA BRIMBLE / UNSPLASH

Lunch is a great way to sneak a powerhouse salad that packs vitamins, minerals, healthy fats and lean protein. With a little extra planning and mindfulness, you can create a salad that keeps you fuller longer and satisfied until dinnertime.

If you pack your lunch with carb-heavy sandwiches, pastas, rice or potatoes, you may get a little sleepy and less productive. Over time, these options could affect blood sugar levels and your waist line. But a lunch filled with lean protein, lots of fiber-rich veggies and a healthy fat can go a long way at sustaining us.

**The Base**

Fill up on leafy greens like romaine, baby kale, Swiss chard, arugula, endive, or spring mix lettuces. Stay away from rice and grains that can be heavy on the starch and difficult to digest. Leafy greens are the least eaten food in the US. Having a big salad is a great way to meet your daily intake.

**Protein Options**

I love salmon, skipperjack tuna, sardines, anchovies, and mackerel in my salads (Wild Planet is my favorite brand), but if you're not into fish, try grilled chicken, cooked chickpeas, lentils, or grass-fed flank steak. Don't go for processed meats or conventional fish or beef. Go the extra mile for high-quality, sustainably sourced wild fish, grass-fed meats and pasture-raised poultry. These higher quality products contain no antibiotics and more omega 3's than their conventional counterparts.

**Add Fiber**

Besides helping you stay regular and feeding the good gut bugs in your belly, fiber can help you manage your blood sugar. Choose sliced bell peppers, shredded carrots, celery, raw shredded beets, sugar snap peas, red onion, artichokes and cucumbers.

**Healthy Fat is where it's at!**

Don't forget to add in a small amount of healthy fat which can help you assimilate all of the nutrients from the greens. Healthy fats are olives, nuts, seeds (sunflower, chia, raw pumpkin seeds), avocado and a high quality extra virgin olive oil. Pairing a fat with carbohydrates can lower post-meal glucose elevations.

**Healthy Add-ons:**

Try adding broccoli sprouts for a fun crunch and detoxification boost. Try adding roasted seeds or nuts and a squeeze of lemon juice or apple cider vinegar for your acidic medium. I also love a dollop of freshly fermented sauerkraut on my salads for an extra zing!

Don't add these: dried fruit, tortilla strips, croutons, sour cream, cheeses, noodles, bread, sugar-laden dressings or dressings with canola or soybean oil. (Don't forget to read those ingredient labels!)

Want to learn how to make your own ferments? Join me on Saturday, May 15, 11:00 am, for a Fermentation & Gut Health Workshop. Visit www.UnlockBetterHealth.com for more information.

# OPINION

## *Support for Jennifer Carroll Foy*

Dear Editor,

Democrats in Virginia have demonstrated what happens with progressive leadership. We abolished the death penalty, passed voting rights legislation, improved our criminal justice system, introduced police reform, expanded Medicaid, and increased protections for LGBTQ+ communities. And most recently, legalized marijuana. All of these policies have moved Virginia forward. We can become a model for the rest of the country.

To do so, we must elect politicians who understand the struggles that everyday Virginians face. We need to change the status quo. This is why I support Jennifer Carroll Foy for Governor. She will continue to build upon progress made by Democrats with her plans to support the Virginia Green New Deal and expand broadband to all Virginians. Her inclusive vision is within reach.

But this cannot be achieved by nominating career politicians like Terry McAuliffe or Jennifer McClellan. I admire Jennifer Carroll Foy because she doesn't take donations from special interest groups like McAuliffe does. As governor, she will ban political contributions from corporations which ensures that she is working for the people.

Instead of rehashing the failed politics of five years ago, let's embrace a new vision for what Virginia can be. Let's nominate someone who will work tirelessly and across the aisle to promote a better commonwealth through economic development, stronger public schools, access to quality healthcare, and an opportunity for everyone to succeed. Jennifer understands what it's like to be left behind by 'normalcy.' In these troubling times, we need politicians who understand that 'normal' isn't enough.

*Lizzie Weems*
*Fairfax, VA*


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Limited time only, restrictions may apply. Financial commitment must be made before community opens, and resident must move in within 30 days of community opening in order to be eligible for the program. See community representative for full details and restrictions.

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Fairfax County Times' Guide to
Arts & Entertainment

**PETS: PICKING UP YOUR DOG'S "GIFTS!"**
Page B3



# DC Improv welcomes Erin Jackson

*The comedian headlines the comedy club's grand reopening this weekend*

COURTESY PHOTO

**By Keith Loria**
SPECIAL TO THE FAIRFAX COUNTY TIMES

When the pandemic started, DC Improv was forced to close, and it's been more than a year since any comedians have taken to the stage in the downtown D.C. venue. But that's about to change, as Erin Jackson will headline the comedy club's reopening, April 15-17, with seven shows.

The popular Improv club received a waiver to operate under the city's live entertainment pilot program, though tickets will be limited to just 50 audience members per show, with social distancing and safety protocols in effect.

Jackson began her comedy career in Washington, D.C., and is a proud alumna of Howard University, so she's eager to return to one of her favorite cities and perform. After all, it's been a long time since she's performed comedy regularly.

"I haven't been performing at all," she said. "Last spring, I did one of those drive-in comedy shows where I was standing in the back of a pick-up truck in a parking lot at a diner, and for me, that's not really comedy."

So, the comedian didn't really do anything else until she got a call from Tiffany Haddish about appearing in her Netflix series, "They Ready," where Haddish features six of her favorite up-and-coming comedians performing half-hour sets.

"I told her I hadn't done comedy in a really long time, so I went out and did a couple of shows in the summer to prepare," Jackson said. "We taped the special live in October, and I haven't done anything since then other than Zoom shows."

Jackson feels like when she walks on stage at DC Improv, it's going to be a little bit like starting over and she expects many of the same nervous feelings she had the first time she tried comedy.

"I'm really looking forward to it, because that's the same stage where I started, and they are like family to me," she said. "I'm so happy that they thought of me to do this."

She calls the past year something of a catch-22, where she was grateful to have all this free time to do the things she hasn't been able to do being on the road working every night, but then she couldn't really do any of them because of the restrictions in place.

"I feel like I am in this real holding pattern," Jackson said. "I was able to do a lot of writing, but I can't wait to be back. I've missed it so much."

Now that she's received her vaccine, and other clubs are starting to open up, Jackson plans on hitting the ground running and performing as much as she can in 2021.

"I don't know what I'm going to be saying, but I can't wait to say it," she said. "Obviously, I can't not talk about what's been going on, but it's certainly not the only thing I will talk about. People don't need to hear that much about it because everyone in the world has had the same experiences."

At the same time, Jackson understands that a lot of the old material might not work today. For instance, she can't talk about going to the concert or a party, because those things haven't happened in the past year.

One thing that will be different about her set is that Jackson will be wearing a dress on stage, something she's never done before.

When she started doing comedy about 17 years ago, it was more as a hobby, and it was 4-5 years before she took things seriously enough to think of it as a career.

"I had a job I hated and this was a really cool thing I looked forward to a couple of nights a week, and I made some new friends and had fun," Jackson said. "I took the DC Improv's first-ever comic seminar. I started to get good and scored some TV appearances, and I was on the Ellen show and she asked me why I still had a day job."

Jackson started booking more and more gigs, appeared on all the major late-night TV talk shows and her talent made people take notice. For those lucky enough to get tickets to the opening weekend, that will be obvious.

"It's going to be a fun experience and new for everyone, but comedy is back now and I'm really excited about the whole show, the other two comedians are great," Jackson said. "People should come support comedy and support the Improv and enjoy a night out."

In the weeks ahead, the DC Improv will feature headliners Christian Finnegan (April 22-24) and Steve Byrne (April 29 - May 1). For more information, visit dcimprov.com.

ARTSFAIRFAX

# Celebrating National Poetry Month with 30 guest poetry readers

TRUST "TRU" KATSANDE / UNSPLASH

**By Dana Stewart**
SPECIAL TO THE FAIRFAX COUNTY TIMES

ArtsFairfax and inaugural Fairfax Poet Laureate Nicole Tong invite you to celebrate the 25th anniversary of National Poetry Month. Fairfax County Board of Supervisors Chairman Jeff C. McKay kicked off the month by proclaiming April 2021 as Poetry Month in Fairfax County and read a poem written by local student Joon Won Lee.

ArtsFairfax continues celebrating poetry month each day in April and into May, releasing poems written by contemporary poets and read by 30 local residents as part of Ms. Tong's community engagement project, Poetry Lives Here.

National Poetry Month, which takes place each April, is a celebration to increase awareness and appreciation of poetry in the United States. Over the years, it has become the largest literary celebration in the world with schools, publishers, libraries, booksellers, and poets celebrating poetry's vital place in our culture.

"Poetry gives us the means to see life in a myriad of perspectives. ArtsFairfax, Fairfax Poet Laureate Nicole Tong, and our Poet Laureate program encourage county residents and others to discover and enjoy poetry through these public readings and your personal reading. Together these 30 readings bring to life the extraordinary legacy and ongoing achievement of living US poets, and most importantly reminds people that poetry and poets are all around us," says Linda S. Sullivan, President & CEO, ArtsFairfax.

Look for a new video each day in April on ArtsFairfax.org. Follow ArtsFairfax on Facebook and Instagram and Ms. Tong on Twitter @PoetryLivesHere. Remember to share on social media @ArtsFairfax your favorite poet, poem, and reader using the hashtag: #NPMArtsFairfax.

**April Poem Reader Schedule:**

1st The Honorable Jeff McKay, Fairfax County Board of Supervisor Chairman
2nd Nicole Tong, Fairfax Poet Laureate
3rd Crys Matthews, Singer, Songwriter
4th Josephy Gueron, Radio Host
5th Jennifer Atkinson, Poet
6th Paul Vodra, Host/Producer of DC music podcast Hometown Sounds
7th Calista Garcia, Singer and Songwriter
8th Holly Mason, Poet
9th Jona Colston, Poet
10th Yana Nikol, Musician
11th The Honorable Gerry Connolly, U.S. House of Representatives
12th Holly Karapetkova, Poet Laureate, Arlington ] County, VA
13th David Ebenbach, Author
14th Yasmine Bolden, Poet
15th Peggy Fox, Media Relations, Dominion Energy
16th Meghan Trossen, Marketing, Capital One Center
17th Alison Kysia, Potter, Multimedia Artist
18th Rebecca Tax, Chef
19th Sara Ebba Hansen, Writer
20th Lynn Borton, Producer/host Choose to Be Curious
21st Scott Weaver, Poet
22nd Sally Keith. Poet, Professor George Mason University
23rd Guillermo Almada, arts lover
24th Megan Beyer, former Director, President's Committee on the Arts & Humanities
25th Sharon Fishel, ArtsReach Director, McLean Project for the Arts
26th Reggie Holmes, Owner/Creative Director, Enthuse Creative, LLC
27th Nancy Najarian, Clean Energy Advocate
28th Kevin Leong, Music Therapist
29th Nathan Carter, Chief Diversity, Equity, & Inclusion Officer, NOVA
30th The Honorable Sharon Bulova, former Board of Supervisor Chair
May 1st Holly Seen, Affiliation Certified Child Life Specialist, INOVA

# Engage your kids with healthy snacks and family movies

**Courtesy of Brand Point Media**

COURTESY PHOTO

There's no time quite like family time. And what better way to enjoy those moments with your little ones than cooking, baking and making snacks together? According to The New York Times, what you do with your kids in the kitchen really matters. If they're regular little helpers, those early investments pay off, as it can help them become more health conscious, give them confidence and help them become more familiar with ingredients.

**Apples make family snack time healthy and fun**

You're probably at home more often than usual these days, so why not make the most of it? Studies show families that snack together, stick together. When you feed them snacks that have all the right nutrients you set them up for success and better eating habits as they grow.

Who says healthy snacks can't be enjoyable? There are all sorts of ways to create and savor flavors with fresh fruit, like apples. Apples provide a great source of fiber and nutrients for any growing child, and there are all kinds of snack recipes you can create with them.

**Pairing good-for-you snacks with a family movie**

Family movie nights call for family-friendly snacks. And if you're looking to skip the popcorn, soda and sweets, why not make a fun-themed healthy alternative that pairs well with the movie?

"It's a good idea," says Lori Taylor, CEO of The Produce Moms. "Associating healthy snacks with things they enjoy, like movies, TV shows or other activities, can provide incentive and help our children cultivate healthy habits."

If your kids are excited about the highly anticipated new DreamWorks Animation film, *Spirit Untamed*, you're in luck because the growers of JAZZ™ Apples have the perfect snack recipe for you, inspired by the film. Arriving in theaters June 4, *Spirit Untamed* is an epic adventure about a headstrong girl longing for a place to belong who discovers a kindred spirit when her life intersects with a wild horse. The film stars an incredible voice cast including Isabela Merced (*Dora and the Lost City of Gold*), Oscar® nominee Jake Gyllenhaal, Oscar® winner Julianne Moore, Marsai Martin (*Little*) and Mckenna Grace (*Captain Marvel*).

The JAZZ™ Epic Adventure Horseshoes recipe is super easy and simple to make. All it takes is a few ingredients, a helping hand from your kiddos and some imagination. Here's what you need to get started:

**What you need:**

- **2 JAZZ™ apples**
- **2/3 cup of hazelnut spread**
- **6-10 tablespoons of rainbow sprinkles**

**What you need to do:**

- **Cut the JAZZ™ apples horizontally.**
- **Remove the apple core using a round cookie cutter.**
- **Slice an edge off of the JAZZ™ rings to create a horseshoe shape.**
- **Spread hazelnut butter on top of the horseshoe shape.**
- **Top with sprinkles.**

***Enjoy!***

**It's as simple as that. Just a few minutes of prep for a day or night full of family fun.**

# Art News

**Plant Sale and Art Show** come out and get your plants from Watermark Woods Nursery and browse the artwork. 9 a.m. to 2 p.m. April 17. Free. Arts Herndon Lawn, 705 Center St., Herndon. For more information call 703-956-6590.

**Enriching Lives Through Dance** Shu-Chen Cuff, choreographer and artistic director, will be the guest speaker at the Springfield-Annandale AAUW Virtual Spring Fling Fundraiser. 1 p.m. April 17. Suggested donation of at least $20. To get your ticket visit https://bit.ly/3mIfPvf.

**The Barclay Brass** performs classical works and themes from the Star Wars soundtrack. Bring a blanket or lawn chair to sit on. 3 p.m. April 8. Tickets are $12.50 to $30. Mason Pond Lawn, George Mason University, across from the Center for the Arts Concert Hall, Fairfax. For more information visit https://bit.ly/3tgaptU.

**The Old Home Place** Join John McCutcheon for this virtual all-request show with old friends. Streaming April 18 at 7 p.m. Tickets start at $20. For more information visit https://bit.ly/32oKpRr.

**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.

**Workhouse Arts Education** programs include visual arts, dance and theater, culinary arts, ceramics and glass and camps. For more information visit the class catalog at https://bit.ly/3uNLejG.

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

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

# Community Information

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

**Campfire Fridays** program may include nature walks, interactive activities animal presentations or other opportunities to learn about nature. 7 p.m. April 16. Cost is $12. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit https://bit.ly/3mR1GvW.

**My Persian Paradox** Join Author Shabnam Curtis as she reads a few passages of her memoir and talks about an Iranian girl seeking freedom. 2 p.m. April 17. Free. Patrick Henry Library, 101 Maple Ave. E, Vienna. For more information visit https://bit.ly/3g43aS4.

**Funday Monday** Get physical with My Gym. 10:30 a.m. April 19. Free. For more information and to sign up visit https://bit.ly/3mK8KtZ.

**Exploring the Moon** Explore lunar features through pictures from high-powered telescopes. See where Apollo lunar landings occurred. Virtual program from 7:30 to 8:30 p.m. April 19. Cost is $8. For more information visit https://bit.ly/3uKpsfG.

**Historic Garden Tour** Self-driving and walking tour of two McLean historic gardens, including talks and flower-arranging demonstrations. 10 a.m. to 4 p.m. April 20. Cost is $35. Ballantrae Farm, 1288 Ballantrae Farm Dr., McLean. For more information visit https://bit.ly/3a3fnCL.

**Nature Quest** is a naturalist program designed for preschool-age explorers. Children learn about local animal species and more 10 a.m. April 22. Cost is $32 for four sessions. Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. For more information visit https://bit.ly/2OIUuoO.

## ONGOING

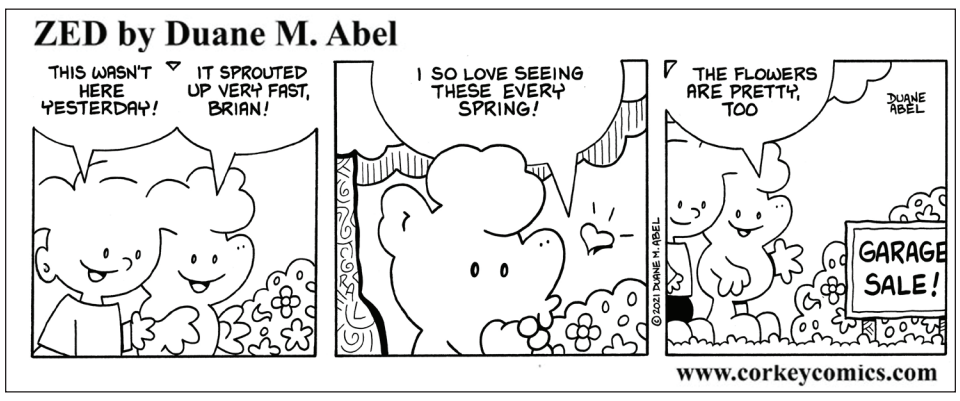
**Senior Womens Softball** Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit goldengirls.org.

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

**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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MOVIE REVIEW

# 'Thunder Force' ushers in a cool new breed of dynamic duo

NETFLIX

**Lydia (Melissa McCarthy) and Emily (Octavia Spencer) are Thunder Force.**

**By Ed Symkus**
MORE CONTENT NOW

Of all the superhero movies that have flooded our screens in recent years, the one that still stands out as the most fun is 2017's "Thor: Ragnarok," a film that was serious about not taking itself seriously. Even though "Thunder Force" is not up at the same budget - or star power-level as a Marvel Universe film, it's definitely a contender in the "superhero movies can be fun" category. It's also a refreshing, kind of crazy take on the genre.

A brief introduction tells of a peculiar event in the early-1980s that caused some people to turn into Miscreants - super-powered sociopaths who wreak havoc on the populace. Moving along to the late-1980s, a Miscreant-related incident leads to the death of husband-and-wife scientists who were developing a technique that would give regular people the power to fight back against these troublemakers. Their young, bright, suddenly orphaned daughter Emily vows to dedicate her life to continuing her parents' work.

Other kids deem her to be nerdy. Some bully her. One - a townie-in-training named Lydia - befriends her, and they're tight right through high school, after which they go their separate ways.

Cut to 20 years later. Lydia (Melissa McCarthy) has grown up to be a full-fledged townie, working a menial job and chugging down beers. Emily (Octavia Spencer) has returned to town and started up a secretive research company. Another character, initially on the sidelines, is the billionaire William "The King" Stevens (Bobby Cannavale), a mayoral candidate who is egocentric, absent-minded, and just can't keep the names of his henchmen straight.

Meanwhile, Miscreants are running wild, and the current worst of them, the beautiful and scary Laser (Pom Klementieff), is not just committing robberies, she's also shooting deadly bolts of blue energy at people … for kicks!

So, where are the superheroes to save the day? They're coming! Clumsy and oafish Lydia pays a visit to class act Emily, hoping to renew their friendship after all these years. But left alone in her lab for a minute, with instructions not to touch anything, Lydia starts touching everything, and she accidentally causes some problems involving "a genetic sequencing platform that can alter a human's biochemistry in unimaginable ways."

In easier to understand words, she screws up an experiment Emily was working on, and unwittingly becomes the center of it, gaining super strength, but not really grasping what's going on. And the film is off to the races. Emily, having no choice but to accept Lydia's involvement, begins experiments on herself, soon mastering the power of invisibility, and a dynamic duo, of sorts, takes shape.

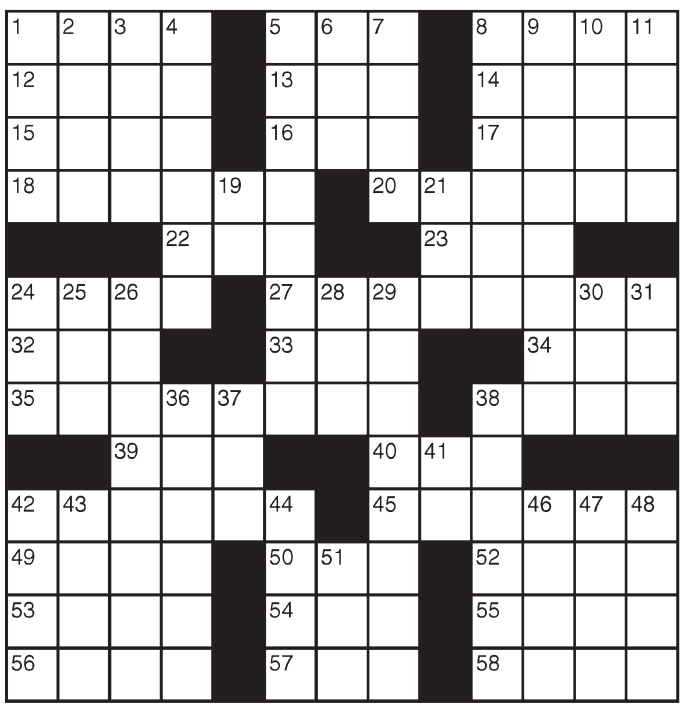
Training sessions commence, super suits are donned, and the newly named team of Thunder Force slowly and awkwardly squeezes their way into a zippy purple Lamborghini. OK, hold it right there. If you're one of those people who thinks it's rude and cruel and un-PC to show two kind of stout women having trouble getting into a sleek car, your sense of humor needs some tuning. McCarthy and Spencer play it for big laughs, and they earn and get them.

The film boasts a generous supply of funny ideas and sight gags. McCarthy once again displays her penchant for great comic delivery, both physical and verbal. As does Bobby Cannavale, who's known more for his nice guy dramatic roles, but goes full-tilt comic villain here, complete with glowing red eyes.

Also on board are Jason Bateman as The Crab (about whom nothing will be given away here), and Taylor Mosby as Emily's brainy teenage daughter Tracy. The film's got a lot of energy, and the only time it ebbs is when things slow down to check off "Scripting 101" boxes, such as bringing in a bit of tension between Emily and Lydia or having some quiet mom-daughter talk between Emily and Tracy.

But then it's back to a steady run of gags, some really neat visual effects, and ongoing mayhem courtesy of Laser. There's plenty of violence, but it's all cartoonish violence, and the film is family friendly. As far as I know, only one of these was planned, but it's left wide open for a sequel, and is so much fun, I'd happily watch another one.

## King Crossword



**ACROSS**
1 Repast
5 "Ben- —"
8 Lawman Wyatt
12 "Frozen" snow queen
13 "Right you —!"
14 Computer brand
15 Slightly
16 Actress Long
17 Hindu royal
18 Tidy up
20 Toto, to Dorothy
22 Peyton's brother
23 Commonest English word
24 Easter entrees
27 Vinegar variety
32 X-ray's cousin
33 Chopper
34 Hostel
35 "Becoming" author Obama
38 Read quickly
39 Knock
40 Wildebeest
42 "Yippee!"
45 Held up
49 "Mamma Mia" group
50 Gardner of Hollywood
52 Actress Kate
53 Fibs
54 Diarist Anais
55 Footnote abbr.
56 Minus
57 Young fox
58 Till bills

**DOWN**
1 Intend
2 North Sea feeder
3 Largest continent
4 Coffee bar orders
5 Carthaginian general
6 Swiss canton
7 Harvest
8 Sultry singer Kitt
9 Campus figure
10 Gambling mecca
11 Bluenose
19 Chicago transport
21 UFO crew
24 "Let me think ..."
25 "Exodus" hero
26 Germs
28 Rocker Rose
29 "Shampoo" Oscar winner
30 — pickle
31 Blitzer's channel
36 Badger
37 Clean-air org.
38 Hand in
41 "Forget it!"
42 Corridor
43 Theater award
44 Tug
46 Innocent one
47 Ms. Brockovich
48 June honorees
51 Half of XIV

FROM THE DOG'S PAW

# Picking up your dog's "gifts!"

**By Abby! and Noah!**

SPECIAL TO THE FAIRFAX COUNTY TIMES

Barks! I love being a puppy in my human's home! No doubt it is a pawsome experience. I am constantly learning new stuff, commands, seeing new things for the first time. Wondering what that creepy-crawly thing is or what's that flying?! I know I am bringing laughter and cheer to many humans who are near- my first rhyme, oh my paws, I might be good at this after all! Barkingly, there are several things that I do not understand though! WOOFS! Some are just downright embarrassing! But, what's an incredibly sweet, adorable cutest ever puppy to do? You know?

WOOFS! It took me a while to learn the concept of walking my human. Noah told me it wouldn't be easy. He's right. What I don't get is when I stop to do my "business," my human pays attention to what I am doing! This guy is peculiar! Then, he has me sit down, hard to do when all I want to do is to run away from all that stinky-smelly stuff. He looks at it for a few seconds, takes a bag onto his hand, and PICKS IT UP! HOW GROSS can humans be? YIKES! What strange humans adopted me? Further down the walking, he puts the bag with my "gifts" to the universe into a trashcan specifically designed, it appears, for that use. What will they think of next? BARKS!

Thinking the abnormal activity while I was walking my human could be a one-time weirdness overload on his part, you gotta know my human, I quickly learn it is a regular habit of his! Oh my paws, what am I going to do?! I decide to ask Noah since he's been with this human forever.

Barks, Noah shares with me that it is always in the best interest of the dog and the human for the human to pay attention to their dog's "gifts!" I know it's weird, but humans can learn from paying attention! If a dog has a digestive problem or has gotten into something it shouldn't, the "gifts" will tell. When looking at a dog's "gifts," you want to look for color, consistency, content, and coating. Paws, the color is to determine what shade the "gifts" are, and if they are always the same color, consistency is to decide whether or not it's hard or soft, content means what is in it, and coating means whether there is a film over it or not. Woofingly, there is more behind those than we can share, but a Veterinarian will explain and be pawsitively grateful for the human's knowledge of a dog's "gifts." If humans pay attention each time a dog goes, it will give them a foundation for diagnosing future pawssible problems.

Barkingly, not only is it the LAW that humans pick up and properly dispose of their dog's "gifts," it is the polite and neighborly thing to do! WOOFS! When my human walks me, I noticed pawlenty of humans who do not pick up after their dogs, and that's just arfingly gross! Paws, most days, there are pawlenty of humans and mini-humans walking, walking their dogs, biking, or playing on trails and sidewalks, which could step into the "gifts." Who wants to see the "gifts" of a dog when enjoying the outdoors. BARKS! Not only that, who wants to have that smelly odor around! That's pawsitively gross! WOOFS!

Paws, another concern with humans not picking up their dog's "gifts," is that it isn't good for the environment. Barks, you may think that it

LANCE GRANDAHL / UNSPLASH

isn't that much, but when you consider how many dogs there are, it's a barkingly massive problem if everyone didn't pick up after their dogs. Barkingly, a beautiful area can quickly turn into a pawfully smelly eyesore.

Woofsters, what do you use to pick up your dog's "gifts?" A very inexpensive and easy way to do it is to double-bag plastic bags you get from the stores. Make sure there are no holes. Put your hand inside, reach down and pick it up! Use the handles to turn it inside out, so you do not handle it. Wash hands. Paws, you can pawchase special bags at pet stores or online. Paws, there are businesses who specialize in cleaning it up too!

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

# 4 ways to refresh your pet's routines

**Courtesy of Nutro**

FAMILY FEATURES

The spring season and warmer months are typically all about renewal and evaluating things that may no longer serve you, such as habits, products or routines.

This can be true for your dog as well. As the season changes and you spruce up your daily habits to feel and look fresh, consider these four things that may help brighten up your pup's spirit. Learn more at nutro.com

**New Dog Bed**

After a long year of cozying up inside, it is probably safe to say your dog's bed could use a refresh. If you notice he retreats to the couch, floor or your bedroom for a good night's rest, that may be a sign it is time to switch out the old for something new. Use this opportunity to gift your pet a plush and comfortable bed set. There are many options out there from donut dog beds to heated or kennel beds, so make sure you're getting what's best for your pup. A new bed could help brighten his mood in the morning, and after a full and active day, it can be exciting for him to have a new spot to relax.

**New Toys**

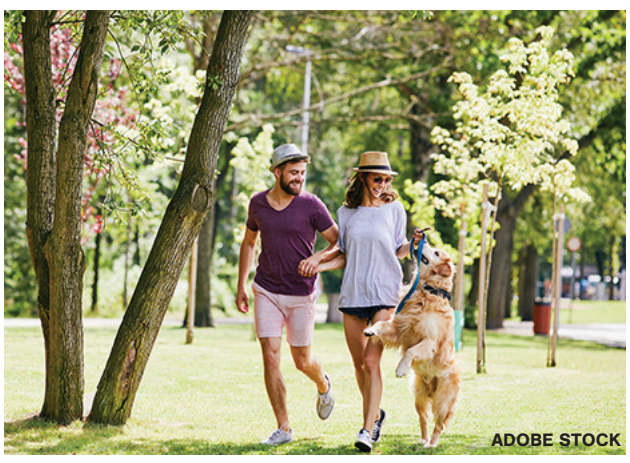
When provided with the appropriate toys, dogs can keep themselves occupied when you're busy with work, chores or life's daily responsibilities that can take your focus away from them. If you have noticed a drag in your pup's energy; laying around the house, acting less excited when you come through the door or staring at you blankly when you try to play, your dog may be experiencing boredom. It may be time to give him new toys that pique his interest. As you're doing your cleaning and shopping, make sure to swap out old toys with new ones and even have him come along on your next trip to the pet store to pick out new ones.

**Change of Scenery and Activities**

It's not a secret that dogs love the great outdoors. As the weather warms, it's time to start thinking about breaking your dog away from the same old routine. Consider trying a new dog park, walking trail or taking him on more car rides with you. Your morning coffee run might be a fun adventure and a good way to help your pup start his day, especially if your local coffee shop has dog treats, too. This change of routine and scenery can leave him feeling energized to take on the day with you.

**New Food**

As the seasons change, it may be time to switch up eating habits and choose a diet that suits your lifestyle and dietary preferences. If you're feeling ready to make a change to your normal routine, consider doing the same for your dog. An option like NUTRO; dry dog food provides a healthy and nutritious diet with recipes featuring ingredients such as chicken, brown rice, kale and spinach, and garnishes like egg, tomatoes and more. Following the NUTRO FEED CLEAN philosophy with simple, purposeful and trustworthy recipes, each recipe is rich in nutrients, full of flavor and made with real, recognizable ingredients to help energize your dog from the inside out.



ADOBE STOCK

ADOBE STOCK

— King Crossword —

Answers

Solution time: 25 mins.

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | N | E | T | ■ | T | I | K | ■ | S | S | E | L |
| D | I | B | I | ■ | N | I | N | ■ | S | E | I | L |
| A | R | A | M | ■ | A | V | A | ■ | A | B | B | A |
| D | E | B | B | O | R | ■ | Y | A | R | O | O | H |
| ■ | ■ | ■ | U | N | G | ■ | ■ | P | A | R | ■ | ■ |
| N | A | C | S | ■ | E | L | L | E | H | C | I | M |
| N | N | I | ■ | ■ | E | X | A | ■ | ■ | I | R | M |
| C | I | M | A | S | L | A | B | ■ | S | M | A | H |
| ■ | ■ | E | H | T | ■ | ■ | I | L | E | ■ | ■ | ■ |
| G | O | D | T | E | P | ■ | N | E | T | A | E | N |
| I | N | A | R | ■ | I | A | N | ■ | T | A | B | A |
| R | E | C | A | ■ | R | E | A | ■ | A | S | L | E |
| P | R | A | E | ■ | U | R | H | ■ | L | A | E | M |

# Baked Lemon Donuts SERVES 12

Donuts:
2 cups flour
3/4 cup sugar
2 tsp baking powder
1 tsp salt
3/4 cup buttermilk
2 eggs
2 tbs butter, melted
2 tsp lemon juice
1/2 tsp vanilla extract
1 tsp lemon zest

Lemon Sugar Topping:
1/2 cup sugar
1 tsp lemon zest
1/2 cup butter, melted

1. Heat oven to 350 F.
2. In large bowl, whisk flour, sugar, baking powder and salt.
3. Add buttermilk, eggs, butter, lemon juice, vanilla extract and lemon zest. Stir until combined.
4. Pipe batter into donut pan.
5. Bake 9 minutes. Cool on wire rack.
6. To make topping: In bowl, combine sugar with lemon zest. In separate bowl, place melted butter.
7. Place donut face down in melted butter then face down in lemon sugar topping. Repeat with all donuts.

# Business & Services Directory

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com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**Robert Beatson II**
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Former IRS Attorney
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703-798-3590 or 301-340-2951
www.beatsonlaw.com


# Classified

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com

## Help Wanted

Software Developer (Digital Intelligence Systems, LLC (DISYS)/ McLean, VA): Build & manage Application Program Interfaces (APIs) using REST (Representational State Transfer) software architectural style; & provide hands-on coding in Core Java/J2EE devmt. Reqs: Bachelor's degree in Comp Sci, Info Sci, Applied Comp Sci, Software Eng'g, or a related technical discipline plus 5 yrs' progressive, post-baccalaureate exp in job offered or related occup. Also requires 5 yrs' exp using J2EE to dev dynamic enterprise apps; Hand-coding exp in Core Java / J2EE dev; Exp in OAuth2.0, SAML & SSO Authentication; Exp building & managing REST APIs; Exp in JavaScript, Python, & Linux Scripting; Exp w/ API or Apigee platforms that provide data on demand / live streaming capabilities; & Knowledge of Spring Framework & Caching frameworks. Must be willing to work at various unanticipated work locations throughout the U.S. Interested individuals: Mail resumes & ref job code "DISYS-008" to: DISYS, Attn: Shahed Chaudhuri, HR Specialist, 8270 Greensboro Dr, Suite 1000, McLean, VA 22102.

Product Manager sought by Vignet Inc. for Fairfax, VA office to perform in the role of Product Mgr to define product functionality that meets customer needs & enhances the competitive nature of the platform. Must have Bachelor's deg. in Engg, Comp. Sci, Info Systems or rltd & at least 1) 7 yrs exp working w/in the healthcare industry; 2) 3 yrs exp working in Product Mgmt; 3) 3 yrs exp working in Agile dvlpmt envrmt w/ scrum teams; & 4) 3 yrs exp working w/ Electronic Medical Record (EMR) systems involving techn'l data integration using HL7 & FHIR stndrds. Send resume & CL to lsmith@vibrenthealth.com. No calls. EOE.

Serco, Inc. has an opening for Senior IT Applications Development Manager in Herndon, VA to be responsible for systems analysis & application development activities. Provide project management & technical leadership for every aspect of the software. Serco Inc. US performs pre-employment drug tests and criminal background checks. Apply online at https://www.serco.com/na/careers and reference Job #8058.121.

Software Development Manager-Software Engineering sought by Vignet Inc. for Fairfax, VA office to be resp for product mgmt & deliverables, acct. mgmt & the oversight of engagements w/ techn'l focus on s/ware langs. (e.g. Java, Objective C, C/C++), mobile operating systems (e.g. Android, iOS), Kubernetes, Docker, AWS Cloud solutioning & dsgn'g solutions based on microservice architecture, Apache Kafka, AWS cloud srvcs. May travel & relocate to various unanticipated sites throughout the US. Must have Bachelor's deg. in Engg, Comp. Sci, Info Systems or rltd & 7 yrs of exp. Send resume & CL to lsmith@vibrenthealth.com. No calls. EOE.

Line Cook (1 pos.avail): Supreme Thai Bistro INC (Chantilly, VA) to read.ord &recv.vbl.inst to prep&cook food, Comp w/ std.ptn.sz, flw.basic.recipe, asst w/ ord. ingred Min.Hgh Schl/GED 6+mo exp. Res to supremethaibistro@gmail.com

Project Engineer for USA Cabinet Store LLC (Fairfax, VA). Oversee & direct kitchen & bathroom renovation projects. Interpret & translate customer needs into rough plans. Review the project in-depth to schedule deliverables & estimate costs. Negotiate terms of agreements, review contracts & obtain permits & licenses if needed. Select tools, materials & eqpmt & track inventory. Work closely w/ dsgnrs, decorators, architects & contractors. Bachelor's Deg. in Civil Engg or Construction Mgmt; M-F, 40 hrs/wk. Send Resume to Emin Halac, President, USA Cabinet Store LLC, 2832 Dorr Ave, Ste E, Fairfax, VA 22031.

## Help Wanted

Project Leader, Software AG USA, Inc. Reston, VA. Duties incl: Use Adabas, Natural, EntireX & Adabas SQL Gateway to dvlp innovative solutions to customer bus. needs across mainframe & Open Systems platforms. Independently write, test & debug code from specs using Review & other utilities. Assist in analysis & remedy of complex bus. problems. Dvlp appropriate systems documentation as req'd by client/project needs. Establish database replication using z/OS /MVS Event Replicator &/or Adabas SQL Gateway. Conduct disaster recovery planning to promote bus. continuity & data integrity. Manage customer relation w/ internal & external stakeholders. Manage all communications rltd to the contract. Report on potential contract risks. Conduct day to day mgmt & execution of end to end project deliverables in accordance w/ identified operating model to ensure consistency & qlty. Lead & ensure the delivery of all project tasks in partnership w/ techn'l & functional partners; hold team member accountable for identified roles & responsibilities during project execution. Telecommuting eligible. Reqmts: BA/BS in CS/IT or rltd foreign equiv, + 2 yrs exp in job offrd or 2 yrs as Analyst or Administrator managing Adabas & Natural IT projects. Apply online: https://jobs.softwareag.com

Computer Systems Analyst; netLogic Solutions, Inc. - Jobs loc in Chantilly, VA & var unanticipated locs t/o U.S. Confer w/ clients regarding the nature of the info processing or computation needs a comp prgrm is to address. Coord & link the comp systs w/in an org to increase compatibility & so info can be shared. Test, maint, & monitor comp prgrms & systems, incl coord the install of comp prgms & systems. Wrk on incremental deliveries, incl immed analysis & fix of critical issues. Work w/ var techs such as Oracle, SQL, & Toad. Trav/relo to var unanticipated locs t/o U.S. for l/t & s/t assigns at client sites. Reqs Bachelor's or frgn equivt in Comp Sci, Engng (any), or rel & 2 yrs exp in job offered or as a Comp S/ware Prof'l. Will also accept 4 yrs exp in job offered or as a Comp S/ware Prof'l in lieu of Bachelor's + 2 yrs exp. Mail res w/ cvr ltr to netLogic Solutions, Inc., 14175 Sullyfield Circle, Chantilly, VA 20151; Job 20NLS38; EOE

**Asian Fusion Cook Wanted**
F/T M-F Contact Gene Choe
703-928-2285, Corner Deli, Mclean VA

LynxTech Group LLC has openings for the position Technical Analyst, SCCM with Associates degree in Computer Science,Technology,Any Analytical Science or related & 3 yrs of exp to work on monitoring production deployment process and provide rollout status/ updating reporting as required. Installation, Configuration and Management of System Center Configuration Manager 2012, SCCM CB 1602 and SCCM 1910/2002 includes WSUS integration. Configuring Windows legacy operating system and autopilot deployment with SCCM in an Enterprise scale environment. Configuring and troubleshooting issues with respect to OSD deployment with PowerShell scripts, Windows Autopilot Hybrid Azure AD Join and 1E PXE Everywhere components. Deploy security updates using SCCM Software Update Point (SUP).Prepare technical documents, servers, network devices, link utilization reports.

Work location is Herndon,VA with required travel to client locations throughout the USA.Please mail resumes to 209 Elden St, Suite#208, Herndon, VA 20171 (or) e-mail hr@lynxtechgroup.com

## Legal Notice

### NOTICE - PUBLIC SAFETY MENACE

**Property:** 7307 Carol Lane., Falls Church, VA 22042, Tax Map Parcel ID # 0601 18 0057

**Condition:** 2 Trees in danger of falling that might endanger the safety of the public.

Required action to eliminate condition that constitutes a public safety menace: Removal of the trees.

Fairfax County Chapter 46 authorizes the removal of a public safety menace at the owners expense, after notifying the owner by certified mail and by a notice published once a week for two successive weeks in a newspaper having general circulation with the County when the owner fails to take the required action. The owner has a right to request a hearing. The request for a hearing shall be in writing to the Director of Health, Fairfax County Health Department, 10777 Main Street, Fairfax, Virginia 22030.

Failure to contact the Director of Health by (date 28 days after first publication) or correct the Condition, the Health Department will order the condition eliminated and any costs or expenses that remain unpaid shall constitute a lien against the property.

TOWN OF Herndon VIRGINIA

### NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, April 20, 2021 at 7:00 p.m. and a public hearing on Tuesday, April 27, 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 session and public hearing 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 items are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

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

**Resolution,** to consider a special exception amendment, **SE #19-02, 525 Grove Street, Virginia Dominion Energy Substation,** to amend the conditions associated with the construction of a new telecommunications facility that includes a monopole. The proposed amendment would increase the amount of time allowed to construct the telecommunications facility. The property is split zoned; the west half is zoned CS, Commercial Services, and the east half is zoned O&LI, Office & Light Industrial. The property is designated in the Herndon 2030 Comprehensive Plan Land Use Map as "Community Facilities." The property is located on the south side of Grove Street, approximately 180 feet south from its intersection with Grant Street and is approximately 63,688 square feet in area. Fairfax County Tax Map Reference Number: 0162-02-0190E. Applicant: Vertical Bridge. Representative: Tessia Knight, Network Building & Consulting Solutions. Property Owner: Virginia Electric and Power Company.

**Resolution,** to consider a special exception, **SE #21-01, 400 Herndon Parkway, Peppertree Montessori & Preschool,** to permit a private school/daycare within an existing office building. The property is zoned O&LI, Office and Light Industrial. The property is designated in the Herndon 2030 Comprehensive Plan Land Use Map as "Office Parks and Flexible Space." The property is located on the west side of Herndon Parkway, approximately 900 feet from its intersection with Spring Street, and is approximately 5.5 acres in area. Fairfax County Tax Map Reference Number: 0171 06 F3. Applicant: Gwendolyn Dozier, Managing member, Peppertree Montessori, LLC. Property Owner: DK Herndon Parkway, LLC.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 16, 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 April 9 and April 16, 2021

## Legal Notice

**[(Full name(s) of owner(s)]:**
Vargas Restaurant Group LLC

**Trading as:**
Bella Vita Pizza, Dyfre's Burger,
La Taqueria DC
7420 Fullerton Rd Ste 105
Springfield, Fairfax, VA 22153-2836

**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer On and Off Premises, Mixed Beverage On Premises license to sell or manufacture alcoholic beverages.**

Freddy Vargas Ramirez, Owner

**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.**

3008242 (04-09-21, 04-16-21)

**[(Full name(s) of owner(s)]:**
Tailor On Tap LLC

**Trading as:**
Tailor On Tap
7867L Tysons Corner Ctr
Tysons, Fairfax County, VA 22102-4513

**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Bespoke Clothier license to sell or manufacture alcoholic beverages.**

James Pack, VP, Operations

**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.**

3008273 (04-16-21, 04-23-21)

**[(Full name(s) of owner(s)]:**
Koju Inc

**Trading as:**
Hangry Burger
6699G Frontier Dr
Springfield, Fairfax, VA 22150-1420

**The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer On Premises, Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages.**

Syed A. Islam, President

**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.**

3008276 (04-16-21, 04-23-21)

**PUBLIC NOTICE**

Notice is hereby given that Mr. Matthew Diamond is requesting a permit from Virginia Marine Resources Commission to install 60 linear feet of riprap revetment, immediately channelward of an existing deteriorating bulkhead, and extending a maximum four (4) feet channelward of mean low water, on property along Little Hunting Creek, situated at 8800 Thomas J. Stockton Parkway, in Fairfax County.
**Send Comments/inquiries** within 15 days to: Marine Resources Commission, Habitat Management Division, 380 Fenwick

## Help Wanted

OBGYN (Annandale, VA) sought by Annandale OBGYN PC to provide medical services for patients on a continuing basis including patient examinations, procedures and surgeries. Physician will provide gynecologic and women's health services to patients and will order and execute tests, analyze reports and findings of examinations and diagnose patient conditions and administrative treatments and medications. CVs to Anna Le, 4208 Evergreen Lane, #213, Annandale, VA 22003, drannale@hotmail.com

## Help Wanted

IT Professionals:
Ent. Lvl to Sen. Lvl .Net Dvlprs, Java Dvlprs, Oracle DBAs, Prgmr Anlysts, Sftwr Dvlprs-BI, QA Anlysts, DevOps Engrs, Project Mngrs, Cyber Security Engrs, & Technical Project Mngrs. are needed for our Fairfax, VA office. May req. traveling. Send resume, Cvr Ltr., & Sal. Req. to Vision IT USA Inc at 10875 Main St, Ste. 205, Fairfax, VA 22030


**CLASSIFIEDS**
To place a classified ad or a Business & Services ad, please contact:
Marcia Patch • 703-904-1004
marcia@wspnet.com