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COURTESY PHOTO

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Virginia Task Force 1 Urban Search and Rescue deploys to Haiti for earthquake relief

Courtesy of USAID

At the request of the Government of Haiti, USAID is deploying an urban search and rescue team to join the USAID Disaster Assistance Response Team (DART) that was mobilized August 14 to lead the U.S. government's response efforts to the earthquake that struck Haiti.

The urban search and rescue team from Fairfax County Fire and Rescue Department includes 65 first responders and four canines who will join the search operations. The team is deploying with 52,000 pounds of specialized tools and equipment—including hydraulic concrete breaking equipment, saws, torches, and drills, along with advanced medical equipment to assist them in conducting search and rescue operations. Five additional members of the Fairfax County Fire and Rescue Department will deploy to provide technical support to the United Nations Disaster Assessment and Coordination Team



COURTESY PHOTO

Working as part of the USAID's Bureau for Humanitarian Assistance DART, USA-1 USAR assessment crews flew on U.S. Coast Guard helicopters to reach the area near Les Cayes.

to help with emergency management and coordination efforts.

The DART continues to conduct damage assessments and is coordinating with the Government of Haiti,

humanitarian partners, and other U.S. agencies on response efforts.

Tropical Storm Grace is fast approaching and expected to reach Haiti within 48 hours, potentially

exposing people to further devastation in a matter of days. The DART and USAID staff based in the region and in Washington, D.C. are monitoring the storm closely.

County raises taxes on used cars for some residents



ADOBE STOCK

By Rick Horner
FAIRFAX COUNTY TIMES

Some Fairfax County residents will see an increase in their car tax bills, with the pandemic being cited as the reason for the rise.

Fairfax County announced via their website that about 12 percent of county residents will see a significant increase in their car tax bills when compared to last year. According to county tax officials, the average increase for those residents who will experience the increase will be \$25 for cars valued at \$20,000 or less.

The reason cited for this rise in the car tax bills was attributed to the low supply and high demand for used and new cars pushing prices to record levels. According to the

release, automakers were hit with a global shortage of computer chips due to the pandemic which hampered the ability of those automakers to build new cars. In response, many car buyers turned to purchasing used vehicles which because of their scarcity drove the prices higher.

Fairfax County also attributed low interest rates and stimulus payments helping with car purchases and fueling the climbing price tags for used vehicles. This is counter to the norm where the value of used vehicles decreases every year that the vehicle ages.

Many automakers such as General Motors, Fiat Chrysler, and Volkswagen were forced to either cut staff or completely shut down their auto plants due to the dangers brought on by the coronavirus

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POSITIVE Vibes

BY NOELLE RIDDLE • Special to the Fairfax County Times



Friends of Homeless Animals works to find older dogs loving homes



STACEY GIMBERT

Friends of Homeless Animals (FOHA) was founded in 1973 by Anne Lewis of Loudoun County, after she found stray dogs on her property and could not find anywhere to take the dogs without the possibility of them being euthanized. So she started her own no-kill shelter and created FOHA.

"Since our founding we have saved over 16,000 cats and dogs," said FOHA President Stacey Gimbert. "We

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PUBLIC SAFETY



PETER STINSON

Firefighters on the scene of a townhouse fire in Oakton.

Oakton townhouse fire caused by lightning strike

Units from the Fairfax County Fire and Rescue Department and the City of Fairfax Fire Department, were dispatched for a reported townhouse fire in the 2900 block of Hunters Branch Road in the Oakton area of Fairfax County August 11 at approximately 4:59 p.m.

Crews arrived on the scene of a three-story, middle unit townhouse with smoke showing from the roof. Firefighters located fire inside a wall on the third floor. It was quickly extinguished. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. A neighbor observed smoke coming from the roof of the townhome and called 9-1-1. The occupants were unaware of the fire until the arrival of fire department units. Smoke alarms were present and sounded after fire department arrival.

Fire investigators determined that the fire was natural in nature and started in the third floor, laundry room wall. The fire was caused by a lightning strike.

Three occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$60,000.



COURTESY PHOTO

Damage from fire caused by an unattended candle at a McLean house.

Unattended candle cause of McLean house fire

Units from the Fairfax County Fire and Rescue Department and the Arlington County Fire Department, were dispatched for a reported house fire in the 6600 block of Osborn Street in the McLean area of Fairfax County August 10 at

approximately 9:10 p.m.

Crews arrived on the scene of a two-story, single-family home with smoke showing. They worked rapidly to locate and extinguish the fire. Two civilians were transported to the hospital for evaluation of non-life-threatening injuries. There were no firefighter injuries reported.

Two occupants were home at the time of the fire. One occupant discovered the fire and alerted the other occupant. Both occupants were able to self-evacuate. 9-1-1 was then notified. The fire was discovered before the smoke alarms sounded.

Fire investigators determined that the fire was accidental in nature and started in the first floor living room. The fire was caused by an unattended candle placed too close to the curtains. The residence had lost power due to passing thunderstorms and the candles were being used to provide lighting.

Five occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$25,000.

The Fairfax County Fire and Rescue Department would like to remind residents to avoid the dangers of fire while burning candles to please follow the safety tips listed below:

- Use battery powered candles/lighting when power goes out
- Never leave burning candles unattended
- Keep all combustible materials away from open flames
- Do not burn candles near windows or doorways
- Place candles in glass or ceramic containers
- Place candles on a flat, sturdy non-combustible surface
- Never leave candles burning when children or pets are present

Toddler succumbs to injuries sustained in late July crash

A two-year-old child has passed away from injuries sustained in a crash that occurred last month in Springfield.

Officers responded to a crash at 10:40 a.m. July 29 on Backlick Road near Barta Road that involved four cars. The driver of a 2007 Lincoln Town Car was traveling northbound on Backlick Road with the child unrestrained sitting on the driver's lap. As the driver passed through the intersection at Barta Road, the car drifted toward the center median and struck a traffic signal pole. The car continued to travel into oncoming traffic sideswiping a 2017 Ford F-150 then colliding head on

with a 2019 Ford F-350. The F-350 then rolled backward into a 2018 Mercedes GLE 350.

The driver and child in the Lincoln Town Car and the driver of the F-350 were all taken to the hospital with injuries initially considered life threatening. The child remained hospitalized since the crash and sadly passed away last night. Both drivers were treated and have been released from the hospital.

Detectives from the Fairfax County Police Department Crash Reconstruction Unit determined a child safety seat was not present in the Lincoln Town Car. Speed and alcohol do not appear to be factors for the driver, but detectives are continuing to investigate to determine if drugs were a factor. This case remains an active investigation and charges are anticipated for the driver of the Lincoln Town Car after consultation with the Commonwealth's Attorney Office.

Per Virginia Code 19.2-11.2, we are prohibited from providing identifying information about juvenile crime victims unless parental consent is provided. Accordingly, no further information pertaining to the two-year-old is available in this case.

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

Anyone with information about this crash is asked to contact our Crash Reconstruction Unit at 703-280-0543.

This is the 7th non-pedestrian related fatality in the County to date in 2021.

Year to date, in 2020 there were 8 non-pedestrian related fatalities.



COURTESY PHOTO

Damage to a Fairfax Station house.

Fairfax Station house fire caused by electrical malfunction

Units from Fairfax County Fire and Rescue Department and the City of Fairfax Fire Department were dispatched for a reported house fire in the 6300 block of Youngs Branch Drive in the Fairfax Station area of Fairfax County

August 10, at approximately 2:59 a.m..

Crews arrived on the scene of a two-story, single-family home with fire showing from the roof. Firefighters worked quickly to extinguish the fire. There were no reported civilian or firefighter.

Three occupants were home at the time of the fire. An occupant that was upstairs noticed an odor of smoke in her bedroom. She notified her father, and upon investigation, he discovered the fire in the attic. Smoke alarms were present but did not sound due to the location of the fire.

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

Three occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately \$250,000.

Alexandria man arrested, charged with firearm violations

A man was standing in the drive-thru lane in the 8600 block of Richmond Hwy. while pointing a firearm at patrons and employees August 7 at 11:53 p.m.

Officers quickly took Michael Ryan, 29, of Alexandria, into custody. A firearm was recovered. Ryan was charged with three counts of brandishing, concealed weapon violation and possession of a firearm by convicted felon.

Electrical event cause of Seven Corners house fire

Units from Fairfax County Fire and Rescue Department and the Arlington County Fire Department were dispatched for a reported house fire in the 6100 block of Munson Hill Road, in the Seven Corners area of Fairfax County August 10, at approximately 2:19 a.m..

Crews arrived on the scene of a one-story, single-family home with fire through the roof. Firefighters quickly brought the fire under control. There were no civilian injuries. Two firefighters were transported to the hospital for a check-up.

No occupants were home at the time of the fire. The fire was discovered by a neighbor who observed fire visible from the roof. 9-1-1 was then called. Smoke alarms were present but did not sound due to the location of the fire.

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

No occupants were displaced at the time of the fire. Red Cross assistance was not required as the occupants were out of town. Damages as a result of the fire were approximately \$309,280.

Pedestrian dies after crash at Fort Belvoir

Detectives from the Fairfax County Police Department Crash Reconstruction Unit continue to investigate a fatal crash that occurred August 11 at 9:58 p.m. on Richmond Highway just prior to Pohick Road in Fort Belvoir.

Preliminarily, detectives determined Ray Edwin Roby, 65, of Fort Belvoir, was crossing Richmond Highway from west to east. Roby was south of the intersection at Pohick Road and not in a crosswalk. The driver of a 2016 Jeep Grand Cherokee was traveling north on Richmond Highway and struck Roby in the roadway. Roby was transported to a hospital where he succumbed to his injuries. Preliminarily, speed and alcohol do not appear to be factors for the driver. Detectives are investigating whether alcohol may have been a factor for the pedestrian. The investigation remains active, and details of the investigation will be presented to the Office of the Commonwealth's Attorney for review.

Anyone with information about this crash is asked to contact the Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone -1-866-411-TIPS (866-411-8477).

This is the 10th pedestrian fatality in the County to date in 2021.

Year to date, in 2020 there were 11 pedestrian fatalities.

Alexandria Police Department peacefully resolves barricade incident on Edsall Road

The Alexandria Police Department peacefully resolved a barricade incident in the 6100 block of Edsall Road.

At approximately 8:45 a.m. August 14, Alexandria Police officers responded to a call for service from a known mental health subject in an apartment. Officers engaged the subject, an adult male, in a conversation until

a threat to harm police and other building residents was made around 9 a.m. At 12:04 p.m., additional resources were brought in to assist with the incident.

The subject peacefully surrendered without incident at 3:30 p.m. No injuries were reported. The building reopened to normal business at 4 p.m.

Alhaji Kamara, 33, faces a Felony Threat to Law Enforcement charge. He is being held on an Emergency Custody Order at Inova Alexandria Hospital.



COURTESY PHOTO

Cross shaped burned into the lawn.

Detectives investigating possible bias crime in Groveton

Officers from the Fairfax County Police Department Mount Vernon Police District responded to a report of a potential bias crime in the 3400 block of Clayborne Avenue in Groveton August 10. A homeowner alerted officers to a patch of grass that appeared to be burnt in the shape of a cross in a backyard. Preliminarily, detectives believe this may have occurred in the last 15 days. The Fairfax County Fire Marshal's Office is assisting in this investigation.

As a county, any form of hate is unwelcome. As a police department, FCPD's goal is to ensure we document any Bias Crime or Bias Incident, conduct a thorough investigation, and provide the necessary support and resources available to all impacted.

You can find more information at the FCPD Bias Crime link:

<https://www.fairfax-county.gov/police/chief/crimeandsafety/crime-preventionawareness/biascrime>

You can find information from the FBI on Hate Crimes at the following link: <https://www.fbi.gov/services/cjis/ucr/hate-crime>.

If you are the victim or witness of a bias crime or incident in Fairfax County, please contact the FCPD at 911 (for in progress) or our non-emergency number at 703-691-2131. Anyone with information about this crime or who may have noticed anything suspicious is asked to please call our Mount Vernon Police station at 703-360-8400.

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PEOPLE AND PLACES



COURTESY PHOTO

Capt. Katja Lancing, Capt. Emily Murphy and Capt. Felicia Barnes are leaders at Fire Station 37 in Kingstowne.

In historic first, Kingstowne fire led by all women

If you call Fire Station 37, Kingstowne, on any given day and ask for the officer in charge, you will notice one thing they all have in common. All of them are women.

For the first time in the history of Fairfax County Fire and Rescue Department (FCFRD), three women fill the top leadership roles of a fire station. In an industry that is striving to acquire more diversity, especially in leadership roles, it signals progress.

Capt. Emily Murphy, Capt. Katja Lancing, and Capt. Felicia Barnes have been working together at Station 37 since May 2021. Murphy (A-Shift) came to Station 37 two and a half years ago and Lancing (B-Shift) arrived in 2020. Barnes (C-Shift) was assigned to the station in May of this year. Each of them heads their own shift. This means they don't work directly with each other daily but must act as a team in order to keep the station operating efficiently. Communication is key to their success. "We talk all the time. Communication is open and easy. We work well together and share information well," said Barnes.

Such open communication has created a supportive and encouraging environment for the three captains. Each of them brings different experiences to the table. They use their diverse backgrounds to influence and motivate each other. Building confidence has a trickledown effect. Murphy, Lancing, and Barnes all praise their shifts for exemplary dedication and hard work. Dispersed over the three shifts are five additional female firefighters. The captains hope that seeing people break through barriers will inspire others to know they can do it too – and not just within the fire service. As they interact with their community, the captains hope that seeing females in leadership and firefighter/EMT roles will show little girls and others what they can achieve.

Murphy, Lancing, and Barnes all recognize that their success has been made possible through the support of the commanders, mentors, and fellow firefighters – most of them male – that encouraged them along the way. They credit their current success in part to their deputy chiefs, Deputy Chiefs Betz, Shaw, and Warner, who have challenged them and pushed them to increase their confidence and trust themselves. Each can quickly name others whose guidance has impacted them – Battalion Chief Ranck, Battalion Chief Dobbs, Captain Brasfield, Captain Johnson, Captain Hood, and Battalion Chief Hall. "Many of my early mentors have retired," said Murphy. "I will never forget where I came from and the dedication and leadership they shared."

The support expands beyond leadership roles. Lancing cites the opportunities serving at Station 37 has provided her. She is now trained as a backup deputy chief's aide. She loves her tight-knit, diverse shift. The captains work out with their shifts every evening they are on duty. The Division Two deputy chief's office is located at Station 37. Captain Blair, who is Deputy Chief Betz's aide, has helped to create workouts set to challenge

everyone at their fitness level. Each captain encourages and pushes one another to attain fitness goals.

Murphy, Lancing, and Barnes recognize the role that family and friends have played in their successes. Lancing also cites the support of her husband, FCFRD Master Technician Rick Lancing. "I am grateful for the opportunities and challenges this job has offered. I appreciate working with and for great leaders", said Murphy. "I also want to thank my family and close friends for their support over the years."



COURTESY PHOTO

Sujay Ratna

Centreville resident named 2021 Phi Beta Kappa Key into Public Service Scholar

Growing up in Olathe, Kansas, **Sujay Ratna** recalls, he was always told to think about and help others.

Since that time, Ratna – a 2021 Rutgers University-Camden biology graduate – never lost sight of the opportunities that he's had. Just as importantly, he stayed keenly focused on spreading awareness about others who aren't as fortunate.

As a Rutgers-Camden Civic Scholar, Ratna volunteered at local hospitals and schools in Camden, and advocated for those who cannot do so for themselves.

"These experiences all led me to a career in medicine intertwined with public service," said Ratna, who minored in chemistry and sociology.

Ratna's passion to pursue medicine to help others on a personal as well as population level earned him a nod as a 2021 Phi Beta Kappa Key into Public Service Scholar. The award, given by Phi Beta Kappa – the oldest academic honor society in the United States – recognized 20 exemplary students – out of more than 800 applicants nationwide – who have demonstrated a dedication to work in the public sector. Ratna follows in the footsteps of fellow 2021 Rutgers-Camden graduate Nitán Shanas, who earned the honor in 2020.

"I feel like I am embodying what it means to be a public servant to my community," said the Centreville resident. "Advocating for patients has deepened my compassion for others, while also inspiring me to challenge the policies that impact health outcomes for patient populations."

The Rutgers-Camden graduate and his fellow Phi Beta Kappa scholars attended a virtual conference in late June to introduce them to public service careers at the local, state, and federal levels. His personal highlight of the conference was a one-on-one mentoring conversation with Nick Wilson, associate director of policy, planning, and coordination for the Baltimore Mayor's Office of Neighborhood Safety and Engagement, to discuss how he could help improve gun safety as a premedical and medical student.

It wasn't Ratna's first introduction to the issue. As a premedical student, he was a member of Medical Students for Gun Safety, an advocacy team that influences national policy. During that time, he met with U.S. Rep. Jennifer Wexton, D-Va., to discuss gun safety measures and the bipartisan issues that she

faces on the House floor.

"We both agreed that physicians are not well versed about the legality of gun violence and making legislation would guide physicians to take action," he said.

As Ratna tells it, his dedication to this and other critical social issues came with seizing opportunities to impact his community – an outlook that he gained only after arriving at Rutgers-Camden. He recalls that, as a Rutgers-Camden Civic Scholar, he was an active part of the Camden community; his requisite 300 hours of volunteer work included serving as a tutor, where he frequently met one-on-one with parents, veterans, and students from various backgrounds.

"The diversity of students I encountered at Rutgers University-Camden was crucial to forming my values and thought process today," he said.

He also served as a health outreach associate with the Accountable Health Communities Project at Cooper University Hospital. His role on the project, which addresses social determinants of health for 75,000 Medicare and Medicaid beneficiaries, was to interview high-risk beneficiary patients and advocate for post-discharge quality of life.

"These experiences were particularly fulfilling and gave me insight into advocating for meaningful change through a public service career," said Ratna, a member of the Rutgers-Camden Honors College.

Ratna also served as president and co-founder of South Asian Appreciation of Tradition and Heritage (SAATH) and vice president of the chemistry club on campus.

"Both experiences have helped me work with different kinds of students and people, just as I will be exposed to a diverse patient population as a physician," said Ratna. "SAATH especially has informed me of not only my culture but also helped me appreciate the culture of others."

For his exemplary efforts, Ratna was awarded the 2021 Lasting Legacy Student Leader Award, given to graduating seniors who have truly embodied what it means to be a phenomenal leader who serves the entire campus community.

In addition, he currently serves as the Premedical Trustee for the American Medical Student Association, where he represents the voices of more than 14,000 premedical members to the national board.

Ratna graduated from Rutgers-Camden with a 4.0 grade-point average in May 2021 and, through the FlexMed Early Assurance Program, took one step closer to his dream of becoming a physician when he was admitted to the Icahn School of Medicine at Mount Sinai. He has now decided to take a gap year before matriculating, with plans to one day conduct clinical research and engage in public health policy – the latter preferably in a role for the U.S. Department of Health and Human Services.

"In my future roles I will ensure that not only am I a better health care provider, but that I might help train a better generation of physicians," he said.

CEE receives commendation from the Commonwealth

The Center for Excellence in Education (CEE) is honored to have been recognized with a proclamation from Virginia's State Senate and House of

Delegates. CEE has provided 38 years of STEM opportunities to outstanding high school scholars and teachers in the Commonwealth.

"The Center for Excellence in Education thanks the General Assembly for the recognition of the Center's work to strengthen STEM education in Virginia," said CEE President Joann P. DiGennaro. "The Center looks forward to continued success in bringing opportunities and resources to underserved STEM students and teachers across the state."

The commendation recognizes that CEE offers all its programs at no cost to participants, thereby promoting access to underserved and less advantaged students and teachers. Students throughout the Commonwealth have benefited from access to educational opportunities provided by CEE, and a significant number of teachers in the Commonwealth have participated in additional training and support offered to improve their professional development and the quality of education for all students in the Commonwealth.

Virginia Delegate Mark Keam (35th District) presented CEE with the signed commendation July 15. During CEE's 2021 Annual Congressional Luncheon he also gave remarks. A recording may be viewed on YouTube at <https://bit.ly/2UITnhR>.



COURTESY PHOTO

Lisa Disbrow

LMI announces retirement, appointments on their board of directors

LMI announced August 9 that **Ken Krieg** is retiring from his role as chair of the board. Krieg has served as a board member since 2008, as the chair of the Audit & Finance committee from 2011 to 2019, and as the chair of the board since April 2019.

Under his leadership, LMI transformed into a digitally enabled consulting firm serving defense, intelligence, homeland security, and civilian and health markets. LMI also grew by more than 25 percent organically and inorganically, enabling better execution of company and client missions. The Washington Post ranked LMI first among large companies in its Top Workplaces 2021 list during his tenure as chair. Krieg's diligent devotion to growth and LMI's culture will leave a lasting effect on the company.

Following Krieg's departure, board member and Audit and Finance committee chair, **Lisa Disbrow**, will assume the role of board chair. She joined the LMI board in 2018 and has served as the chair of the Audit and Finance committee since November 2019. Retired from federal service in 2017 as the senate-confirmed 25th Under Secretary of the United States Air Force, Disbrow has dedicated 32 years of her career to serving the government in the military and civilian sectors. She helps our nation's service members, past and present through her service on the Wounded Warrior Project and the Air Force Association boards of

directors, and she is a senior fellow at the Johns Hopkins Applied Physics Lab. She is a member of multiple private and publicly traded company boards, including Mercury Systems (MRCY) and BlackBerry (BB).

"Ken has been an instrumental leader and a critical part of LMI's ongoing success. His guidance has driven us toward our vision—powering a future-ready, high-performing government," said LMI president and CEO Doug Wagoner. "We look forward to Lisa filling this role to further our mission and values and those of our customers."

Jim Sweetnam will become the Audit and Finance Committee chair. He joined the LMI board in 2011. Sweetnam graduated from Harvard Business School with an MBA and had a distinguished career in the private sector. He is the former president, CEO of Dana Corporation (DAN) and CEO of Truck Group, Eaton Corporation. He currently serves on the board of Republic Airlines, and previously served on the boards of SunCoke Energy (SXC), Inc and Lubrizol Corp (LZ).



COURTESY PHOTO

Richard Stillson



COURTESY PHOTO

William G. Bouie



COURTESY PHOTO

Lisa Sechrest-Ehrhardt

Reston Preference Poll offers candidates to fill three vacancies

The Reston Community Center (RCC) Board of Governors announces three candidates for its 2021 Preference Poll. This year's

candidates are all incumbents: **William G. Bouie**, **Lisa Sechrest-Ehrhardt** and **Richard Stillson**. The candidates' statements are included here exactly as submitted and are presented in alphabetical order; voters are urged to review all statements before making selections.

The poll seeks community guidance to fill three three-year positions. Voting begins on September 10, 2021. Each property in Small District 5 (SD5) will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5:00 p.m. on Thursday, September 30. Walk-in and online ballots must be received by 5:00 p.m. on Friday, October 1.

A Candidates Forum will be held September 9, at 6:30 p.m. at RCC Hunters Woods, located at 2310 Colts Neck Road in Reston. Although there are three candidates for the three positions, the Preference Poll and the Forum will occur as usual. The Memorandum of Understanding between the agency and Fairfax County Government require the poll to be conducted annually regardless of the number of candidates.

The Fairfax County Board of Supervisors established the RCC Board of Governors to represent the interests of Reston (SD5) residents and businesses in developing policy and providing financial oversight for RCC. Board appointments are made by the Fairfax County Board of Supervisors after participants have made their preferences known in the annual poll.

Board members work together to establish the overall policy for the Center and to guide its programs and budget. Board members represent Reston Community Center at social, recreational, cultural and educational activities throughout the district as well as function as liaisons to RCC's community partners.

This year's candidates have provided statements which can be viewed at <https://bit.ly/3xS1Qab>. For more information on the 2021 RCC Preference Poll or Board of Governors call 703-476-4500.

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County holds redistricting meeting for public input, but public has little to give

By Rick Horner
FAIRFAX COUNTY TIMES

Fairfax County held a meeting for their redistricting committee and the attendance and engagement from residents was disappointing.

The Fairfax County Redistricting Advisory Committee held their latest public hearing as it gets ready to redraw new electoral maps in late August. The new maps would effectively reshape the districts for the county's board of supervisors and the school board. The committee set up the hearing in order to hear the thoughts and concerns of the county's residents on the redistricting endeavor.

The county currently has nine districts which each have their own supervisor and school board representative. According to the committee, the bylaws set for redistricting could allow up to 11 districts but creating new districts doesn't seem to be on the agenda currently since no more discussion was made after that revelation.

Some particular aspects that the committee was seeking answers on are the number of districts for the supervisors and the school board, what communities and neighborhoods should be in particular districts, understanding the unique challenges and concerns for communities and the needs for political representation, and the positive and negative effects that previous redistricting has had over the last 10 years.

Unfortunately, the committee received only a few responses from residents, all of them asking the committee to carefully consider their choices when deciding the new borders for the districts.

One commenter who spoke to the committee via phone was Dranesville resident Emily Rakowski who asked to keep the

border lines of her school district the same in order to promote stability. According to Rakowski, her children were moved from Mclean to Langley school district when the lines were redrawn 10 years ago.

"Please take into heavy consideration in allowing Dranesville to have some stability for a decade or more in the Langley triangle," said Rakowski.

There was also a message to the committee from Senator Jennifer McClellan of Virginia's Congressional 9th District who represents the greater Richmond region. McClellan's message asked the committee to consider fairness when choosing where the lines for the new districts would lay, remarking "one person, one vote".

After the comments were done and the committee took a short recess, questions arose among them on how they could have done better in reaching out to the community about the redistricting efforts. Among the first to ask that question was Saif Rahman, the representative for the county's Arab-American communities who took note of the lack of engagement from residents.

Members of the committee discussed options for community participation such as sending in questions and comments via their phones as well as emails that could be sent before the next meeting and would be answered at that time.

Maya Castillo, a representative for the Hispanic-American community, believed that more people would participate in the process if they knew how it all worked and to put out the information in different languages to inform the widest possible audience. Other members of the committee agreed that it would probably be best to disseminate bite-

sized information about the process so residents could understand what redistricting is and what is involved.

One issue that Fairfax faces in their redistricting efforts as all other localities has been the lack of available data from the 2020 U.S. Census. While information from the federal government regarding the population numbers of the country and individual states was disseminated back in April this year data regarding the individual localities as well as sex, race, age, and ethnicity has only begun to be released in the last few weeks.

Fairfax County however has yet to receive that data from the Virginia Division of Legislative Services. This would greatly affect the committee's timetable for setting the new district lines which is supposed to be completed by February 20, 2022.

The Redistricting Advisory Committee is a 20-member body made up of representatives of each of the nine existing Board of Supervisor districts as well as three at-large members which includes the committee's chairman Paul Berry. The committee also has representatives from various ethnic communities such as the aforementioned Arab and Hispanic-American communities as well as the African-American and Asian-Pacific Islander communities.

The committee also includes representatives from organizations such as the Federation of Citizens Associations, the League of Women Voters, the Northern Virginia Chamber of Commerce, and the Northern Virginia Labor Federation.

The committee's next meeting will occur at the Fairfax County Government Center August 21. This meeting is not scheduled to be an open forum for the public.



STACEY GIMBERT

DOGS

CONTINUED FROM PAGE A1

have a 40 plus acre facility in Aldie that can house about 70 dogs and 20 to 30 cats. Our facility has some unique advantages, such as lots of walking trails and dog condos which have a front and back yard with air conditioning and heating where some of our long-term residents live. They are with us as long as it takes to find a home." The dog condos are also a better option for dogs who may become stressed or anxious in a shelter environment.

Currently, FOHA has around 55 dogs which are looking for their forever homes, five of which are senior dogs who are eight years of age or older, with new dogs coming in every two weeks. Older dogs have a very special place in the heart of FOHA.

"Older dogs are the most frequently abandoned and likely to be euthanized at shelters. They deserve a home as much as anyone else," Gimbert said. "Older dogs are harder to get adopted, and we bring in senior dogs from our partner shelters across the state. They are not all no-kill shelters, and they run out of space. Dogs with medical issues and older dogs are most at risk."

With senior dogs often struggling to get homes, FOHA set out to help the older dogs with their Senior Care Program. "Our Senior Care program launched in 2018 for any dog the age of eight and over. We wave the adoption fee and provide up

to \$1,500 in medical care reimbursement for those dogs," Gimbert said. "People are scared to adopt older dogs because of vet bills, so thanks to our very generous donors, it allows us to provide this option."

Their work with older dogs recently earned the charity a \$5,000 grant from The Grey Muzzle Organization to continue their work to help senior dogs live their later years in comfort. "We are very honored to work with Grey Muzzle and focus on senior dogs. This grant will help us expand the number of senior dogs we can bring into the shelter, from 12 or so a year, up to about 20," said Gimbert. "These dogs cost more to care for as they may need dental care or have medical issues, and seniors often stay with us longer. Our mission statement is 'Home with us until they're home with you.' The senior dogs really are loved by staff and volunteers. There is a right home for these dogs, and it is meaningful to live their time left in a home."

FOHA helps senior dogs like Biggie, a 13-year-old Maltese mix, who came to FOHA in early 2021. As a blind and deaf older dog, Biggie had limited adoption options in the shelter where he was living. FOHA stepped in and brought him to their shelter, confident that someone would be willing to give this senior dog a home. He had medical issues including a heart murmur, an eye ulcer, skin issues and dental problems. FOHA took care of his medical needs and in March, a foster mom stepped in and took Biggie into her home,

giving Biggie a comfortable and loving life for his few remaining months. Sadly, Biggie passed away in June. His foster mom was grateful for the time she had with him. "Fostering Biggie was and will always be a highlight of my life. It was so easy to fall in love with him, and it has been so very difficult without him," she said.

FOHA also operates a resale store in Chantilly, called The Treasure Hound, which sells merchandise, antiques, books, clothing, fine china, art, jewelry and pet supplies. Every item which is donated or sold helps the animals at FOHA, with 100 percent of the proceeds helping fund shelter, food, vaccinations and medical treatment for the cats and dogs.

The organization is always looking for volunteers who are willing to help the cats and dogs on their journey to a forever home. From "cat snuggling," a way to help socialize the cats on site and walking the dogs on trails, to shopping or donating at The Treasure Hound, there are ways for everyone to get involved. "We could not be where we are today without the support of adopters, donors and volunteers," said Gimbert.

And for those with room in their home to rescue a cat or dog, the FOHA suggests keeping an eye on their website (<https://foha.org/>) for new animals and opportunities to meet their potential new furry friend, or other ways to volunteer and support the animals.

The Treasure Hound is located at 14508-D Lee Rd. in Chantilly.

TAXES

CONTINUED FROM PAGE A1

pandemic. Sales in March and April 2020 fell by more than one-third as much of the country went into lockdown, according to a March 2020 article from NBC News.

In that same article, American multinational investment bank Stanley Morgan anticipated that U.S. demand for cars would drop to 15.5 million from 17.1 million vehicles sold in 2019.

Automakers were on track to surpass Stanley Morgan's assessment but have run into the problem of lacking the necessary supply of microchips which are essential components for the electronic systems in modern cars. The production of microchips had been scaled back during the pandemic in favor of other consumer electronics which those stuck at home through the pandemic were more likely to purchase while stuck at home. However, once restrictions were lifted and the plants were able to resume production the impact from the lack of microchips has put some companies in a very precarious position. In an August

2020 article on the website Techxplore, Jaguar Land Rover warned that the lack of microchips could cut its third-quarter output by half. Volkswagen also commented that they could also see a drop in production during the third-quarter by roughly 450,000 vehicles.

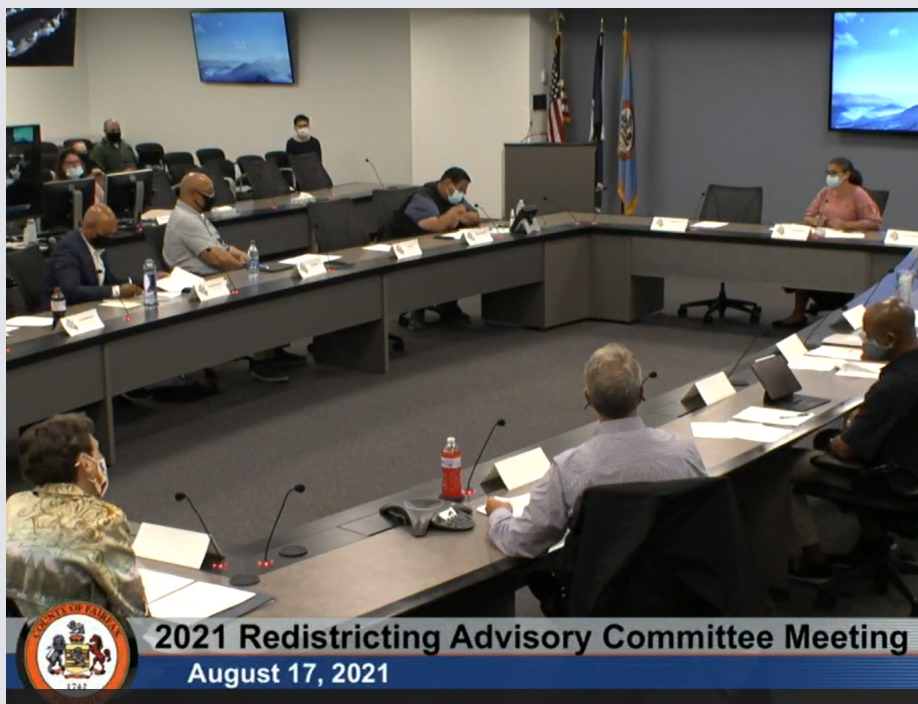
This year will also see the penalties for late personal property taxes and real estate tax payments return to normal rates after they had been reduced by the County Board of Supervisors last year. The board has cut the penalty in half from 10 percent to 5 percent for late payment on those taxes as well as eliminating the additional 15 percent penalty for car taxes that are more than 30 days overdue. The Board passed these measures as a temporary reprieve and noted that they would return the following year when they announced the change back in 2020.

Fairfax County bases car taxes on a vehicle's value listed in guides such as J.D. Power's Used Car Guide or The National Automobile Dealers Association Used Car Guide. The fair market value of a used car is determined by the "Clean Trade-In Value" listed as of January 1

of the tax year. The current tax rate of motor vehicles in Fairfax County is \$4.57 per \$100 of assessed value. According to a video posted by the county on YouTube the tax amount can be determined by dividing the value of the vehicle by \$100 and multiplying it by the tax rate. However, car owners can file an appeal on the taxes if they believe that their vehicle has been over-assessed based on body damage, rusting, or mileage on the car.

Fairfax County has been notifying taxpayers of this change and since personal property tax bills are currently being mailed out and are due by October 5. Those who would dispute the assessment of their vehicle would still have to pay on time.

Fairfax County has offered online bill pay as well as physical drop-offs in red boxes at the Government Center and select library branches which the county plans to announce September 15. For more information contact the Fairfax County Department of Tax Administration on their website or call 703-222-8234 TTY 711.



2021 Redistricting Advisory Committee Meeting
August 17, 2021

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FCPS parents sign petition for virtual school option for children

By Noelle Riddle
SPECIAL TO THE
FAIRFAX COUNTY TIMES

With the Delta variant raging across the nation, and children under the age of 12 ineligible for vaccines, many Fairfax County Public Schools parents are worried about sending their children back to in-person school August 23. A Change.org petition called "FCPS Virtual School Option" is now gaining traction in wake of parents' worry.

Created by Ritika Anand with a goal of 5,000 signatures, the petition states what the parents want to see from the school board. "With schools opening in less than three weeks, there is tremendous concern about how things will be handled when kids go back to school, especially since the SARS-CoV-2 vaccines are still not available to children under 2 and vaccinated kids can carry as much viral load, as the unvaccinated, if infected," Anand wrote. "With the original variant, students were less likely to be seriously impacted, but in the case of the Delta variant, children's hospitals across the country have seen a surge in symptomatic infections and based on recent CDC comments, children can easily contract the virus and carry it home to younger or older family members, which in-turn is potentially a matter of life and death."

The petition is asking the school board to implement a hybrid model and allow parents to have some say in if their child will be physically in the classroom. As of

August 17, the petition had received 3,340 signatures. Many parents took to the comments of the petition to share their worries and why they decided to sign. "My family has lost 10 family members to COVID and my child is very traumatized from such loss and is in so much fear of contracting the delta variant and dying from it, all because he is 11 years old and can not get the vaccine until October," commented Mayra Martinez. "Please give the parents the option to opt in virtual."

"While we were hoping to return our son to in-person learning after spending most of his early education virtually...we are still in a raging pandemic and not much about what it will look like feels safe enough for our unvaccinated children," commented FCPS parent Michael Roop. "Please offer virtual & hybrid options to allow for distancing until the youngest have a chance to be vaccinated!"

Jennifer Sellers, a spokeswoman for FCPS, told Fox 5 that the FCPS application process for online schooling closed May 28, and that the schools will be adhering to medical guidance. "We believe that in-person learning is the best approach to instruction, and are focused on providing a safe and positive learning experience for all students," she said. "We are aware that COVID-19 case numbers are rising in Fairfax County, driven by the highly-contagious Delta variant and slowing vaccination rates. We have put layered prevention strategies in place to counter this rise. The American Academy of

Pediatrics guidance recommends a continued focus on layered prevention strategies, including universal mask wearing for all students and staff. We will be starting the school year on August 23 with universal masking in school buildings, along with other layered prevention strategies. We are confident these strategies will support a safe and healthy environment in our schools for our students and staff-- especially those who are not yet able to receive a COVID-19 vaccine. Eligibility for the Virtual Program was limited and based on a documented COVID-19 related health/medical need of the student. Please note that the application window for enrollment in FCPS' limited Virtual Program closed May 28."

WUSA 9 reported that the FCPS virtual program accommodates a small number of students, only about 400, and only students with underlying risks which make them more vulnerable to the virus.

Christy Hudson, the communications director of the Fairfax County Parents Association, had another suggestion for parents who are looking for a virtual option. "Fairfax County Parents Association supports parents' rights to advocate for the best learning environment for their children. We believe parents are best equipped to decide whether that be homeschool, in-person education, or virtual learning," she said. "That said, the 2021-2022 school year begins on Monday for Fairfax County Public School students, and FCPS has made no plans to offer virtual



learning to a broad base of students. Fortunately, the Commonwealth of Virginia has long offered a virtual public-school option to its residents. Virtual Virginia and other online education options are well-established virtual schooling programs that may be a viable alternative for families wishing to learn virtually for the upcoming school year."

The Virginia Department of Health website is continually updated as they review CDC guidelines and update the Commonwealth on the status of the pandemic. Their website page about K-12 education reads: "On August 12, 2021, State Health Commissioner Dr. M. Norman Oliver issued a Public Health Order requiring

all students, teachers, staff, and visitors in K-12 schools aged two years and older to wear masks indoors, regardless of vaccination status. All Virginia public and private K-12 schools (including Pre-K classrooms) must implement a requirement that students, teachers, and staff wear masks indoors, regardless of vaccination status. Schools should follow Interim Guidance for COVID-19 Prevention in Virginia PreK-12 Schools. This guidance emphasizes several key prevention strategies, including vaccination, masking, physical distancing, screening testing, ventilation, hand hygiene, cleaning, staying home when sick, and prompt contact tracing once any cases are identified. Of all available

prevention strategies, vaccination, masking, and physical distancing should be prioritized."

"We cannot go in and get them vaccinated. This does not stop or impede any family that wants to send their kids for in-person training," Anand told WUSA9. "We're just asking for that option to be able to save our kids." The petition has seen more parents signing as it gains media attention and cases rise across the nation.

For the return to school August 23, FCPS is requiring all students, staff and faculty to wear masks upon their return to school regardless of their vaccination status. Masks are to be worn at all times, excluding during lunch, recess and PE.

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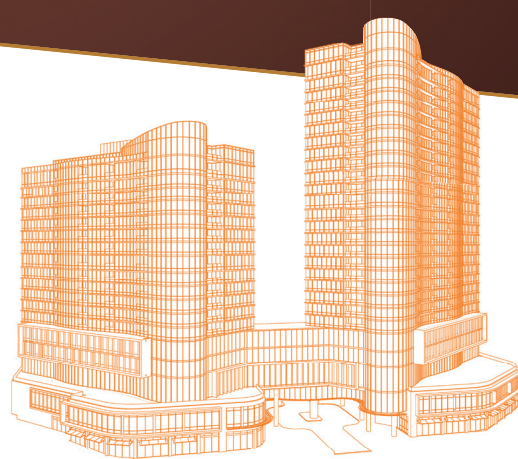
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7/21 PB FCT

Thomas Jefferson High parents, students stand up to defend high standards in education

Dear Editor,

As a mother, I want my daughters to understand the importance of setting high standards, respecting themselves and others, and working hard to achieve goals. These are non-negotiable values my husband and I try to teach them as they mature and enter the world.

We're alarmed by the messages they're now receiving from educational leaders in the Fairfax County Public School system (FCPS). Led by Superintendent Scott Brabrand, these local officials seek to undermine merit-based educational standards while promoting disrespect toward Asian-American families in the community, at a great cost to the school system and the children, whom those leaders are supposed to educate and protect.

A case in point is the decision to water down

admission requirements at Thomas Jefferson High School for Science and Technology (TJ), a magnet school for gifted students in math and sciences ranked as the nation's best high school. In response, a number of TJ families have banded together to challenge this assault on the highly competitive school's longstanding commitment to educational quality for hard-working students.

I immigrated to the United States from China in 2003 when I married my husband, Randy. Despite the high living cost, we chose to stay and raise kids in Fairfax County so our children could attend the public schools, which we knew to be high quality and welcoming to families of all kinds. When our oldest daughter was admitted to TJ, we were thrilled. Now in her second year, she must work extra hard to maintain her good grades, but at the same time, she has

thrived in the challenging environment.

However, just last year, the entire country was struggling through a pandemic. Instead of helping the students to cope with the virtual learning and trying to lower the rising number of failing grades, our local educational officials began complaining openly about what they perceived as the lack of diversity at TJ, despite the fact that 70 percent of the students in TJ are minorities from more than 30 different countries, mostly in Asia. The complaints escalated into pointed criticism directed at Asian-American families, who officials openly accused of gaming the system and creating a "toxic" atmosphere at TJ.

To correct that perceived problem, those officials unilaterally moved to eliminate the merit-based entry exam in favor of subjective criteria that

allow them to manipulate the student body's racial composition. To increase the number of Black and Hispanic students at TJ, they dropped the percentage of Asian students admitted to TJ this fall to 54 percent this year from 73 percent last year.

Once it becomes clear that lowering admission standards will result in too many students who are not prepared for the rigorous curriculum in TJ, they'll have to water down curricular standards. As a result, the qualities that make TJ special — strict admission standards based on merit and a rigorous curriculum — will be lost.

There is no quick fix for education. Lowering standards will not help anyone, on the contrary, it will hurt everyone. What the county educational officials can do to help underprivileged kids is to keep the high standards and at the same

time help build up the elementary and middle school pipeline so that to bring up all the students to reach the high standards. That will take time, which is why the school officials refuse to do it. They only want their resume to look good and care about nobody.

It is especially painful to watch the county's educational bureaucrats openly mock and undermine the values we strive to teach our children.

While we teach our daughters to set high standards and work hard, local officials work to water down standards and take shortcuts to get the results they desire. And while we teach our daughters to respect themselves and others, these taxpayer-funded officials demean and scapegoat Asian-American children and families based

on their having the "wrong" skin color and heritage.

TJ parents have had enough. We launched a coalition to challenge the misguided FCPS leadership, and filed a federal lawsuit in defense of our children's constitutional rights.

It's taken decades for TJ to grow into a strong rooted and tall tree with a reputation for quality and excellence, but it takes only a few hours to tear this tree down. If Brabrand and his activist associates get their way, they'll destroy TJ's reputation very rapidly. It's time for parents and the larger Fairfax community to stand up for what's right and say, "Enough is enough."

Julia McCaskill
Herndon, VA

Mother of three daughters
who attend Fairfax County
Public Schools

Shooting to kill

Dear Editor,

Growing up the

daughter of a Fairfax County police officer, one who went on to become the

chief of police nonetheless, I have a distinct memory of being educated on the

whereabouts of my father's gun: where it was located, what the lockbox looked like, how it is loaded and how to ensure the safety is on if I ever had to touch it. The remnants of this brief educational lesson are now fragmented as time progresses, but there is one aspect of this lesson that forever lives on in the depths of my mind - often left on repeat every time I read a heartbreaking news headline. My father, more stern than usual, with his brow furrowed and voice cold, stated: "If you pick up this gun, or any gun, you are shooting to kill. That is what this weapon is for."

Given our current rise in fatal shootings over the past few months of 2021, including those that were caused at the hands of police officers, it should be no surprise that this year is set to break records as our nation's deadliest year yet. Gun violence has only recently been pushed to the top of the fold. It should have been declared a public health crisis long before 2020 made us look in the mirror. If we had, maybe a few more loved ones would still be here.

For so long now, I continue to ask myself, why even shoot? When you shoot, you shoot to kill. No one should have to receive the call that their son, brother, father, or uncle was shot by the police, and no officer should have to grapple with such a heinous act for the rest of their life. Black, Brown, and other people of color have been disproportionately affected by gun violence at the hands of the police since the concept of "police" in America was established. Why haven't we, a collective community and nation, moved the needle on this issue faster?

We can only make better what is broken when we take the time to listen intently to understand each other as human beings.

So why do we lack an understanding for one another when it comes to something as simple as a traffic stop - which is dangerous for both the officer and the constituent I must add; for even without a gun during an event as simple as this the power dynamic is always shifted in favor of the police officer. Like a physician's "white coat effect," there is a police officer's "badge effect" that persists among a fraternal group that a community calls upon for help.

The origins of what is now "modern policing" did not come from a place of integrity, altruism, or desire to preserve human rights. Most police forces in America started as a form of slave control. Even modern-day policing uniforms can tie some of their regalia back to the fashions of our nation during the pre-and Civil War era. Furthermore, police often served a reactive role in society prior to the 1950s - they responded to crime after it happened. Its evolution into that of a proactive control mechanism was a slow progression that became normalized in everyday life: to "observe" and "protect." Only just a few years ago did departments begin to implement a community model of policing, one that facilitates cooperation and discourse with the public. Still, numerous departments across the country face difficulties implementing this model in its purest utopian form.

So, where in our current disarray do we find the answers to our nation's policing crisis if, in all its entirety, policing has overwhelmingly failed to get it right for 200 plus years? When did a lack of empathy, humility, and a reckless disregard for human life become a class one must pass at the academy? When did police officers grab their guns

by mistake? When did it become okay to commit awful, but lawful acts of violence against members of the community you are trying to protect?

The most pressing argument is the action of codifying police training into law in the same fashion we have come to codify medical training in the United States. As one can see through a quick Google search, most police training programs across the United States do not meet the critical threshold of quality ethical and educational standards. In fact, most only require a high school diploma or GED. Nor is there a national registry of police officers who have entered the academy or who have been fired by various forces to prevent state-hopping when handed the most severe disciplinary action. Furthermore, there is minimal incident review by internal or external auditors, and even if there is, most hold no authority over issuing sanctions and subpoenas.

As a community and nation, we mustn't forget to look at the most heinous parts of policing's history as we cannot create change without a reckoning of our fatal flaws. Most importantly, we need people who will look upon policing issues with radical transparency and radical truth. Police as an act of social work, human beings helping other human beings with compassion, grace, and empathetic understanding to de-escalate violent situations. It is about redistributing funds to right-size and codify a government agency that should be working alongside other public safety officials and social workers to combat gun violence - and violence in general - against our community.

Jackie Roessler
Birmingham, AL

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Mason track and cross country athlete receives national student-athlete award

By Rick Horner
FAIRFAX COUNTY TIMES

A member of George Mason University's track and field program has been named to receive a prestigious athletic award.

George Mason University announced that cross country and track and field student-athlete Thomas Amabile was officially named to the 2021 Academic All-America Third Team. This followed the official announcement made by the College Sports Information Directors of America August 12.

The organization, also known as CoSIDA, focuses on professional development and support for sports information directors at all levels of organized sports and offers awards, scholarships, and grants in support of active and prospective sports information directors in the industry. The Academic All-America award is given to student-athletes who have performed well academically while regularly competing for their school.

Amabile is one of two Atlantic 10 Conference athletes selected to join the 45 members on the Academic All-America Division I men's track and field and cross-country team. Amabile was also named to the Atlantic 10's All-Academic

Cross Country Team back in June 2020 alongside Mason women's track athlete Annabelle Eastman who earned her academic honor after an astounding 2020-2021 season which saw the Melbourne, Australia-native run the second ever fastest time in the at the recent A-10 Championships and finishing in 83rd place in the NCAA track and field championships.

"I couldn't be more pleased for Thomas - he's the epitome of a student-athlete," said Head Coach Andrew Gerard. "He's thrived in the classroom and on the track for us, is a tremendous leader for our squad and is a role model on how to have success in multiple arenas while challenging yourself academically and athletically. For him to be recognized by CoSIDA is awesome, but it's just part-and-parcel of who he is, and that is a very determined, focused, and dedicated student-athlete."

Amabile, a native of Chesapeake, Va., came in 20th place at the 2020-21 Atlantic 10 Cross Country Championships March 5. He ran a course-best time of 25:12.3 and was one of five top-20 finishers for the Patriot's team. This placement helped the Mason men's team finish third overall for their highest team finish

since winning the Atlantic 10 League title back in 2014.

In 2019, Amabile set a career-best time of 24:55.8 in the 8K at the Paul Short Run held October 5. He also placed ninth at the Spider Alumni Open and placed 32nd at that year's Atlantic 10 championships.

On the academic side, Amabile is a rehabilitation science major who holds a 3.98 GPA. Amabile is also a two-time Mason Provost Athlete Scholar and has been named to the Atlantic 10 Commissioner's Honor Roll.

Amabile's acceptance onto the Academic All-American Third Team makes him the second member of the Mason men's track and field team and the first from its cross country team to be awarded the distinction since Mason student-athletes began receiving such acknowledgements in 1990. That year men's volleyball athlete Robert Bailey was named to the AAA's second team.

Amabile shares this distinction with another Mason track and field student-athlete John Seals. Seals was awarded to the third team twice, once in 2017 and then again in 2019. Seals was one of two Mason athletes to receive the honor twice, the first recipient being Mason men's volleyball athlete Art Kulans. Kulans was selected



for the AAA's second team in 2002 and then was selected for the organization's first team in 2003.

In addition to the men's volleyball and track and field teams, Mason has had student-athletes named to AAA teams from other sports such as baseball and soccer for the men's teams and basketball, track and field, soccer, and rowing for the women's teams.

The Academic All-America program is credited to have been conceived of by Lester Jordan who was the sports information director at Southern Methodist University and created the first team in December 1952 which was made up of student athletes in football.

Those awarded with the distinction are nominated by members of CoSIDA from affiliated academic institutions. The nominees must be

a starter or an important reserve member of their respective teams with at least a 3.30 cumulative GPA average at their school and must have participated in at least 50 percent of the team's games in their assigned position.

The award is currently sponsored by Google Cloud and has been sponsored in the past by organizations such as Capital One, ESPN, Verizon, and the NCAA.

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COMING LATE 2021

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Source of bites remains a mystery

By Heather Zwicker
FAIRFAX COUNTY TIMES

For several weeks now people have been posting photos of mysterious bug bites online, wondering what the source of the bites is.

There have been people surmising that the bites are coming from the Oak Leaf Itch Mite, but according to the Fairfax County Health Department it's only a suspected cause at this time. The mite is an arachnid that is invisible to the naked eye.

"We have recently received reports of possible bug bites of unknown origin," said Joshua Smith, Environmental Health Supervisor of the Disease

Carrying Insect Program at the Fairfax County Health Department. "Although we are not certain what may be causing these bites, one of the suspected causes is the microscopic Oak Leaf Itch Mite. This mite has been presumptively associated with itchy bites in other regions of the U.S.. It's potential presence this year could be due to the periodical cicada emergence from earlier this year—the mites may be feeding on the cicada eggs that have been laid in trees. In places where this mite has been reported as a probable nuisance, it's often seen during the summer and into the fall."

Smith suggested by taking the following steps to prevent mosquito and tick

bites when spending time outdoors that residents may also be able to prevent bites of other insects such as the Oak Leaf Itch Mite:

Use repellent to prevent bites (be sure to read and follow label instructions when applying repellents): EPA-registered, CDC-recommended active ingredients in repellents are DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), Para-Menthane-Diol (PMD), or 2-undecanone

Dress to minimize exposure: Wear long pants and long-sleeved shirts when spending time outdoors

Shower after outdoor activities (wash away crawling ticks and do a tick check)

Launder clothes worn for outdoor activities (ten



minutes in the dryer on high heat will kill ticks on clothing)

Smith also recommended avoiding scratching of the bites. "A cold compress or products available

to relieve the itchiness may help—talk to your healthcare provider or pharmacist if you have questions about these products," he said. "If you are concerned about how you are reacting to potential

bug bites, think you may have a skin infection (maybe skin broken from itching too much), or have any other medical questions or concerns, please consult your healthcare provider."

Five steps to lower chronic inflammation

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Chronic, systemic inflammation is the type of inflammation that lingers on in the body and damages our cells and our tissues. It can play a huge role in numerous health conditions from cardiovascular disease to diabetes, cancers, and even memory problems. Luckily, there are

things you can do to put out the fire!

1. Manage your stress

One thing that causes inflammation is chronic stress. When we are stressed out it activates our sympathetic nervous system known as our fight or flight response. When it becomes activated, our body thinks that we are under attack. It revs up our system to produce cortisol and other inflammatory proteins. These

chemicals are beneficial when we are experiencing short-term stress. However, if they linger as they do with chronic, ongoing stress, they can damage the body and create systemic inflammation.

Having a toolbox of stress-reducing techniques can reduce the stress response and bring calm to the body. Techniques such as deep breathing, mindfulness, meditation, and yoga have all been

demonstrated to have a powerful effect for reducing mental stress and decreasing inflammatory conditions. My go-to when I am feeling stressed is deep breathing. Deep breathing helps to stimulate the vagus nerve that runs from the brain through the neck and chest area and down to the abdomen and helps to regulate digestion, heart rate, and respiratory rate. When you stimulate the vagus nerve through deep breathing it can lower your heart rate, lower blood pressure, helps to regulate cortisol levels, and suppress inflammation. We are all faced with stress, and that's not going to change, but what can change is having ways to handle the stress so it doesn't become chronic and damaging.

2. Move your body

Exercise also helps to decrease inflammation. A study published in the journal Brain, Behavior and Immunity showed that just 20 minutes of daily exercise reduces inflammation. The exercise doesn't need to be intense and even 20 minutes of moderate exercise, like walking, can have anti-inflammatory effects. Additionally, regular exercise helps to reduce stress as well as fat mass. Fat, especially abdominal fat,

produces inflammatory proteins that contribute to systemic inflammation.

3. Get quality sleep

There is a lot of strong evidence that shows a lack of sleep raises levels of inflammation in the body. In fact there are many studies that show that people who sleep poorly or don't get enough sleep have higher levels of inflammation. Try your best to get between seven to nine hours of sleep at night. If you struggle with sleep, reach out to your health care practitioner to explore ways to help you get a better night's sleep. You can also try herbs like chamomile, valerian, or lemon balm and supplements like 5-HTP or L-theanine.

4. Improve gut health

Another important issue when it comes to combating systemic inflammation is gut health. Digestive and gut dysfunction is one of the greatest contributors to chronic inflammation. Conditions like leaky gut and gut dysbiosis have far-reaching effects throughout the body, from your brain to your bones. If you have symptoms of gas, bloating, indigestion, chronic constipation, brain fog, mood issues, or joint

and muscle aches and pains, let's chat!

5. Eat an anti-inflammatory diet

Following an anti-inflammatory diet can help support healing if inflammation already exists as well as prevent chronic inflammation in the future. You should avoid heavily processed, packaged foods with salt, sugar and refined carbohydrates, and pro-inflammatory vegetable oils like corn, sunflower, safflower, canola and soybean oils. All of these types of food will fuel inflammation.

An anti-inflammatory diet is rich in vegetables, seasonal fruits, legumes, nuts, and fatty fish. Some of the best foods for reducing inflammation are leafy green vegetables, cruciferous vegetables, garlic, onions, citrus fruits and berries. It is really important to get enough omega 3 fatty acids from foods like wild-caught salmon or sardines as well as flax seeds, chia seeds, and walnuts. There are also great anti-inflammatory herbs like turmeric, ginger, rosemary, sage, oregano, and cinnamon that can be used to spice up your meals and turn down the heat.



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HOME & GARDEN

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FAIRFAX COUNTY TIMES

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Tips for a budget-friendly DIY home upgrade

Courtesy of Family Features

As a homeowner, it's easy to feel overwhelmed by necessary renovations and all the things you'd like to accomplish around your property. If your list of updates is long, but your time and budget are strapped, remember, even small changes can make a big impact.

Here are simple, affordable ways — inspired by FrogTape brand painter's tape's annual Paintover Challenge Room Makeover Contest — to make your space feel like new.

Use Bright and Bold Colors. It's common to keep interiors neutral with trendy grays and off-whites, occasionally adding in pops of color with accessories or accent walls. If you're looking to take a unique approach to rejuvenating a room, consider adding bright and bold hues to your walls. Take inspiration from the outdoors, fruity drinks or blue skies to evoke emotions of joy with vivid greens, pinks or blues.

Each year, celebrity designer Taniya Nayak teams up with FrogTape brand to share design trends. In 2021, Nayak suggests using the bright and bold colors of the

“play hard” design trend, which is all about designating a place for fun and happy activities.

Embrace Patterns in Unexpected Places. You may think of patterns for playrooms or children's bedrooms, but have you ever considered using them to create a focal point in your kitchen, dining room or even your patio?

With just a few tools, including paint, brushes and tape, you can add striped or checkered designs to walls, tables and floors. Creating a pattern doesn't have to mean splurging on a variety of paint colors. You can create subtle variety by alternating high gloss and matte finish paints, or by adding varying amounts of white paint to create multiple shades of the same base color.

However you create the pattern, having the right tape will be critical to avoid paint bleed from stripe to stripe. FrogTape Multi-Surface Painter's Tape is made with PaintBlock Technology, which forms a barrier that seals the edges of the tape, to ensure sharp paint lines and professional-looking results every time.

Create Calming Spaces. While old homes have unique character, outdated features



COURTESY PHOTO

can make the task of modernizing interiors feel like a major undertaking.

For bathrooms, it's simple and affordable to sand down what you have and refresh it with a coat of paint. Consider giving boring, outdated square tiles a contemporary look with different tones of gray. You can take it a step further by updating the vanity with deep green paint and gold accents.

When you're finished, you'll have a sanctuary from

your daily stresses created efficiently and affordably.

Add Personal Pops of Style. Think about the spaces where you spend a lot of time doing things you may not always enjoy — like the office or laundry room. Give these spaces a little TLC. Add fresh color to the walls, organize and hang photos of your favorite places to balance energy, encourage productivity and make everyday tasks feel less like chores.

Dedicate Areas for

Happy Moments. Do you have that one spot that you're not sure what to do with? It could be a nook or the basement. Use these areas as places to live well and embrace the calming, happy moments in life, like relaxing with family, reading a good book or playing a board game.

Add comfy, cozy textures of knit throw blankets, worn leather sofas or knobby rugs. Consider comforting, familiar shades like navy, light

blues and grays, and cognac. These colors and textures work well on fireplaces, bookshelves or walls.

To see more of Taniya Nayak's 2021 Design Trends for FrogTape brand and check out the 2021 Paintover Challenge projects for inspiration, visit <https://www.frogtape.com/paintoverchallenge>.

With creativity and the right tools, making impactful interior updates can be simple and affordable.

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Create a home office that works

Courtesy of Family Features

Although a growing number of businesses are reopening their in-person office spaces, many are maintaining remote workforces or implementing hybrid schedules. While the shift signals steps toward more traditional, familiar work environments, it also presents some challenges.

If your temporary remote work schedule is headed for a more permanent status, or if you'll be straddling both worlds indefinitely, it may be time to make some changes to ensure your home office is up to the task.

Do your research

Before making any significant purchases, do some digging to learn all you can about the devices and equipment you're considering, especially if you're planning to create an efficient setup using smart technology. While many devices work well together, that's not always the case. You should also be aware of the controls and how you'll manage smart functions; choose the setup that's most intuitive for you and fits best with your workflow.

Identify unique requirements

A successful home office needs to reflect the needs of your particular job, so you may need special equipment or tools specific to your role. For example, 63% of desk-based workers said having to collaborate with colleagues virtually is either a challenge or major barrier to working remotely, with 24% saying it is a major barrier,

according to a survey by HP. If your job typically relies heavily on collaboration, you'll probably need a video conference setup.

Another common challenge: access to a printer. More than one-fourth of desk-based workers ranked having access to the office printer among the top three things they miss about the in-office experience.

If your home office isn't already equipped with a printer or you need to upgrade, you may be wondering where to start. Convenience is more important than everything else in a home printer, according to survey participants. You may also agree with the 52% of remote workers who indicated that if they were considering buying a new home printer in the future, it must be easy to use, and a simple set-up process was a leading demand.

Start small

Establishing a well-equipped home office takes time and money. Identify the equipment and essentials you need to get started then create a wish list with other items you can add over time. As you're setting priorities, remember it can pay to invest in quality products from the get-go. If you have to make repairs, or upgrade or replacement equipment, you may actually spend more in the long run.

Get a strong network

At the office, you probably had an IT department responsible for keeping your network up and running. At home, you may still have some level of tech support, but your home connectivity is likely your own concern. A good network starts with a quality router. You'll

also want to shop for an internet provider with the best speeds at a rate you can afford. Just be conscious of any restrictions on volume or speed that could hinder your ability to do your job.

Keep security in mind

Smart devices collect a lot of information and because much of the technology is still so new, it's relatively vulnerable to hackers. Get familiar with privacy settings on all your devices and adjust accordingly so you're not divulging proprietary data or other information that could be used inappropriately.

Tips for Finding the Right Printer

Features: A basic printer simply prints documents, but if you need to also copy, scan and fax, there are many all-in-one models that offer those capabilities, as well.

Inkjet vs. Laser: If you normally print text with few images, opt for a laser printer. If your work involves a lot of graphics and photos, an inkjet printer may be a better choice.

Supplies: Depending on how much you print, you may go through a lot of ink, and the cost can add up. Comparison shop to find the best ink prices, which brands offer features like recycling for used cartridges and whether you can access a subscription to ensure you never run out of ink or paper before a big deadline.

Cord Connections: Some printers require a wired connection to your computer while others can connect to your computer using Wi-Fi or an app. Aside from personal preference, your decision may hinge on the space you have available.



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Back to School

Your Guide to Education in Fairfax County



Returning to School with a SMILE: TIPS & TRICKS

Courtesy of Family Features

Many students and parents are preparing to head back to classrooms this fall for the first time in over a year. Amazon has compiled tips and tricks to help students - and parents! - keep back-to-school jitters at bay so they can head back to school with confidence.

1) Create a family countdown calendar. Help your children think of the first day of school as a celebratory moment worth counting down, like the holidays or a birthday. As a family, create and decorate your own calendar leading up to the first day of school. Each day, ask your child to share one thing they are looking forward to this school year. These conversations that focus on positive aspects of the new school year will help you and your child look forward to the new experiences they'll have when school is back in session.

2) Stock up for success. With every new school year comes a checklist of supply lists and refreshed wardrobe needs. Amazon makes it easy to get all your back-to-school needs in a convenient one-stop-shop with great value and free shipping right to your doorstep. You can even shop by grade level and category so you can find everything on your school list. Include your children in the process of selecting items from fun backpacks and lunchboxes to crayons, pens and notebooks. Enlist their help in checking off their school supplies list



COURTESY PHOTO

so they can feel good about how prepared they are for the first day of school.

3) Take the stress out of shopping with Amazon Prime. Forgot an item on your school supplies list? No problem! Prime members can take advantage of unlimited Free One-Day Delivery, with no minimum purchase amount. To help you stay even more organized leading up to the first day of school, Prime members can choose when to have their orders arrive with Amazon Day delivery - simply pick a day that works for you, shop the supplies you need throughout the week, and Amazon will deliver all your orders together on the day you choose.

4) Practice your routine with a dress rehearsal. To help acclimate your children to a new schedule and feel confident in their morning routine, try having a first day of school "dress

rehearsal." Set alarms early, lay out clothing the night before, and get ready as you

would on the first day of school. This way your child will know exactly what to

expect. Plus, a run-through will allow parents to anticipate any last-minute needs in

advance - a win-win!

5) Give back while you shop for back to school. One of the best ways to feel good, is to do good! Amazon makes it easy to support your favorite charity every time you shop, including education-related charities and PTAs, at no extra cost. Visit smile.amazon.com to find the exact same Amazon shopping experience - amazing deals, wide selection, fast and free delivery options - and AmazonSmile will donate a portion of the eligible purchase price to the charity of your choice.

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Prep your home, dorm and classroom for a new school year

Courtesy of Family Features

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

Many students spent the last school year learning virtually, and now, there are a lot of items on parents' and teachers' to-do lists to help get ready for a return to traditional learning this school year. Below are tips to help simplify the transition – at home, in the classroom and in a dorm room.

At home

Take time to declutter. With most students returning to in-person learning, it's easy to forget about the workspace at home. Create an area for homework and studying that's free of distractions by throwing out unnecessary items, filing away papers in folders and buying new supplies like pens, highlighters and paper. Add Duck Brand Select Grip EasyLiner to desk drawers and shelves to keep items in place and protect the surface from scratches and dents.

Meal prep for simple mornings. Early morning routines and busy commutes will become the norm again. Keep them stress-



COURTESY PHOTO

free by stocking up on a variety of breakfast and lunch options so you can prepare and pack delicious meals and nutritious snacks for the week. By having meals planned and proper ingredients on-hand, kids can get to the bus on time and stay focused all morning.

In the classroom

Welcome students back.

Teachers can create a fun and welcoming environment by decorating the classroom with colorful bulletin boards and personalized nametags. EasyLiner Adhesive Laminate is a budget-friendly way to add extra protection and ensure they last all year long.

Help keep students and teachers healthy.

The health and safety

of students and teachers should continue to be prioritized. Take proper hygiene measures by encouraging kids to wash their hands, cover their coughs and catch their sneezes. Keep a small bottle of hand sanitizer in lunch boxes and backpacks for convenient sanitizing.

In a dorm room

Create a home away from

home. Moving away from home and adjusting to living alone can be challenging for college students, but the transition can be made a bit easier by making their dorm feel like home. Personalize the space by hanging family photos, canvases with fun colors and patterns or string lights. If you're worried about paint chips on the wall, try hanging items with Nano-Grab Gel Tape. The multi-purpose solution holds up to 20 pounds and can be used on a variety of surfaces, without leaving behind a sticky residue.

Ensure proper nutrition. Getting adequate sleep and proper nutrition are necessary for fighting colds and flus while living in close quarters with others. Skip the chips and use EasyLiner Disposable Cutting Mats to cut up fresh fruits and veggies for a nutritious snack without having to leave the room. These disposable cutting mats provide a strong and flexible cutting surface, while the textured bottom keeps the cutting mat in place. They come in a convenient box with a built-in easy cut slider for quick and easy clean-up.

For many students, this school year is coming on the heels of a year and a half of virtual learning. With a few smart strategies, you can help keep students organized, happy and healthy as they make the transition.

Five CAMPUS ESSENTIALS for COLLEGE-BOUND STUDENTS

Courtesy of State Point Media

College bound this fall? Let this round-up be your guide for a smooth start to the fall semester:

1. Easy reading. Eliminate the need for lugging heavy textbooks between the dorm, the classroom and the library by opting for an eReader. Look for a model offering a large display, tons of storage and a long battery life. Prefer to get studying done on the quad? Be sure to prioritize a glare-free screen.

2. Synced schedules. The right timepiece will help keep scholars on top of classes, club meetings and other appointments. An Edifice Watch from Casio that uses Bluetooth to link to a smartphone, offers minute-by-minute coordination of daily schedules. Its Auto Time Zone feature updates automatically, ensuring time-keeping is accurate, whether students are studying on campus or studying abroad. Also, a featured Schedule Timer links



SEANZEROTHREE / ISTOCK VIA GETTY IMAGES PLUS

with a smartphone's calendar and shows appointment start times and end times on the watch display. Wearers can even configure settings to have an alarm sound to alert them of these important reminders.

3. Dorm design. Peel-and-stick wall decals can instantaneously turn a humdrum dorm room into a place that feels like home. From floral and tropical patterns to inspirational messages, they're easy to apply at the start of the year and easy to remove when it's over.

4. Crunching numbers. Both those majoring in STEM fields as well as liberal arts students fulfilling key credits need an advanced graphing calculator. Get equipped with one designed for education, like the FX-CG500Prizm. Jam-packed with features, including three-dimensional graphing, programming and a computer algebra system, this non-traditional graphing calculator has a double sized screen for easier number-crunching and concept visualization. USB connectivity offers students the option of dropping their results directly into classwork.

5. Making music. Musicians of all levels need equipment and instruments that are right for campus living. Enter the Casio CDP-S150, a lesson-ready compact digital piano delivering an authentic piano sound and playing feel in a sleek chassis that's not much bigger than the keys themselves, making it the perfect fit for any dorm room or off-campus apartment. Packed with 10 great sounds and educational features, the CDP-S150 brings music to life. And because it's equipped with a newly-designed scaled and weighted hammer-action keyboard and has the response of an acoustic grand piano, it's a solid choice for students who need to rehearse when the piano practice lab is closed.

As you do your back-to-campus shopping, consider tools and products that can help a student begin the fall term with academic confidence and personal style.



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Encourage your kids to keep HEALTHY HABITS this school year

Courtesy of Brand Point Media

Back-to-school season is just around the corner. While the world is slowly returning to normal, it can be a hectic time for you and your kids. You want your kids to have everything they need to do well in school. At the same time, balancing their educational needs with your responsibilities can be challenging.

One of the biggest challenges is ensuring your kids maintain a healthy lifestyle. A CDC study shows that when kids have healthy habits, they tend to have high academic achievement and display better classroom behavior.

When you encourage the proper habits, you can help your kids reach their full potential. To do so, make sure they:

1) Get quality and consistent sleep

Rest is vital for maintaining a healthy lifestyle. According to Abington Health, young elementary school kids should get at least 9 to 12 hours of sleep each night, which can feel impossible on a hectic schedule. However, there are a few easy ways you can help ease them into bedtime, like:

- **Cutting out electronics one hour before bed**
- **Creating a bedtime routine**
- **Keeping their room at a cool temperature**

2) Eat a healthy breakfast

Breakfast is the most im-

portant meal of the day and for a good reason. Breakfast not only helps your child break their overnight fasting period; it also boosts their energy. That energy can help keep them full and focused throughout the day. A solid breakfast with a mix of whole grains, fruit and protein can give them the energy they need to do well in school.

At the same time, getting your child to eat a healthy breakfast can feel like pulling teeth, especially when you're trying to get yourself ready in the morning. However, there are both convenient and nutrient-packed options your child can enjoy. Shine Bakehouse's pancake and muffin mixes are packed with plant-based proteins, allowing you to give your child a nutritional boost without the extensive meal prep. For the pancakes, all you need to do is add water to the mix, stir, pour, cook and serve. The muffins offer simple recipe prep as well. Check out shinebakehouse.com to find more mixes your kids will love.

"Most healthy foods require extensive prep, but with an easy-to-make mix, you can achieve a great balance that you can feel good about," says Randy Newbold, CEO of Custom Bakehouse, which makes the Shine Bakehouse Brand. "Even better? Shine Bakehouse Baking Mixes strike a balance of using plant-based protein and identifiable ingredients without sacrificing taste. Kids can have a breakfast or snack they can fully enjoy!"

3) Drink plenty of water

Keeping kids hydrated can significantly impact their health, especially if they're involved in sports or active when the weather is hot. The amount of water your child should drink depends on how old they are. According to a BBC Good Food report, children between ages 4 and 8 should drink approximately 5 glasses of water per day. If your child is between 9 and 13, they should drink around 6 cups a day for girls, and boys should drink approximately 7 cups a day.

Kids might find drinking that many cups of plain water a day boring, but there are plenty of simple ways to make it fun, like putting fruit in their water, or getting them naturally flavored sparkling water.

4) Have nourishing snacks when working on assignments

Your child probably has homework and projects to work on after school. Having a snack that keeps them full and focused can help them tackle those projects with ease. Nutritional snacks can provide a natural source of energy, which is necessary for students of all ages. Shine Bakehouse has cookie, brownie, muffin and no-bake bar mixes to help you make delicious, better-for-you snacks.

As the days get shorter, it's important to have nutritious snacks that are easy to make so you can care for your kids on your timeline.



Back to School

If your child is entering 7th grade they must have the Meningitis, HPV, and Tdap vaccines in order to enroll. Talk to your doctor and vaccinate them now!



vdh.virginia.gov/backtoschool/



THE HARLEM GLOBETROTTERS BRINGING BASKETBALL FUN TO FAIRFAX

“Hot Shot” Swanson is ready to show fans his sizable talent

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

Each year, the Harlem Globetrotters bring a new wave of excitement to the basketball floor, introducing amazing trick shots, rim-rattling dunks, hilarious comedy and unequaled fan interaction.

On Aug. 21, the world-famous team will return to the EagleBank Arena in Fairfax for two games (2 p.m. and 7:30 p.m.) for what they are dubbing, “The Spread Game Tour.”

During the event, fans can expect to see jaw-dropping swag, incredible showmanship and some of the best basketball fun in the team’s fully modernized show for 2021.

One of those competing is “Hot Shot” Swanson, known to basketball enthusiasts as the “Michael Jordan of dwarf basketball. Standing just 4-foot-5, and born with the genetic condition of dwarfism, Hot Shot is the shortest player in team history—a history that goes back more than nine decades.

He used to go to Globetrotter games as a kid and looked up to players like Curly Neal and Sweet Lou Dunbar.



SPREAD GAME TOUR
AUGUST 21ST
2 P.M.
& 7:30 P.M.

See GLOBETROTTERS, Page B7

COURTESY PHOTOS



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Michael Franti & Spearhead join Trombone Shorty & Orleans Avenue and the Rebirth Brass Band for a musical night to remember

Wolf Trap presents the jazz and funk bands for a great triple bill

By Keith Loria

SPECIAL TO THE FAIRFAX COUNTY TIMES

Michael Franti has long been known for delivering high-energy live shows and offering plenty of optimism through both his music and efforts outside of the concert stage. For instance, the musician founded “Do It For The Love,” a wish-granting non-profit that helps bring people living with life-threatening illnesses, children with severe challenges and wounded

veterans to live concerts to experience the healing power of music.

The artist behind hits such as “Say Hey (I Love You)” “I’m Alive,” “I’ll Be Waiting” and “The Sound of Sunshine,” Michael Franti and Spearhead Trio’s album, “Stay Human Vol. II,” a mix of hip hop, jazz, reggae and folk, debuted at No. 1 on the Billboard charts in 2019 and received plenty of critical acclaim.

This month, Franti and his band have a new single out, “Good Day For A Good Day,” which

is garnering just as much positive attention.

On Aug. 24, Michael Franti & Spearhead will perform with Trombone Shorty & Orleans Avenue and the Rebirth Brass Band at Wolf Trap, for a night of unforgettable funky jazz.

“I’ve played at Wolf Trap twice, and it’s a storied venue so I’m very excited to be back,” Franti said, noting his previous dates were with the Indigo Girls and The Dave Matthews Band. “The last time I was there, I remember running out

to the grass section in the rain, because a lot of people were there and I wanted to be close to the fans. It ended up being something of a mudslide on the hill, which was fun.”

This time around, Franti expects just as much fun—though he’s hoping the weather cooperates a bit more.

“At this point in time, there’s no one that doesn’t need that live music experience and the sense of community that happens at a concert,” he said. “That’s what our shows

are all about—bringing people from different walks of life together to experience the joy. All the bands on the bill are bands that really tap into that energy of finding the joy even in the midst of the crazy times that we’re living in.”

During the pandemic, Franti spent most of his time in Bali. He opened a yoga-themed hotel there in 2010 and decided it would be a great place to hold up when he had

See FRANTI, Page B7



“CODA” (PG-13) -- As a child of deaf adults (a CODA), 17-year-old Ruby has spent her whole life straddling the hearing and non-hearing worlds. When she realizes her dream is to go away to college to pursue her love of singing, her family doesn’t understand, since they can’t experience her talent. Encouraged by her choir teacher, Ruby attempts to gain her family’s support to leave home. Emilia Jones’ performance as Ruby is exceptionally touching and realistic. Marlee Matlin as her mother is charming, frustrating and funny all at once. Subtitles for lots of sign language, and totally worth the effort. (Apple TV+)

“100 Foot Wave” (TV-14) -- Does it really require six episodes to cover one surfer’s quest to find and surf the world’s biggest wave? Not really, but it sure makes for fantastic footage that I would watch for six days if it was offered. In this docuseries, surfing legend Garrett McNamara attempts to tackle “the Everest of the ocean” by riding a 100-foot wave in the fishing village of Nazare, Portugal. The conflict of chasing this dream while confronting his own human capabilities provides drama set against an absolutely thrilling backdrop of the powerful natural force of the ocean. (HBO Max)

“The Owl House” (TV-Y7-FV) -- Luz Noceda is an adventurous, imaginative teenage human who opens a portal to another world called the Boiling Isles. There she discovers a variety of unique and weird characters, dabbles in spellcasting and sorcery, and deals with existing in a land where humans are considered lesser beings. Luz is a multifaceted character, showing determination, intelligence and introspection, but also some occasional low self-esteem. Ultimately, though, she displays accep-

See COUCH, Page B7

Seven must-have pantry items that will elevate your baking recipes

Courtesy of State Point Media

If your casual baking hobby has turned into an obsession, you're in good company. Baking swept the nation as a way to pass the time in 2020, with an overwhelming 84% of respondents identifying as bakers in an end-of-year Packaged Facts survey of Americans.

However, there's a difference between good and great baking, and it all starts with what's in your pantry. According to the Baking at Home experts, here are seven must-have items you need to take your at-home recipes for breads, cobblers, cakes and more to the next level, as well as tips for using these pantry essentials to their fullest potential.

1. A flour-based baking spray: As every home baker knows, one of the trickiest steps of any recipe is the final one - releasing your treat from the pan without damaging it. If you've had a few failed attempts, you may have seen your creations go from masterpiece to flops in just a few short, heartbreaking seconds. To stick the landing every time,

(and never see your efforts go to waste again) try using a flour-based baking spray like Baker's Joy for an easy release from the pan, and faster, more successful baking overall.

2. Shortening: While many view shortening and butter as interchangeable, they're not the same. Be sure to reach for shortening any time you want your recipe to rise high and retain its shape or to attain that perfect flaky pastry or crust. Making plant-based swaps? An all-vegetable shortening like Crisco can be successfully used in place of butter for an all-vegetable twist on classic recipes.

3. Baking powder: The workhorse of many recipes, one can't overstate the importance of a dependable, double-acting baking powder. To that end, stick with tried-and-true brands like Clabber Girl, which has been making pastry perfection for over 100 years. Pro tip: quickly test baking powder's efficacy by mixing a teaspoon with hot water. No fizzing reaction? Time to toss it.

4. Baking soda: Baking soda is the wild and more potent cousin of baking powder, so it's important not to get them mixed up, especially as baking soda is



COURTESY PHOTO

often specifically called for in recipes containing an acid (think buttermilk and citrus.) While there are many liberties you can take in the kitchen, guessing

how much baking soda to use is not one of them. Always measure the exact amount listed to avoid a bitter taste in your finished product.

5. Premium spices, seasonings and herbs: Any serious baker worth their salt will have a "go big or go home" mentality when it comes to spices. Give dishes extra depth by culling your collection to include only high-quality selections that pack a punch, like Spice Islands. Remember, keeping spices dry prolongs

flavor, so place your rack in a cool, dry place away from oven heat.

6. Molasses: When mixed with white sugar, molasses can make a great substitute for brown sugar, but that's just one of its many uses. A pantry staple and American tradition, it's vital in dishes where moist consistency and depth of flavor are essential, such as pecan pie or gingerbread. Molasses from iconic brands like Grandma's Molasses can also be the ooohs-and-aahs-provoking secret

ingredient that has friends and family reaching for seconds.

7. Vanilla extract: Whether you're cutting back on added sugars or you're simply low on the sweet stuff, you can use vanilla extract as a flavorful, better-for-you sugar substitute.

For more baking tips, as well as recipe ideas and tutorials, visit bakingathome.com.

With a well-stocked pantry and a good understanding of your ingredients, your creations will come out just the way you want them, every time.

WOLF TRAP

50

YEARS TOGETHER

HARRY CONNICK, JR. AND HIS BAND
TIME TO PLAY!
AUG 20

ZAKIR HUSSAIN RED BARAAT
FALU'S BOLLYWOOD ORCHESTRA
AUG 21

YACHT ROCK REVUE
THE HOT DADS IN TIGHT JEANS TOUR
AUG 22

TROMBONE SHORTY & ORLEANS AVENUE
MICHAEL FRANTI & SPEARHEAD
REBIRTH BRASS BRAND
AUG 24

THE PRINCESS BRIDE IN CONCERT
NATIONAL SYMPHONY ORCHESTRA
AUG 26

STAR WARS: A NEW HOPE IN CONCERT
NATIONAL SYMPHONY ORCHESTRA
AUG 27

BRANDI CARLILE
AMYTHYST KIAH
AUG 28

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LED ZEPPELIN IV
SEP 1

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King Crossword

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ACROSS

1 Soviet space station

4 Dance move

8 Actress Fisher

12 — out a living

13 Abode

14 Punch

15 Shares with followers on social media

17 Fury

18 MSN rival

19 Fuming

21 Cop's badge

24 Flamenco cheer

25 Triumphed

26 Half a dozen

28 Travels by jet

32 Throat clearer

34 Jewel

36 Early Peruvian

37 Cleaning agent

39 Fawn's mom

41 Junior

42 Carried out

44 French cathedral city

46 Tea urn

50 Business mag

51 Pressing thing?

52 "The Handmaid's Tale" author

56 King of the

jungle

Always

Notable time

"I did it!"

Faction

Cowboy moniker

DOWN

1 Sea, to Henri

2 Mamie's man

3 Lawyer's fee

4 Beach souvenirs

5 Water tester

6 911 responders

7 Green sauce

8 Haifa native

9 Bridge coup

10 Olympic sled

11 On in years

16 Misery

20 Sprite

21 Clear the decks?

22 Jolly laugh

23 Use a shovel

27 Deleted

29 Behind closed doors

30 Nobel Prize subj.

31 Without

33 "Material Girl" singer

35 Extinct bird

38 VII doubled

40 Asylum seeker, perhaps

43 Titled women

45 — jiffy

46 Sediment

47 "Carmen" solo

48 Disposition

49 Sitarist Shankar

53 Roulette bet

54 Before

55 Levy

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Expert tips to ease pandemic pets' anxiety

Courtesy of Brand Point Media

Pet adoption rates skyrocketed in 2020, with nearly 1 in 2 Gen Zers adopting a pet during the pandemic. For pets, the past year at home has meant more walks, constant belly rubs and endless treats. As restrictions ease, businesses return to the office and kids go back to in-person learning, your pandemic pup might start showing signs of separation anxiety. Pet anxiety can manifest in many ways, including hair loss, weight loss, barking, destruction of property, or loss of appetite.

Tips to ease your dog's anxiety

As we ease back into "normal" life, try these home remedies to help your pup manage their anxiety.

• Identifying triggers

The first step to calming your pet is to identify the events that may trigger their anxiety, such as thunderstorms, loud noises or long periods of alone time. Once identified, you can better prepare for when you're leaving the home.

• Create a safe space

Make a den to serve as your pet's safety zone while you're away. Use soft, plush bedding inside a small crate in a designated place within your home to create a safe space your pup will want to nuzzle into. All dogs, large and small, like to feel safe. This tip is also helpful

during thunderstorms, fireworks and any other anxiety-inducing events.

• Play peaceful tunes

Try soothing your dog with classical or peaceful music. Classical music has been successfully used in many studies to calm pets. Keep the volume at a level that can drown out any outside noises, while not being overwhelming.

• Get moving

Take your dog for a run, walk or play fetch before any events or leaving the house. This will help tire them out, and thus reduce their anxiety throughout the day. Try incorporating these activities into your daily routine.

• Nutrition is key

A balanced diet does more for your dog than just manage their weight. Making sure your pup is getting the necessary nutrients can improve their digestive health, skin and coat, energy levels, allergies and sensitivities, and more. Determining and meeting the unique nutritional needs of your pet is made easier with personalized nutrition from Tailored Pet. By taking an online quiz about your dog's needs, Tailored customizes a food blend optimized just for them.

If your pet's anxiety becomes severe, Grant recommends visiting your veterinarian for a medical exam to ensure that medication can be handled safely by your pet. For even more information and tips, visit www.tailoredpet.com.

FROM THE DOG'S PAW

National Black Cat Appreciation Day - paws 2

By Sampson!

SPECIAL TO THE FAIRFAX COUNTY TIMES

MEOWS! Once again, I am stealing the computer away from Noah and Abby to write this week's article. As I pawed and meowed last week, I am celebrating National Black Cat Appreciation Day, which was August 17, bringing attention to the many pawsome traits about black cats and my friends who need adopting! You can read the article at <http://www.fromthedogspaw.com/p/published-articles.html>.

This week, I am pawing about a few black cat friends from local rescues who are searching for their "Forever Homes" with humans to love who will love them too. Pawlease remember, black cats are just like any other cat with their own special pawsonality and pawsome traits. They are not witches, warlocks, goblins, or harbingers of evil. MEOWS!

My friend **Rose**, around 1-year-old, is not friendly with other cats. Her experience with dogs and mini-humans is unknown. She is a petite, sleek, darling black cat who loves rubbing against her human's legs asking for attention and pets. She warmed up to her foster quickly and was soon cuddling and sleeping on the couch. She loves relaxing on high places once she's pawed her toys in order. Rose needs a family who will take time to play with her every day. She prefers to be your one-and-only-cat-that-is.

Homeless Animals Rescue Team, www.hart90.org, 703-691-HART, hart90office@hart90.org.

Purringly, My 3-year-old buddy **Exodus** is a shy guy who will buddy up with any kitty and loves all things cat! He has met dogs but hasn't spent much time with them. He may do well with a passive dog.

Margie is a shy but very sweet girl. She was found with her siblings. Black kitties are often overlooked because they seem invisible in a group. Paws, give Margie a chance and she will be your best friend for life.

My friend **Cary Grant** is a handsome, charming, and debonair kind of guy. He has small white patches of fur on his chest- he's proud of his handsome self. He'll cuddle with you and reward you with relaxing purrs! His favorite pawlaytime activities are pawlaying with cardboard boxes and toy nice. Napping is impawtant too- especially after pawlaytime. He gets along with other cats.

Operation Paws for Homes, www.ophrescue.org, adopt@ophrescue.org

Meowingly, my friend **Paisley** is an affectionate and friendly 1-year-old who is pawsome social, great with dogs, cats, and humans. She loves greeting her humans upon their return home, cuddling in your arms, and being petted. She doesn't enjoy being carried but lets you. She prefers sitting next to you instead of on your lap. She loves being near and interacting with her humans.

Meows, **Lucky Ricky**, is a cheerfully playful boy who loves chatting with you. He has a gentle heart and kind eyes. He loves to snuggle with his sister Lucy and hopes to be adopted with one of his siblings.

MEOWS! Purringly, these two sweet bonded brothers are looking to enjoy the good life of a "Forever Home" together. **Willie** (black and white) is charming, loves laying in the sun having his belly rubbed. He's a bit shy at first but warms up quickly with the help of his brother **Minx** (black). Minx loves being close to his humans for head scratches. He doesn't stop purring and is brave enough to hang out with his foster's dog! The brothers may be around 6-years-old but are still playful and full of lovin's.

PetConnect Rescue, www.petconnectrescue.org, 1-877-838-9171, info@petconnectrescue.org.

MEOWS! Paws, pawlease met **Willow**. She is a gorgeous girl with a full face and captivating eyes. She has a pawsomely mellow demeanor and is good with other kittens or she can be your one-and-only-cat-that-is. Unknown with dogs.

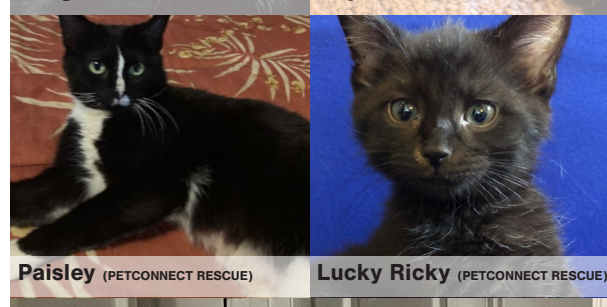
Purrs, **Gilly** is a sweet, quiet, little girl with the most amazing big green eyes. She is quiet and usually off by herself. She has free roam of the rescue center but is content hanging out in the cat tree or laying by the bay window. She enjoys sitting next to her human absorbing all the lovin's she can get. Purrs! Unknown with dogs.

Advocates for Abused and Abandoned Pets (A3P)

www.a3padvocates.org, (571) 408-0381, a3p.petlovers@gmail.com.

About us!

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



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Answers

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HOLLYWOOD

by Tony Rizzo

Maggie Smith wasn't sure she wanted to play the dowager countess, yet again, in "Downton Abbey 2," but by the time she read the script, which has been called "a lot of fun," she agreed to visit Downton at least one more time. Filming began in April, and by July 16 Elizabeth McGovern had completed filming her role. In addition to the original colorful characters returning, they've added Dominic West (upcoming in "The Crown" as Prince Charles, 2022-23), Laura Haddock (last in "Transformers: The Last Knight"), Hugh Dancy (last in "The Good Fight") and Natalie Baye (last in the French film "Garçon Chiffon"). But the Christmas opening has been scuttled in favor of March 18, 2022.

Hugh Bonneville completed work on "Downton" in time to prepare for his Netflix film "I Came By," with "1917" star George MacKay. MacKay also toplines the BBC series "The Trick" and Netflix's "Munich," with Jeremy Irons. Not bad for a kid who played Peter Pan 18 years ago. Bonneville still has a date with "Paddington 3" (the first two films earned a combined \$500 million). Ironically, Bonneville was born in Paddington, London.

Here's another irony: After a disappointing appearance in Netflix's "The Prom," Meryl Streep is currently filming "Disappointment Blvd.," starring Oscar-winner Joaquin Phoenix, Patti LuPone, Nathan Lane and Parker Posey. All we know is that it's supposed to be

an intimate, decades-spanning portrait of one of the most successful entrepreneurs of all time (who could that be? Florenz Ziegfeld, P.T. Barnum, Billy Rose?). Shooting began June 28 in Montreal and is expected to end in October. Meryl has "Let Them All Talk," with Candice Bergen, Lucas Hedges and Dianne Wiest, directed by Steven Soderbergh, available on HBO Max, and Netflix's "Don't Look Up," with Jennifer Lawrence, Cate Blanchett and Leonardo DiCaprio.

When NBC canceled "Manifest" after three seasons, they left us hanging with a lot of questions. Those who've invested a lot of time in this complicated series feel cheated. When Netflix began running seasons one and two,



Maggie Smith in "Downton Abbey"

FOCUS FEATURES

they found a large viewership and put in a bid to Warners TV to pick up the series for the fourth season. Here's where the fun begins ... after seeing the numbers on Netflix, NBC thought it acted too quickly in canceling the show and are

again in talks with Warners for a fourth season.

Either way, it'll be a mess, since all the actors were released from their contracts. However, the cast has participated in a #SaveManifest campaign and have expressed a

willingness to come back. NBC didn't care that they left us hanging, just that Netflix was getting big ratings. Someone's gonna be manifested with a middle finger!

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Art News

Fab Fridays Enjoy New Orleans Jazz with New Line Brass Band. 7 to 8:30 p.m. August 20. Free. Parking is free in the ParkX parking garage with validation. Reston Station, 1901 Reston Metro Plaza, Reston. For more information visit <https://bit.ly/3xN3FFk>.

Free Community Concerts Enjoy free concerts nightly at your county parks. August 20, 21 and 25. For more information visit <https://bit.ly/2UHzu57>.

Tinner Hill Music Festival brings culturally rich live music and arts to the City of Falls Church to create a sensational

festival experience featuring Eric Scott, Twin Brothers Band and more. 11 a.m. to 9 p.m. August 21. Cherry Hill Park, 312 Park Ave., Falls Church. Tickets are \$5 to \$45. For more information visit <https://bit.ly/2Xv5LgD>.

Falu's Bazaar musical journey through south Asia and around the world. 10:30 a.m. August 21. Tickets are \$12. Theatre-in-the-Woods, 1551 Trap Road, Vienna. For more information visit <https://bit.ly/3AGGu00>.

Yacht Rock Revue is everything the late 70s and early 80s should have been. 8 p.m.

August 22. Tickets are \$27. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3CRuuvA>.

ClarVoice Trio romantic and inspiring works from around the world as well as uplifting jazz and classically inflected music. 7 p.m. August 22. Free. Reston Town Square Park, Corner of Market and Explorer streets, Reston. For more information visit <https://bit.ly/3AZs9iq>.

Trombone Shorty & Orleans Avenue Experience an evening of good vibes with the funky jazz rhythms. 7:30 p.m. August 24. Tickets are \$42.

Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3CMWjdt>.

Take a Break Concert Series features Tower House performing dance party hits. 7 p.m. August 26. Free. Lake Anne Plaza, 1609-A Washington Plaza, Reston. For more information visit <https://bit.ly/37GqJuD>.

Small Works Exhibit A large display of small-scale paintings and photography pieces by League of Reston Artists. Exhibit continues through August 31. JoAnn Rose Gallery, 2310 Colts Neck Rd., Reston. For more information

visit <https://bit.ly/3iK9dMz>.

Abstracts with Attitude Octavia Frazier and Marthe McGrath share a love of bold, big, colorful abstract art in this exhibit through August 22. Free. Jo Ann Rose Gallery, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3iTwTgt>.

Equality for All is a mural commissioned by the Women's Suffrage Centennial Commission to celebrate the 100th Anniversary of the 19th Amendment. It is on permanent display at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information

visit <https://bit.ly/3xGZwTw>.

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

Community Information

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

Twilight by Kayak Watch the sun set on Burke Lake as the wildlife settles in for the night, then return to the dock by the light of the moon. 7 p.m. August 20. Cost is \$42. Burke Lake, 7315 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3iL56zG>.

Fight Suicide Walk-a-Thon raise awareness of suicide and take a step in supporting those who surround us. 8:30 a.m. August 21. Lake Fairfax Park, 1400 Lake Fairfax Dr., Reston. For more information and registration visit <https://bit.ly/3COzbqc>.

Community Market includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. August 21. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>.

Unfinished Railroad Join manager and historian Michael McDonnell for an outdoor walk to learn the history of the Manassas Gap Unfinished Railroad. 9 a.m. August 21. Cost is \$7. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3sg90UB>.

Owl Prowl & Campfire Join a naturalist for a night hike to learn about the different owls that can be found in the park. Listen for calls and learn how owls can navigate the night. 8 p.m. August 22. Cost is \$9. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit <https://bit.ly/3m4ch8j>.

Dinosaur Explore Dig deeper into dinosaurs in this two-day program for preschoolers. Your junior paleontologist will enjoy stories, activities, crafts, and hikes. 9 a.m. August 25. Cost is \$36. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3yR80sg>.

Farmers Markets Visit booths from local vendors on Wednesdays and Thursdays through late fall in local county parks McCutcheon, Oak Marr, Wakefield, Annandale and Herndon. For more information visit <https://bit.ly/3kYWYGU>.

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

Help Children in Need 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>.

ONGOING

See X-wing Starfighter as it undergoes conservation at the Mary Baker Engen Restoration Hangar. Daily from 10 a.m. to 5:30 p.m. through January 1. Free admission but parking is \$15. Steve F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. For more information visit <https://s.si.edu/37aVY0M>.

Forgotten Road Tours these outside walking tours of the original outbuildings and representative slave quarters focus on the lives and stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. Friday, Saturday, Sunday, and Thursday through Oct. 31. Cost is \$20 to \$40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/34WkvFN>.

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

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COURTESY PHOTO

A wonderful breakfast worth waking up for

Courtesy of
Culinary.net

Waking up, no matter how late, can be such a drag. You're moving slow and cuddled up warm under the blankets. However, your stomach is growling which means eventually you are going to have to arise.

When you do stumble out of bed, it's time to get the day started with a delicious casserole on your plate. It's a warm, freshly baked Overnight Apple Cinnamon Fresh Toast Casserole.

Prepared the day before

and chilled overnight, this casserole is ready to throw in the oven once you're up. It's gooey on the inside and baked to a perfect crisp on the outside, plus it's filled with mouthwatering apples and ground cinnamon, not to mention the sweet glaze drizzled on top at the end.

It's perfect for any breakfast or brunch occasion and the little ones will enjoy the sweet crunch, as well.

To start, add cubed French bread to a glass baking dish. Add apple pie filling on top of the bread and smooth it out over the entire dish. Then add more cubed French bread on top.

In a mixing bowl, whisk

nine eggs, half-and-half and cinnamon. Pour the egg mixture over the ingredients in the baking dish.

Cover the dish with aluminum foil and chill overnight.

Remove the foil and bake for about an hour. Let cool.

In a small bowl, whisk together powdered sugar and milk to form a sweet glaze. Drizzle the glaze over your warm casserole and enjoy.

Whether you are waking up on an early Monday morning or lounging around in your pajamas for an hour (or two) over the weekend, this breakfast casserole is worth the wait.

FRANTI

CONTINUED FROM PAGE B3

to stop touring. He and his wife renovated the space and built it up to become the place he always dreamed of.

While there, he spent a lot of time writing new songs and concentrating on music.

"I made a decision early on with my wife, and we had optimism shining in our hearts during this time, and so I decided that I was going to rehearse almost every day and then I was going to train and get in better shape," Franti said. "I just committed myself to practicing my guitar, being in the studio writing music, making music videos and just rehearsing, so

I don't feel like I ever really stopped making music."

Although he wasn't with his band for most of it, he sent them the new stuff and they worked on the tunes by themselves, and eventually got together this past June to rehearse them all before heading out on tour.

"We are ready to rock," he said. "The first new song, 'Good Day For A Good Day,' is about the fact that there's been so many stressful days but there's been a lot of positive things and silver linings people found, like for me, it was being with my son and to be in nature."

But Franti also lost his dad during the pandemic due to COVID, so his lyrics

stress how today would be a good day to have a good day, after so many rough days the world has experienced.

"When we look out into the world, and see the division taking place in our country and around the planet and all the things that we see that are in crisis, we still need to just every now and then be able to go and have a good day," he said. "I have about 10 songs ready to go so we should be having a new album out come January."

And whether you enjoy his music, that of Trombone Shorty or the Rebirth Brass Band, Franti encourages everyone to come out and have a good time.

GLOBETROTTERS

CONTINUED FROM PAGE B3

"I thought the Globetrotters were superheroes when I was a kid; my jaw was just wide open as I watched them," he said. "They are an all-star, dream team, best-of-the-best players and they are like superheroes. I remember seeing them throw the ball all around the arena and doing some crazy dunks and tricks I couldn't believe."

Swanson always loved to play and devoted so much time to the sport that he was good enough to play for Monroe College. After graduating, he started making basketball videos of tricks and saw his followers grow and grow. Thanks to his amazing hands, lighting speed and agility on the court, he attracted the attention of the Globetrotters.

"One of my friends connected me to the team and we had a conversation and I headed to Atlanta to do a workout for them, and proved to them that I could do this," he said. "It went well and now I'm going into my fifth season with the team. I bleed basketball and it's been a

dream come true to be on the biggest stages in the world."

His pregame ritual includes netting a minimum of 50 basketball shots and he studies the basketball court, envisioning his game plan prior to each performance.

"It's very important for me to prove I belong, because when you have a dream, you can't let anything get in the way," Swanson said. "Being born and raised in New York, I faced adversity all the time. Even today, people wonder how someone like me can stand among those giants. The kids get to see me succeed and I think that motivates them."

Being a role model for the kids is Swanson's favorite part about being on the team, and all the Harlem Globetrotters take pride in making sure that both young and old enjoy every aspect of the basketball performance.

For the Spread Game Tour, the team is looking to spread the love and joy throughout the arena, while educating fans about the history of the team and the culture behind one of the longest and most successful entertainment acts

in the world.

"They will learn about the legends who paid their dues; we're standing on their shoulders now doing what they used to do," Swanson said. "We're bringing the joy and happiness."

For those who have seen the Globetrotters play before, like every year, it's a whole new performance with new tricks, surprises and players.

"It's going to be very competitive and one of the questions people have every year is whether someone like me can dunk," Swanson said. "If they get their tickets, they will see something that they might not believe."

After each game, members of the Harlem Globetrotters will sign autographs and take photos with fans and they even offer an option for a "magic pass," for before-game engagement.

"We are doing social distancing, but fans can still get their moment with us and do what is one of their favorite parts of the game," Swanson said. "I know this means a lot to the kids. I was there once, and to hear stories and share moments like this is something special."



HBO

Scene from "100 Foot Wave"

COUCH

CONTINUED FROM PAGE B3

tance of her own quirkiness. The script is quite clever and witty, making this animated children's series tolerable for adults, too. (Disney+)

In Case You Missed It: "Walk of Shame" (R) -- To anyone who's had a hot night out end up horribly wrong, this 2014 comedy is for you. Elizabeth Banks plays Meghan, a Los Angeles TV news anchor who finds herself in all the wrong neighborhoods in the wee hours

of the morning after some hard partying. Alone, and with no phone or car, she has only her wits to get herself back across town to the news station in time for the evening broadcast ... and the promise of a promotion. A hilarious series of close calls and the help of some unsavory characters lead to a ridiculously funny conclusion. (Netflix)

"The Skeleton Twins" (R) -- Extramarital affairs, suicide attempts, sibling estrangement -- this film has it all! Four actors typically known for their comedic work take on some seri-

ously heavy topics, resulting in this 2014 Sundance Film Festival winner. Kristen Wiig, Bill Hader, Ty Burrell and Luke Wilson each play characters with intertwining personal issues to sort through. There's a lot of blame tossed among them, but the lighthearted moments are "really" funny, as you would hope from these comedians. Wiig and Hader have amazing chemistry playing sister and brother, both with an incredible talent for laughing through life's pain. (Amazon Prime Video)

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OVERNIGHT APPLE CINNAMON FRENCH TOAST CASSEROLE

Servings: 12

INGREDIENTS:

Nonstick cooking spray
1 package (20 ounces) French bread, cubed, divided
1 can (20 ounces) apple pie filling
9 eggs
1 cup half-and-half
2 teaspoons ground cinnamon
1 cup powdered sugar, plus additional (optional)
2 tablespoons milk, plus additional (optional)

DIRECTIONS:

- Spray 8-by-8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish.
- Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.
- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.



by Dana Jackson

Q: How old is Clint Eastwood now? Is he still directing or acting? Also, is he still married to that former newscaster? — K.K.

A: Movie star turned filmmaker Clint Eastwood has no plans to quit show business despite being 91 years old. In fact, he has a new movie due out soon, “Cry Macho,” in which he plays a former rodeo star who goes on a journey driving his boss’ son (Eduardo

Minetti) across Mexico and finds redemption through teaching the boy what it means to be “a good man.” Eastwood earned another double-hyphenated title for this project as director-actor. It’s Eastwood’s first acting role since 2018’s “The Mule,” having directed “Richard Jewell” after that, which was about the man who was wrongly accused of being the 1996 Atlanta Olympics bomber.

In an interview with People magazine, Eastwood said “Cry Macho” was 40 years in the making. He was asked decades ago to star in the film, but felt he was too young for the part. Years later he thought about directing the movie, but it “went by the wayside” until about a year ago, and now it “feels like I’m just at the right age and I thought it’d be fun to do.”

As for his personal life, Eastwood and Dina Ruiz divorced in 2014. They had met in the early ‘90s when she interviewed him for a local Monterey, California, news station. On retirement, Eastwood says he’s taking it “one picture at a time, but it was the right time for this one.”

Q: I recently rewatched the Kevin Costner movie “Field of Dreams” on TV. I hadn’t seen it since it was in theaters decades ago.

Whatever happened to the actor who played his father in the film? — G.L.

A: “Field of Dreams” was based on a novel by W.P. Kinsella called “Shoeless Joe,” and it’s recently had a resurgence in popularity because of its 30-year anniversary.

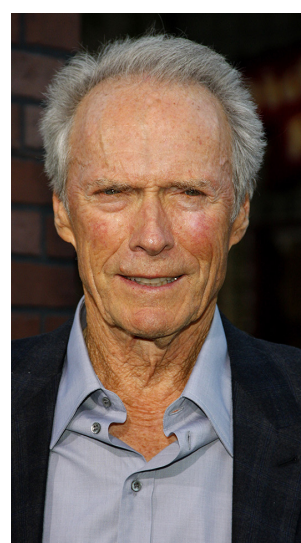
In the film, Costner plays an Iowa farmer named Ray Kinsella, who builds a regulation-size baseball field on his property abutting the cornfields. His initially wacky idea was preceded by visits from ghosts of the 1919 scandal-plagued Chicago White Sox team, including Shoeless Joe Jackson, as played by Ray Liotta.

After casting hundreds of other actors in the small but impactful role of Costner’s dad, an unknown named Dwier Brown was picked for the unforgettable role, but his career never soared like Costner and Li-

otta’s did after the movie. Most recently, he’s guest starred in primetime dramas like “Rizzoli & Isles,” “CSI” and “House,” but just never really had any big long-term parts. Brown gave a heartfelt interview in a recent documentary special about the film on FOX TV, and he previously published his memoir, “If You Build It ... A Book About Fathers, Fate, and Field of Dreams.”

Q: When is the next season of “Dancing with the Stars?” I keep thinking I’ll get tired of it, but I love the gowns and choreography! — K.K.

A: “Dancing with the Stars” is about to embark on its 30th season (over a 15-year period) after suffering a small dip in the ratings during its last installment. Despite a mixed reviews, Tyra Banks will return to host when it premieres Sept. 20 at 8 p.m. ET on ABC. As for



DEPOSIT PHOTOS

Clint Eastwood

the upcoming competitors, they should be announced in early September, but be sure to keep checking ABC.com/shows/dancing-with-the-stars for all the latest news.

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 CIRCUIT • EDDIE J. HARDY II V.
 CHERINA L. HARDY
 2021-DR-43-0416
 TO: CHERINA L. HARDY; YOU ARE
 HEREBY SUMMONED and required
 to answer the Complaint in this action,
 a copy of which is herewith served upon
 you, and to serve a copy of your Answer to
 the Complaint on the attorney for the
 Plaintiff, Paul L. Held, at his office, 136
 North Main Street, Sumter, South Carolina
 29150, within thirty (30) days after service
 hereof, exclusive of the day of such service;
 and if you fail to answer the Complaint
 within the time aforesaid, the Plaintiff in
 this action will apply to the Court for the
 relief demanded in the Complaint. Please
 take notice that the Summons and
 Complaint were filed in the Office of the
 Clerk of Court for Sumter County,
 South Carolina.

[[Full name(s) of owner(s)]:

Jacks LLC
Trading as:
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 1755 Tysons Central St
 Tysons, Arlington, VA 22182
The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine & beer on premises / mixed beverage restaurant license to sell or manufacture alcoholic beverages.
 Steve Roberts, 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.
 3008678 (08-20-21, 08-27-21)

[[Full name(s) of owner(s)]:

Ocean Paradise Restaurant & Bar LLC
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 Ocean Paradise Restaurant & Bar LLC
 3903 Fair Ridge Dr Ste 1
 Fairfax, Fairfax, VA 22033-2943
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 Milvia Salguero- owner
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 Barberia USA
 13840 Lee Hwy
 Centreville, Fairfax, CA 20120-2413
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 Colette Silva, Managing Member
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Boost Workplace LLC
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 Boost Workplace
 6731 Whitier Ave Ste B200
 McLean, Fairfax, VA 22101-4551
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 Thomas Passarelli, Manager
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Herndon Crust LLC
Trading as:
 Crust Wood Burning Pizzeria
 360 Elden Street
 Herndon, Fairfax, VA 20170
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 Keyvan Eftejmai
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 Property: 6700 S. Kings Highway, Alexandria, VA 22306, Tax Map Parcel ID # 0922 05 0001
 Condition: Two trees are 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.

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 Top Coat Nail Bar
 11944 Grand Commons Ave
 Fairfax, Fairfax, VA 22030
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 Ve-Nu Kieu Nguyen
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 Dongchool Yang
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 Former Fairfax Millwork
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 VRP Participant:
 Fairfax Property Management Corp.
 7024 Woodland Drive
 Springfield, Virginia 22151
 Pursuant to the Virginia Voluntary Remediation Regulations, Virginia Administrative Code section 9VAC20-160-120, the VRP Participant hereby provides notice of voluntary remediation at “Former Fairfax Millwork” (Site). Environmental investigations detected volatile organic compounds in soil, groundwater, and soil gas from a past release of a solvent in Site soils during historical operations on the Site, at levels that could pose a risk to human health or the environment. The Participant applied to and was deemed eligible to participate in the Voluntary Remediation Program (VRP) in order to assess and mitigate environmental risks associated with the detected constituents. Site characterization, risk evaluation, and cleanup activities have been performed, and were reviewed and accepted as complete by the Virginia Department of Environmental Quality (DEQ). The risk evaluation identified potential onsite risks to human health from soil vapors in certain portions of the Site and the use of groundwater for potable purposes on the Site. Based on post-remediation conditions, the Participant has determined, and the DEQ has concurred, that engineering and institutional controls will be adopted to minimize risk associated with soil vapor intrusion, restrict the use of groundwater on Site, and restrict residential use of the Site. A Certification of Satisfactory Completion of Remediation will be issued by the VDEQ upon completion of the VRP requirements.
 Questions or comments regarding this notice should be addressed to:
 John Sweeney
 ECC, Inc.
 43045 John Mosby Highway
 Chantilly, VA 20152
 703-327-2900 or john.sweeney@eccfirst.com

Comments will be accepted for a period of 30 calendar days from the date of publication of this notice.
ALL COMMENTS REGARDING THIS NOTICE MUST BE SUBMITTED IN WRITING.