FAIRFAX COUNTY TIMES

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ART: ENJOY THE GRATEFUL DEAD IN PHOTOS

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Friday -PM Thunderstorms *High:* 80° *Low:* 60° | *Saturday* - Mostly Sunny *High:* 90° *Low:* 63° | *Sunday* - Sunny *High:*92° *Low:* 69°

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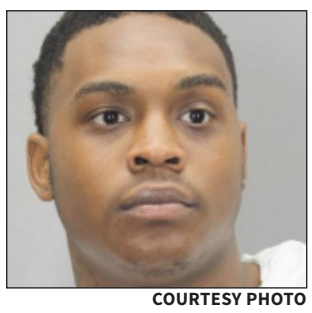

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25¢ NEWSSTAND PRICE

Parents take the Fairfax County School Board to court over alleged discrimination

By Noelle Riddle
FAIRFAX COUNTY TIMES

Thomas Jefferson High School for Science and Technology in Alexandria, known as TJ, was ranked the number one public high school in America by the U.S. News and World Report for 2021. The school has 550 slots for the incoming freshman class, meaning competition is tight for students to get accepted.

Recently, the Fairfax County School Board changed the admissions process for the elite school. They scrapped the admissions test and fee by creating a process which has a quota system for each middle school in the county, limiting how many students from each middle school can be accepted.

Coalition for TJ member, stepparent of a TJ student, and parent of a TJ hopeful student, Harry Jackson, is upset by this new admission process. "This new process is detrimental to gifted students of all ethnicities. It penalizes students in advanced academic programs, and marginalizes gifted Black and Hispanic children," Jackson said.

The Coalition for TJ is fighting for diversity and excellence and have been proceeding with a lawsuit against the school board and their new admissions process. The lawsuit was approved by a federal judge May 21.

FCPS stands by their new admissions process despite the backlash. They released a statement on their website. "This was a critical part of an effort to remove barriers and inequities historically faced by students from culturally and ethnically diverse socioeconomic backgrounds, while ensuring that TJHSST maintains its top-tier academic standards," FCPS said.

But Jackson disagrees. "Talent is not evenly distributed across Fairfax County," he said. "If you look at the data, there are top areas. All this shows is across the county they are not addressing issues which are systemic in the pipeline. It does not address the issue of the pipeline, it does not uplift the children who need help." He feels that this new quota will negatively affect gifted children across the county as it only allows the top 1.5 percent of students from each middle school into the high school.

COURTESY PHOTO

The Coalition for TJ wants the school board to address areas and middle schools which they feel need to be brought up to speed and may need more help. "Parents move to Fairfax for great schools, and our group is educating parents on what resources are out there," Jackson said. "We also work with PTAs to tell them what resources are available. If a student has talent, there are resources for them."

The coalition website offers other solutions to increasing the school's diversity instead of the new admissions process. They suggest eliminating the source of inequity from the Advanced Academics Program, sponsoring summer or after-school STEM activities for underserved populations, and developing retention activities among other ideas for the school board to increase diversity.

This lawsuit reflects an ongoing trend in America as elite schools work on diversifying their classes, many of which have seen backlash. "We argue that the new subjective race-based admission standards, aimed at achieving a 'better' racial balance at TJ, violates the constitutional rights of the school's Asian students," Jackson's online coalition statement says. The Coalition for TJ wants the community to not only fight this new admissions system but take a closer look into the local leadership. "Parents need to pay attention to the school board," he said. "They do not represent our community and values."

While the Coalition for TJ is engaged in a lawsuit, Jackson noted there is a positive thing coming from the situation. "Fairfax is a great community and has great parents," he said. "This crisis has brought many communities together."

COURTESY PHOTO

Omeish under fire from Fairfax GOP about school resource officers

By Rick Horner
FAIRFAX COUNTY TIMES

Fairfax County School Board Representative Abrar Omeish has become a magnet for controversy, one which has now attracted the ire of the Fairfax branch of the Republican Party.

The Fairfax GOP released a response to a tweet made by Omeish May 17 in response to a tweet made by Rachel Cohen, a reporter for the Intercept, May 16. Cohen reported that the Alexandria City Council had voted to remove five school resource officers who had been assigned to patrol public schools in the area.

Omeish responded to Cohen's tweet while also congratulating the Alexandria City Council for their decision with the following:

"Justice is uplifting voices of those wronged by our systems. Our decisions must secure safety for every child. Congratulations @ACPSk12! Fairfax leaders, I hope we will also commit to divest and reinvest in mental health & student supports."

According to Cohen, the funds that would have been spent on the SROs, which totaled nearly $800,000, would be reallocated to student mental health programs in the Alexandria Public School System. This move by the Alexandria City Council had been made in response to the social unrest experienced in the city last summer during protests of the murder of Minneapolis resident George Floyd.

"I've always been of the mindset that the police officers don't have to be on campus to be able to still efficiently do what they're doing," said Alexandria Councilmember Canek Aguirre in a story on AXLNow.com.

In a statement from the Fairfax GOP, chairman Steve Knotts responded to Omeish's tweet by touting that SROs serve a critical role in many schools and claiming that their removal would endanger both students and educators. Knotts went on to claim that SROs also provide the service of being mentors and positive role models to at-risk students and offering advice on a number of law enforcement-related topics.

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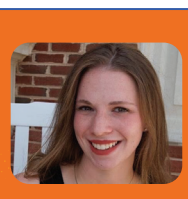
POSITIVE Vibes



BY NOELLE RIDDLE • Special to the Fairfax County Times

Local man goes through trash to help Brookfield Elementary

COURTESY PHOTO

Lucian Acuff of Chantilly is a retired Navy veteran, and four years ago, found another way to give his time back to others.

"I collect things that people throw away every day," said Acuff. "Then I turn it into cash for Brookfield Elementary School."

It all started in August of 2017 when Acuff's neighbor, who was the vice president of the PTA at Brookfield, needed a new program director for the BoxTop$ collecting program. Acuff had never done anything like it before but stepped up to the task. He collects not only BoxTop$, but Coca-Cola product caps, pull tabs from cans and all types of aluminum cans. His work collecting these items has earned him the nickname "The BoxTop$ King" from the community.

Acuff began collecting these items which could turn into money for the school by going out searching for them. "I started by drawing maps of the area," he

See TRASH, Page A4

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PUBLIC SAFETY NOTES

Two arrested in fatal shooting of Springfield couple

A Springfield couple was found suffering from gunshot wounds in their front yard when officers responded to their home after a 9-1-1 call May 26 at 9:20 a.m.

U.S. Army Col. Edward McDaniel Jr., 55, and his wife retired Col. Brenda McDaniel, 63, of the 8000 block of Flint Street in Springfield were pronounced dead by rescue personnel at the scene.

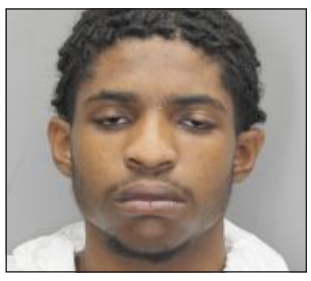
Fairfax County Police detectives gathered evidence and provided updates to the community. One of those updates, regarding the white Nissan Altima with Maryland license plates seen leaving the scene led a community member to call in a tip which resulted in the May 27 arrest of D'Angelo Strand, 19, of Fort Washington, Md. Strand was arrested in Lorton shortly after the community tip was received.

Just hours later detectives, working with the U.S. Marshal's Capitol Area Regional Task Force, determined the location of Ronnie Marshall, 20, and took him into custody. Both Marshall and Strand are charged with two counts of second degree murder and two counts of the use of a firearm in commission of a felony. They are being held at the Adult Detention Center without bond.

The suspects were coworkers of a relative of the McDaniels, according to Fairfax Chief of Police Kevin Davis. "It's also a fact that this is related to Monday's 9-1-1 call for service and burglary investigation," he said.

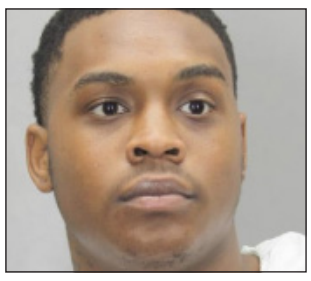
According to FCPD, detectives continue to piece together evidence as they work to determine what led to this shooting. Several cartridge cases were discovered at the scene and other evidence is being processed. The Office of the Chief Medical Examiner will conduct autopsies to determine the manner and cause of death.

"I don't want the community to think that because we've made these arrests that our investigation concludes," said Maj. Ed O'Carroll, commander of the Major Crimes & Cyber & Forensics Bureau. O'Carroll said that a motive has not yet been established in the case. He asked anyone who may have witnessed the shooting or seen someone leave the scene to call 703-246-7800, option 2. Those providing tips may remain anonymous.



COURTESY PHOTO

D'Angelo Strand.



COURTESY PHOTO

Ronnie Marshall.

Victim specialists have been assigned to ensure that the victim's family is receiving appropriate resources and assistance.

This is being investigated as the 9th and 10th homicide year to date in Fairfax County.

COURTESY PHOTO

Firefighters on the scene of a house fire in the 1900 block of Hull Road.

Lightning strike causes Tysons house fire

Units from Fairfax County Fire and Rescue and the Arlington County Fire Department were dispatched for a reported house fire in the 1900 block of Hull Road, in the Tysons area of Fairfax County May 26 at 8:57 p.m.

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

Four occupants were home at the time of the fire. The occupants heard a loud bang, saw a flash of lightning, and then smelled smoke. All occupants evacuated the home. 9-1-1 was called. Smoke alarms did not sound due to the location of the fire.

Fire investigators determined that the fire was natural in nature and started on the exterior of the home. The cause of the fire was a lightning strike.

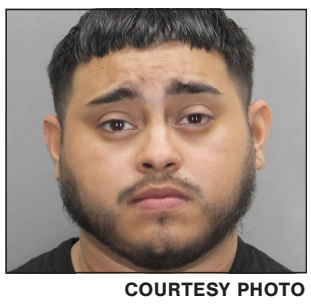
Four occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $90,000.

Man dies after single-vehicle crash in Great Falls

A man died May 29 following a crash that occurred at 10:53 p.m. near the intersection of Georgetown Pike and Old Dominion Drive.

Detectives from the Fairfax County Police Department Crash Reconstruction Unit have preliminarily determined that Salvadro Alvarez Perez, 24, of Maryland, was the driver and lone occupant of a 2021 Toyota Corrolla traveling east on Georgetown Pike when the car left the roadway hitting a fence and mailbox before flipping over. Perez was pronounced deceased at the scene. Preliminarily, detectives believe alcohol may be a factor in the crash; they are continuing to investigate whether speed was also a factor.

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



COURTESY PHOTO

Marco Rosasco.

Lorton man charged with drug, weapons violations

Neighborhood Patrol Units located a wanted man in the 6800 block of Springfield Blvd. May 24 at 10:43 p.m.and took him into custody.

Marco Rosasco, 23, of Lorton, was also in possession of marijuana, cocaine, and two firearms. He was subsequently charged with the outstanding warrant, possession of a schedule I or II drug, carrying a concealed weapon, two counts of possession of a schedule I or II while in possession of a firearm, possession of a schedule I or II narcotic and felony possession of marijuana.

COURTESY PHOTO

Rafael Chumpitazi Tineo.

Annandale man arrested after firing weapon

Officers responded May 23 at 12:03 a.m. to the 3900 block of Penderview Dr. for a man who was firing a weapon into an unoccupied vehicle.

They arrived and located Rafael Chumpitazi Tineo, 31, of Annandale, and took him into custody. He was charged with reckless discharge, destruction of property, possession of a firearm while intoxicated and drunk in public.

Man dies after crash in Lorton

A man died June 1 following a crash that occurred at 2:45 p.m. at the intersection of Palmer Drive and Ox Road.

Detectives from the Fairfax County Police Crash Reconstruction Unit have preliminarily determined that Paul Kalland, 65, of Fairfax Station, the driver of a 1981 Datsun 280z, was traveling north on Ox Road through the intersection at Palmer Drive. The driver of a 2012 Ford Escape was traveling south on Ox Road turned left into the shopping center at Palmer Drive colliding with Kalland's car. Kalland was pronounced deceased at the scene. The driver of the 2012 Ford Escape remained on scene and was taken to the hospital with injuries that were not life threatening.

Preliminarily, speed and alcohol do not appear to be factors in the crash. 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.

COURTESY PHOTO

A firefighter on the scene of a house fire in the 7700 block of Virginia Lane.

Idylwood house fire caused by lightning

Units from Fairfax County Fire and Rescue and the Arlington County Fire Department were dispatched for a reported house fire in the 7700 block of Virginia Lane, in the Idylwood area of Fairfax County May 26 at approximately 8:40 p.m.

Crews arrived on the scene of a one and a half story, single family home with light smoke evident from the attic. As personnel ascended the interior stairs to gain access to the attic, fire began to show from the roof. Firefighters quickly brought the fire under control and extinguished it. There were no reported civilian or firefighter injuries.

Two occupants were home at the time of the fire. The occupants were in an upstairs bedroom when they heard thunder and saw lightning. The occupants heard a loud boom, and then smelled smoke. Both occupants evacuated the home and called 9-1-1. Smoke alarms did not sound due to the location of the fire.

Fire investigators determined that the fire was natural in nature and started on the exterior of the home. The cause of the fire was a lightning strike.

Two occupants were displaced because of the fire. Red Cross assistance was offered and declined. Damages as a result of the fire were approximately $42,500.

COURTESY PHOTO

CBP officers seized 240 blank guns.

U.S. Customs and Border Protection (CBP) officers from Washington Dulles International Airport seized 240 blank firing pistols May 27 that could easily be converted into handguns

CBP officers initially inspected the shipment on April 29 after it arrived in air cargo from Turkey. The shipment was manifested as "sporting blank gun" and consisted of 620 suspect blank firing guns of various models. Officers detained the shipment and consulted with agents from the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF). The ATF regulates the importation of firearms.

Based on a previous test, ATF agents determined that the 240 Zoraki model M2906 pistols could be converted into a firearm. According to 18 USC 921(a)(3), a firearm is considered to be any weapon, including a starter pistol, which will, or is designed to, or may readily be converted to expel a projectile by the action of an explosive.

CBP officers seized the 240 Zoraki pistols for violating U.S. import laws, and released the remaining 380 blank firing guns. The seized pistols were appraised at more than $19,000 and were destined to an address in Bensalem, Pa.

"Many communities continue to suffer under the siege of violent crimes often committed by armed and dangerous people, so keeping this shipment of easily converted firearms out of the hands of criminals is one way in which Customs and Border Protection can protect our families, friends and neighbors and help make our streets safer," said Keith Fleming, Acting Director of Field Operations for CBP's Baltimore Field Office.

Alexandria Police Department reopens headquarters for public services

The Alexandria Police Department Headquarters has reopened for business.

As of June 1, the lobby doors at Alexandria Police Department Headquarters are open for public access to services in the Property Section and Information Services Section (Records), as well as Public Fingerprinting services. At this time, everyone entering the building must wear a mask and check in with security staff at the front desk.

The Information Services Section window will be open from 8 a.m. to 3 p.m. on Monday, Tuesday, Thursday and Friday. Wednesday the window is open from 10 a.m. to 7 p.m. Mail-in requests are still available as an alternative.

Public Fingerprinting is now available Tuesday, Wednesday and Thursday from 10 a.m. to 1 p.m. At this time, masks are required for receiving service.

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PEOPLE AND PLACES

COURTESY PHOTO

Fred Wilkins was the team leaders on the Herrity Fountain Project.

COURTESY PHOTO

The MS4 team (left to right) Marty Hurd, Heather Ambrose and Emily Burton.

Department of Public Works and Environmental Services receives NACo and BUBBA awards

The National Association of Counties (NACo) has presented the Watershed Education and Outreach (WEO) program with the 2021 Achievement Award for its program "ECO Video Series" in the Children and Youth category.

WEO employees, in collaboration with Fairfax County Public Schools (FCPS), developed the group of video-learning materials on stream ecology and water quality. WEO is in the Department of Public Works and Environmental Services (DPWES) Stormwater Planning Division.

"Over the past year, county officials and frontline employees have demonstrated bold, inspirational leadership," said NACo President Gary Moore. "This year's achievement award winning programs illustrate the innovative ways counties build healthy, safe and vibrant communities across America."

WEO continued its winning streak with an award from the Virginia Association of Counties for a publication developed in collaboration with Fairfax County Public Schools (FCPS) titled "My Field Journal". Distributed to 4th grade classes countywide, it contains lessons and activities such as: what's a storm drain; identifying organisms; learning how to do mapping; learning and identifying types of soils.

The journal also won a 2020 Achievement Award from the Virginia Association of Counties and was mentioned in an on-line article published by the American Public Works Association Mid-Atlantic Chapter.

This has proven to be an award-winning year for DPWES. In addition to WEO's awards, the Chesapeake Stormwater Network presented a first place Best Urban BMP in the Bay Award, or BUBBA Award, went to the Stormwater Planning Division in the Retrofit Category for the revitalization of the Herrity Fountain on the Fairfax County Government Center Campus.

"I am excited that Fairfax County had this opportunity to share this innovative project," said Fred Wilkins, team leader and engineer. "Our project changed an impervious area into an outdoor space that people can enjoy."

This innovative project also enhances water quality treatment, increases green space, and re-uses captured stormwater in the bubbler fountain. The team effort included employees of the Stormwater Planning Division, the Urban Forest Management Division, Utilities Design and Construction, Capital Facilities, Land Development Services and the Maintenance and Stormwater Management Division.

The MS4 (Municipal Separate Storm Sewer System) team won a second place 2021 BUBBA Award in the Innovative Stormwater Permit Implementation category for the Operation Stream Shield (OSS) program. OSS assists those experiencing homelessness by providing part-time temporary work to guests of the Eleanor U. Kennedy Community Shelter, Bailey's Crossroads Community Shelter, and The Lamb Center. They earn money by cleaning local steams and removing litter. The program is a partnership between DPWES and the Office to Prevent and End Homelessness (OPEH).

Additionally, earlier this year DPWES Capital Facilities won awards in eight major categories from the American Association of Public Works (APWA).

Fairfax County residents achieve Shepherd University milestones

Five hundred fifty two students received bachelor's degrees during commencement which took place May 8.

Five Fairfax County residents were awarded degrees: **Christopher James Hicks** of Burke, **Milleysha M. Molina-Otero** and **Adam Christopher Rice** of Fairfax, **Christopher Marc Horan** of McLean and **Dylen Andrew Stewart** of Springfield.

The following Fairfax County residents were named to the dean's list for spring semester: **James M. Bell** of Annandale, **Taylor E. Bryan** of Centreville, **Abby E. Butler** of Clifton, **Cameron I. Colwell** and **Eric T. Connelly** of Fairfax, **Blake E. Conner** and **Mckenzie L. Copeland** of Falls Church, **Lauren E. Fricks** of Herndon, **Sean M. Miller** of Springfield, and **James R. Ramey** of Vienna.

To be eligible for the dean's list, a student must maintain a 3.4 grade point average for the semester and carry at least 12 hours of coursework or be in a professional teaching block.

COURTESY PHOTO

Kelly Bonilla, a senior at Hayfield Secondary School, has been named one of 100 Amazon Future Engineer scholarship recipients. All recipients receive $40,000 to continue their post-secondary education and will be offered a paid internship with Amazon following their freshman year. Recipients were chosen based on a variety of criteria, including their academic achievement, demonstrated leadership, participation in school and community activities, work experience, future goals, and financial need.

COURTESY PHOTO

Lee A. Solomon is first junior faculty member in Chemistry to secure NSF Career Award.

George Mason junior faculty member secures NSF Career Award

George Mason University's **Lee A. Solomon** said he owes his National Science Foundation Faculty Early Career Development Award to a lengthy fascination with the interface between biology and technology, and the role that natural protein function may play in that process.

That passion has inspired him to develop a research program using artificial Peptide Amphipiphiles (PAs) to study biological electron transport, and to use what he discovers to develop next-generation electronics materials. The main goal of the project is to design a series of biomaterial-based wires that can be developed into next-generation circuitry that will pave the way for new medicines and energy technologies. The PA-wires will take an active part in information processing and computation, leading to further miniaturized circuit parts, electronic materials and sensors that respond to external stimuli, such as light and magnetic fields.

"The wire itself is going to be a new processor," said Solomon, an assistant professor in the Department of Chemistry and Biochemistry within the College of Science. "We're hoping to scale down circuitry even more."

The NSF grant, which totaled more than $450,000, was a remarkable achievement for Solomon in his first attempt at such an honor. The five-year project, formally named "Developing Peptide Amphiphiles into Next-Generation Electronic Materials and Model Systems to Study Protein Functions," includes a number of Mason graduate and undergraduate students, and could have far-reaching implications in advancing the study of neurological diseases.

Solomon is the first junior faculty member in the history of the Chemistry and Biochemistry Department to receive the NSF Career Award, prompting department chair Gerald L. R. Weatherspoon to call his recognition "a clear indicator of the depth, breadth and quality of research projects that he brings to the Department of Chemistry and Biochemistry, the College of Science, and STEM research at Mason."

Solomon's research proposal was first approved for funding by the Division of Materials Research, which posted a funding rate of 22 percent for the previous 2020 cycle, Weatherspoon said.

PAs consist of three different sections in the peptide, the lipid tail and the cofactor, and Solomon aims to focus on each of the three during his research. When the project is completed, he and his team hope to integrate all of the chemical and biophysical principles to produce a multifunctioning PA fiber that can reproduce any natural electron transport function. They plan to develop this model system into a multifunctioning wire within an advanced circuit.

"Many fields will have to come together to develop these materials," Solomon said. "This work will provide a nexus for engineers, biochemists and materials scientists to come together and learn from one another. This will develop a common language that different scientists can use to communicate, fitting within the NSF's big idea of 'Growing Convergent Research.' "

A former policy fellow in the Department of Energy,

Twenty-one receive FCPS Hispanic Leadership Alliance scholarships

The Hispanic Leadership Alliance—a certified employee group of Fairfax County Public Schools (FCPS) employees—presented scholarships to 21 students in May.

Scholarship recipients were recognized for leadership and mentoring skills in their educational and social activities. Candidates are committed to furthering their education while improving their communities. Each of the applicants will be the first in their families to attend a post-secondary institution.

Learn more about three of the outstanding student award recipients:

Genaro Mejia, a senior at Herndon High School, will be attending Virginia Tech this fall and will major in Business Information Technology, Cybersecurity. He hopes to one day start his own cybersecurity firm. "In September, I started work as a finance intern, and started to notice how small businesses are affected by data breaches, and that really ignited my interest in cybersecurity," he said. "I hope to take the initiative to elevate the conversations in the workplace through knowledge based on diverse experiences, because through diversity, we place our society on a pedestal of success and innovation."

Justice High School student **Stefany Argueta-de Leon**, whose family moved to the United States 20 years ago from Honduras and Guatemala, will be attending Christopher Newport University with a major in Environmental Science and eventually wants to work in Marine Biology. She attributes her success to "my drive throughout all these years and my motivation to keep my grades up and to create a better future for myself," she said. "I am nowhere near where I want to be right now, but it gives me a sense of comfort that I am starting where I am and changing my mindset, so I make sure I get the ending I have always wanted."

Leonardo Guitierrez, originally from Peru and a senior at Robinson Secondary School, will be attending Duke University in the fall with a major in Electrical and Computer Engineering. He will be receiving an International Baccalaureate (IB) diploma, was a member of five honor societies, the Model United Nations, and the Science Olympiad Team. His goal is to work at NASA after college. "Ever since I was little, I have always been fascinated with space," he said. Gutierrez also said that he is grateful for the support of his parents. "Every time I do something they always believe in me, they are always pushing me to keep going even if things get hard, and I think because of that I have been able to succeed and be where I am today."

"The stories of hard-working immigrant students in FCPS are inspirational," said Fabio Zuluaga, assistant superintendent of Region 2. "This is what success is all about—perseverance, determination, and hard work. No matter how many obstacles these students faced, they excelled."

The winners of the scholarships are:

Roberto Alemán, Chantilly High School. Scholarship: Minerva Gorena Memorial Language Acquisition.

Stefany Argueta-de Leon, Justice High School. Scholarship: Science, Technology, Engineering, and Mathematics (STEM).

Julia Caballero, Herndon High School. Scholarship: Leadership.

Giselle Díaz-García, Justice High School. Scholarship: Leadership.

Yamil Díaz-Peña, Justice High School. Scholarship: Engineering.

Vianca Escobar, Justice High School, Scholarship: Jean Bender Memorial.

Karina García-Rivera, Justice High School. Scholarship Sonia Rosa Velez Memorial.

Melissa Gómez-Villaba, John R. Lewis High School. Scholarship: John R. Lewis Hispanic Student Association–Hispanic Leadership Alliance Scholarship.

Lisbeth Guevara, South Lakes High School. Scholarship: Social Change and Service.

Leonardo Gutiérrez, Robinson Secondary School. Scholarship: Engineering.

Estefany Hernández, Lake Braddock Secondary School. Scholarship: Lake Braddock Secondary School Hispanic Student Association–Hispanic Leadership Alliance Scholarship

Ana Jurado-Majano, Justice High School. Scholarship: Advocacy.

Nathalie Lozano, Justice High School, Scholarship: Perseverance.

Nicole Maldonado Bravo, Madison High School. Scholarship: Peace and Justice.

Genaro Mejia, Herndon High School. Scholarship: Humberto Moore Cruz Memorial Scholarship.

Katharine Milena Ramirez Castro, Justice High School. Scholarship: Keith Buchanan Memorial.

Marvin Rodríguez, Justice High School. Scholarship: Marshall and Carmen St. John Family Legacy.

Eddy Rosales, Westfield High School, Scholarship: Engineering.

Henry Ruano, Lake Braddock Secondary School, Scholarship: Keith Buchanan Memorial.

Sebastian Sabrera Quispe, Justice High School. Scholarship: Kakaes Family.

Shamarelly Sánchez, West Springfield High School. Scholarship: West Springfield High School Hispanic Student Association–Hispanic Leadership Alliance Scholarship.

TJHSST student named presidential scholar

Jason Wang, a senior at Thomas Jefferson High School for Science and Technology (TJHSST), was one of two students in Virginia selected as a finalist in the U.S. Presidential Scholars Program. As a Presidential Scholar, Wang has been named among the top 161 students in the country through the Department of Education's prestigious program.

OBITUARIES

In loving memory

Colonel George Holdaway

Colonel George Holdaway, 84, of Luray, VA passed away May, 19, 2021 at Blue Ridge Hospice Inpatient Center.

Colonel George was born in 1937 in Loudon County VA, to the late Andrew and Ola Mae Holdaway. As a youth he was known as CG and George as an adult. George had 2 passions in life, his love of country music, he was a self-taught musician who loved to entertain a crowd playing the guitar, steel guitar, banjo or mandolin. He had a band called Stringdusters and they often played in the Outer Banks, NC. George's second passion was fishing anytime he could, fresh water or saltwater.

George married Jean Kent on May 3, 1974 and they were married for 44 years, Jean preceded George in death.

Surviving are George's children, Penny E. Valley of Herndon, VA, Virginia Craun of Stephens City, VA, Tim Holdaway and wife Becky of Ashburn, VA, Tony Holdaway of Manassas, VA, Kevin Ball and wife Lucille of Warrenton, VA, Greg Ball and husband Kirk of Washington DC, Mike Ball and wife Jennifer of Warrenton, VA; grandchildren, Alisa Miller of Ashburn, VA, Tony Holdaway of Leesburg, VA, Jesse Holdaway of Reston, VA, Rebecca Valley of Herndon, VA, Nick Valley of Herndon, VA, Gracie Craun of Stephens City, VA, Andrew A. Ball of Linden, VA and Shawn W. Ball of Winchester, VA; 9 great grandchildren; sisters, Carrie Mae Thorpe of Powells Point, NC, Eva Popkins of Herndon, VA and Ruth Williams of Manassas, VA.

George was preceded in death by his wife, Jean, parents, grandson, Ryan Holdaway, sister, Geneva Ringer and brother Paul Holdaway.

A memorial service for Jean and George will be held in September.

Please view obituaries and tribute wall at ompsfuneral-home.com

In loving memory

James Harvey Falk, Sr.

James Harvey Falk, Sr., 82, of Reston, Virginia, passed away peacefully on May 13, 2021, surrounded by his children. He was born on August 17, 1938, in Tucson, Arizona, the youngest of seven children to George Falk and Elsie Laura Higgins Falk. He attended Tucson High School and attended the University of Arizona, graduated from the University of Arizona earning a B.A., where he was also a member of Phi Delta Theta. He received an LLB from the University of Arizona College of Law. He married Bobbie Jo Vest in 1960, whom he met when he was 5 years old. They lived on the same block and their families attended the same church. They later attended the same elementary school, high school, and college before marrying. In 1976, he built a family farm in Great Falls — Cornwell Farm — where the family lived for 40 years. Last year, they celebrated their 60th wedding anniversary. Bobbie Jo, the love of his life, passed earlier this year.

Jim was first admitted to the Arizona Bar Association in 1965 and was hired by El Paso Natural Gas. He worked for Senator Barry Goldwater at the 1964 Republican Convention and was an organizer of the Goldwater Girls. In 1966, he was named Assistant City Attorney in Tucson, Arizona, where he served before joining the law firm of Waterfall, Economides, Falk and Caldwell in 1969. He was elected as the first Chairman of the Tucson Transit Authority in 1970.

While chairing the Tucson Transit Authority he met with White House Counsel Ed Morgan, a city attorney and law school friend, and William H. Rehnquist, a Phoenix attorney and later Chief Justice of the Supreme Court. Morgan and Rehnquist—at the time working at the Justice Department as Counsel—were instrumental in Falk joining the Domestic Council for President Richard Nixon. In 1971, he began in that role working on welfare reform and revenue sharing and he was later promoted to Associate Director of the Domestic Council and Office of Intergovernmental Affairs working with governors and local officials.

Falk became a part of history when asked by President Nixon and Secretary of State Henry Kissinger to lead the Third American Delegation to the People's Republic of China, a bipartisan delegation of governors including Phillip Noel of Rhode Island, Daniel Evans of Washington, Calvin Rampton of Utah, Arch Moore of West Virginia, Robert Ray of Iowa, and Marvin Mandel of Maryland.

Falk served as a Legal and Policy Adviser to newly confirmed Vice President Gerald R. Ford, and later as a Legal and Policy Adviser to then President Ford and the newly appointed Vice President Nelson Rockefeller. In September 1975, Falk was standing with President Ford during two assassination attempts in California.

In 1976, after serving on the Bicentennial Commission, he resigned from his White House position. In a letter to Falk, President Ford said, "You have served with devotion and great distinction and I look forward to your future service." Falk praised President Ford "for restoring the faith of the American people in their government." He then joined the Washington office of international consulting and accounting firm Touche Ross. He later co-founded the law firm of Coffey, McGovern, Noel.

A highly respected and successful Federal Court lawyer, he founded the Falk Law Firm, working with sons James Jr. and John and his wife Bobbie Jo. Jim enjoyed an enviable list of domestic and international clients and was considered one of the top government contracts lawyers in the United States. He also served in advisory roles for the D.C. Bar and As a constitutional law expert for the Less-Than-Lethal Technology Panel of the National Institute of Justice at the U.S. Department of Justice. Falk was very proud of his service as an Adjunct Professor of Law at George Washington University School of Law for 20 years, where he taught along with his sons James Jr. and John. He was a member of the District of Columbia Bar Association, the U.S. Supreme Court Bar Association, the U.S. Court of Appeals for the Federal Circuit and the International Association of Defense Counsel.

In addition to his distinguished professional career, Jim became an avid and winning thoroughbred racehorse breeder and owner, operating Cornwell Farm and Rosebud Racing Stables. He was a long-time member of the Virginia Thoroughbred Association and was awarded the Virginia Thoroughbred Association's Breeder of the Year award and was the proud breeder of, among others, Midwatch, Aix En Provence, Parisiana, Daylight, Daytime, King City, Copper Strike and Bear Down!

James Falk was a proud American Patriot and is survived by his son John M. Falk of Charleston, South Carolina and his daughter Kathryn Falk of Reston, Virginia, along with his grandchildren whom he deeply cherished, Jack M. Falk of San Francisco, California, Olivia G. Falk of Baton Rouge, Louisiana, Grayson T. Falk of Vero Beach, Florida, and Julia T. Brandus, of Reston, Virginia, along with his son-in-law Paul Brandus. In addition to being preceded in death by his beloved wife, he is also preceded by his eldest son, James H. Falk, Jr.

A private family service to honor his life will be held at Trinity Episcopal Church in Upperville, Virginia and he will be laid to rest next to his wife Bobbie Jo and son James Jr. In lieu of Flowers, donations may be made in his memory to Trinity Episcopal Church, P.O. Box 127, 9108 John S. Mosby Highway, Upperville, Virginia 20184 and at https://trinityupperville.org/give.

Arrangements by Royston Funeral Home, Middleburg, VA

John Warner passes away at 94

COURTESY PHOTO

By Rick Horner
FAIRFAX COUNTY TIMES

Former Republican Senator John Warner has passed away at the age of 94. Warner had served five terms representing the state of Virginia in the U.S. Senate from 1979 to 2009. He died of heart failure at his home in Alexandria.

Born in Washington D.C. in February 1927, Warner had served in the Navy during World War II and he was a member of the Marine Corps during the Korean War. Following Korea, he received his law degree from the University of Virginia in 1953. After graduation, he would clerk for the United States Court of Appeals under Chief Judge E. Barrett Prettyman before becoming an assistant U.S. Attorney in 1956.

Warner was appointed Under Secretary of the U.S. Navy in Feb. 1969 by then President Richard Nixon who would later appoint him to be Secretary of the Navy in May 1972. He would serve in that post until May 1972 before going into politics in 1978 becoming the Republican candidate for Senate of the seventh congressional district representing Virginia. Warner was nominated after the winner of that year's GOP convention, Richard D. Obenshain, died in a plane crash two months after his nomination.

Among the many positions he held, Warner served as chair of the Senate Rules Committee from September 1995 to January 1999. He would also serve two terms as chair of the Senate Armed Services Committee from January 1999 to June 2001 and then again from January 2003 to January 2007.

By the time of his retirement in 2009, Warner had become the second-longest serving senator in the history of Virginia. Warner was also known for being a principled man who while supporting GOP presidents under his tenure was not afraid to go against his party in several instances.

Among those instances were support for Roe V. Wade, the court case which established abortion rights in the country. Warner also supported the 1993 Brady Bill and other gun control legislation such as the Federal Assault Weapons Ban in 2004 of which he sponsored.

Warner was married three times, the most notable of those marriages was to Hollywood Actress Elizabeth Taylor. He was her sixth husband. Warner and Taylor were married in 1976 and divorced by 1982. Warner is survived by his third wife, Jeanne Vander Myde, whom he married in 2003.

Warner is also survived by three children, Virginia, John W. Warner IV, and Mary, who came from his first marriage to banking heiress Catherine Conover. They were married from 1957 to 1973.

Warner was recognized by Virginia Governor Ralph Northam on his passing in a press release:

"Virginia, and America, have lost a giant. As a sailor, a senator, a statesman, and a gentleman…. John Warner truly was the best of what public service and elected leadership should be, and his loss leaves a deep void."

TRASH

CONTINUED FROM PAGE A1

explained. "Going through trash, not garbage, and seeing who had enough stuff to make it worth my time. I engage anyone I see and tell them what I am about. It's not illegal, and strangers are willing to help."

Acuff dedicates 25 to 30 hours per week volunteering and collecting items for the school. "A lot of time is spent in the community going out and picking up donations, but it is all worthwhile. It keeps me busy," he said. Acuff's wife is a retired FCPS elementary school principal, and they are raising a great-granddaughter that attends Brookfield.

Brookfield is a Title 1 school, meaning they are eligible for a federal entitlement program that gives funds to schools in need based on enrollment, the free-and-reduced lunch percentage for each school, and other data.

"I had seen the school cancel five field trips one year because there were no funds, and that lit a fire in me," said Acuff. "No more field trips were going to get cancelled on my watch." Over the past four years, he has raised almost $25,000 for the school. "Staff at each school have problems to solve every day, and funding should not be one of them. Even things like art supplies and copy paper can be hard to fund. So without our help, kids might never get to go on their field trips," explained Acuff. The BoxTop$ King even gives each kindergartener at Brookfield their own collecting jar with instructions in two different languages so they can take it home to collect their own donations and bring them back to school.

Acuff's work has grown from one man going through local trash to a whole community of people wanting to help the cause. He recommends any students looking for service hours reach out to him, as they can enter the codes from caps and cans for him online at home on their own and earn service hours. "I even had a Boy Scout troop help; it was their Eagle Scout Project. They helped collect and then enter the cap codes. They entered 10,000 caps in five hours. Kids and computers, the kids can blow through it, it takes me forever," Acuff said laughing. He even has help from a woman in Ohio who also has a relative of her own at Brookfield. "Corinne Price does about 80 percent of my cap collection code entry, she's great. She used to be a data analyst and now helps me out."

The BoxTop$ King has even had local businesses get involved, including picking up code panels from King Pollo, Buon Appetito, and the Country Club of Fairfax. Local Dunkin' Donuts and the Panera of South Riding also donate and sponsor Acuff's work.

Acuff does not stop at collecting donations when it comes to helping the school. He even volunteers for substitute lunch duty when he is needed. The kids love to see him around, as he is known for his hat, which is a crown with BoxTop$ hanging from it, representing his infamous nickname. "I have always believed in what I'm doing. I am all in," he said. How can you not want to help kids?"

So if you have a few BoxTop$, pull-tabs, aluminum cans, or Coke products lying around, contact Acuff to donate them, anything helps his cause. "Anyone can help. When I talk to folks that are giving me their collection, I hear this phrase quite often: 'It's not much,' but I collect 'not much' hundreds of times a month. It all adds up," Acuff said.

Lucian "The BoxTop$ King" Acuff's Contact Email: lacuff5k@aol.com

OMEISH

CONTINUED FROM PAGE A1

"Omeish offers a false choice: student mental health versus school resource officers," Knotts countered in his statement. "There is no lack of waste in our multi-billion-dollar school budget. Why target law enforcement?"

Towards the end of the statement, Knotts offered an explanation for Omeish's stance on the issue of which he termed as radical. Knotts referred to a video that was posted on YouTube of a traffic stop made March 5, 2019 by Fairfax County Police in the Mason District.

In the video, a blue Honda hatchback is seen making a roll-thru turn on a red light. While Virginia is a right-on-red state, the rule is usually to stop at the light before making a turn which the car didn't do. Police then pulled the car over and approached the vehicle on the driver's side. The officer asked the driver, a young woman, about the turn which she disputed. The officer then asked to see the driver's license and registration multiple times which the driver is refused. The officer then asked the woman to step out of the car several times. When she declined, the officer removed her from the car.

The driver then resisted being removed from her car and the officer responded by pulling out a can of mace, warning the driver that if she doesn't comply that he will use the mace. The woman doesn't comply and the officer uses the mace and removed the driver from her vehicle.

While the faces of both the officer and the driver as well as the vehicle's license plate are blurred out in the video Omeish confirmed to be the woman in the video during a June 2019 interview with the Washington Post. In the interview Omeish accepted responsibility for the traffic violation but she claimed the incident was an act of police brutality.

In May after the incident, Omeish pleaded no contest to charges of failing to produce her driver's license and failing to stop before turning at a red light.

There is currently a recall effort being made by the FCPS Accountability Coalition to remove Omeish from her position as well as two other board members, Laura Jane Cohen of the Springfield District and Elaine Tholen of the Dranesville District. The Accountability Coalition is an arm of the Open FCPS Coalition.

Police pursuits to decrease under new administration

PHOTO COURTESY OF THE BALTIMORE SUN

By Bonnie Bishop
SPECIAL TO THE FAIRFAX COUNTY TIMES

The Fairfax County Police Department will decrease pursuits following the implementation of a revised police pursuit policy in July.

The new policy was introduced at the Board of Supervisors Public Safety Committee Meeting May 25 by FCPD Chief Kevin Davis. The goal is to help save the lives of officers and community members.

FCPD will no longer pursue traffic charges, non-violent felonies, and certain misdemeanors with the new policy.

From 1996 to 2015, Virginia had 178 casualties due to police pursuits, according to Statista Research Department.

"I think it's a really positive development," said Braddock District Supervisor James Walkinshaw. Walkinshaw serves as the vice chair of the Public Safety Committee.

The chief focuses on de-escalating situations, Walkinshaw said.

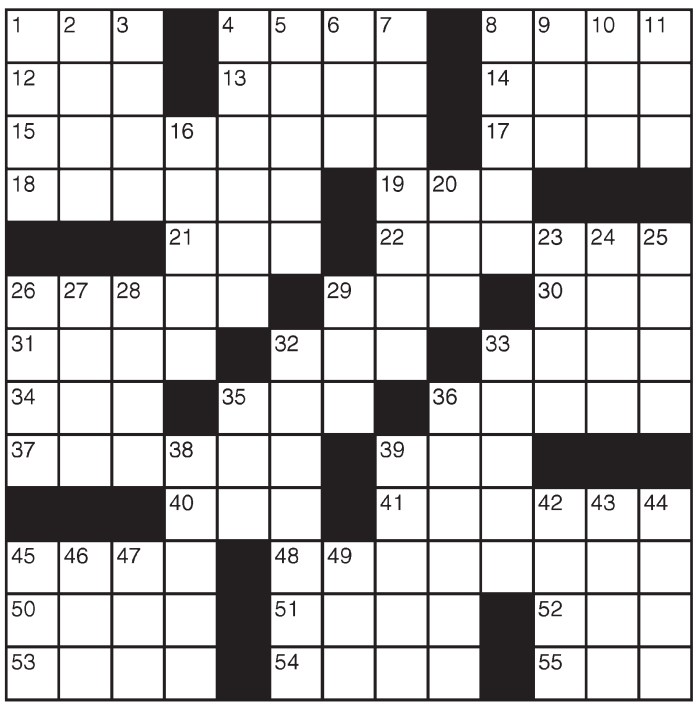
Davis' first press conference May 7 was met with concerns about his past. Accusations of prior police brutality were discussed during the meeting.

"This pursuit policy reform is a perfect example of why we felt and continue to feel he's the right person to lead the Fairfax County Police Department," Walkinshaw said.

Fairfax County is ranked as one of the 50 safest counties in America, according to the FCPD.

King Crossword

ANSWERS ON B3



ACROSS
1 Billboards
4 Competent
8 Pretzel topper
12 Fib
13 Work hard
14 Spiced tea
15 In toto
17 Frees (of)
18 Bug barrier
19 "Gosh!"
21 Reply (Abbr.)
22 Also
26 "It's a Wonderful Life" director
29 French article
30 "— -haw!" (rodeo cry)
31 "Hi, sailor!"
32 Follower (Suff.)
33 Nota —
34 Airline to Sweden
35 "Today" rival, briefly
36 Fragrant wood
37 Typically
39 X-ray's cousin
40 — -de-France
41 Oregon city
45 Apple computer
48 Prescription phrase
50 Opulent
51 Attic buildup
52 Historic time
53 Needing liniment
54 Pro votes
55 — de plume

DOWN
1 "Sad to say ..."
2 Platter
3 Char
4 Goddess of wisdom
5 Benefits
6 Dogpatch adjective
7 Graceful
8 Threaded hardware
9 Sashimi fish
10 Young bloke
11 Frank McCourt memoir
16 Tired
20 Language suffix
23 Kept tabs on
24 Sultry Horne
25 Ogler's look
26 Juan's home
27 Cries of discovery
28 Stance
29 G8 member
32 "Let's do this!"
33 Ecru
35 Solidify
36 Vinegar bottles
38 French spa town
39 High-IQ group
42 Idyllic place
43 Sleuth Wolfe
44 Dutch cheese
45 Lyricist Gershwin
46 Karaoke prop, for short
47 Koeln cry
49 Take to court

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Cicadas bring learning opportunities to Belvedere Elementary School students

FCPS Office of Communication and Community Relations

The long-awaited Brood X cicadas have been emerging all over Fairfax County Public Schools' grounds in the last few days, as they wake from their 17-year slumber.

At Belvedere Elementary School in Falls Church, this has meant students are coming face to face with the insects they have been studying in class this past month.

Thanks to the work of environmental educators Andrea Auerbach and Stacey Evers, librarian Marcie Atkins and resource teacher Ellen Rogers, children across all grades have grown fascinated with all things cicada.

"We started by learning about cicadas in the classroom," said Auerbach. "At the same time our librarian began working on cicada-themed stories and we have multiple other activities both inside and outdoors to peak the students' interests. There has been a lot of excitement and the children have been very engaged. Their enthusiasm has been wonderful to see."

As the temperature of the in-ground thermometers that are dotted across the leafy campus grew, so did the children's anticipation.

During a trip to their lush courtyard last week, shrieks of excitement - and horror - rang out as a group of third grade students peered through magnifying glasses in search of the insects.

It wasn't long before they found what they were looking for.

"Exoskeletons!," yelled Eliam Adane as he discovered the abandoned shells the creatures had crawled from that were littering the ground. "Ewww….I found one over here too," said Maxwell Findler.

As the others ran over to inspect, Auerbach arrived with a giant orange cicada shell collection bucket marked "How many can we find?

Collecting exoskeletons is just one of the multiple cicada-related activities happening at Belvedere that include a contest to find the rare blue or white-eyed species and cicada bingo with children marking off activities on a grid that include ''saw a cicada nymph', 'saw a cicada flying' and even 'ate a cooked cicada.'

Along with cicada-themed stories, librarian Atkins has been working with choice boards and put together a 'how to draw an insect' story walk.

Resource teacher Ellen Rogers designed a 'Wanted' poster to encourage students to hunt for the rare blue or white-eyed species.

For the students and staff alike, Brood X is proving to be a fascinating learning experience.

Last week, in the courtyard, the third graders worked on the life cycle while swapping stories about their observations both at school and in their neighborhoods.

"I'm finding them all over the place," said Emma Lyttle "Me and my brother found eight this morning. It was like they were having a cicada party!"

As the outdoor class drew to a close, excitement reached fever pitch with the discovery of a live insect that some were even brave enough to hold.

"Can I hold it? Does it hurt? What shall we name it?, the children asked. "Hello little friend," said Emma. "I think we will call you Grippy because your legs are gripping to my skin."

Auerbach vividly remembers the last emergence in 2004 and her memories are not pleasant ones.

"I was incredibly freaked out by the cicadas, she recalled. "I remember them being everywhere, sweeping them off the sidewalk, and having them fly into me. I vowed that next time around I would be taking an extended vacation.

"But now, as an environmental educator, I wasn't about to leave."

COURTESY PHOTO

Eliam Adane studies an exoskeleton, the shell from which a cicada emerged.

COURTESY PHOTO

The students named this live cicada 'Grippy.'

What's making all that noise? *Oh, it's just the cicadas.*

By Sravan Gannavarapu
SPECIAL TO THE FAIRFAX COUNTY TIMES

Most Fairfax County residents can't step outside without hearing that incessant humming, and frankly, it isn't enjoyable. But what is that sound that is reminiscent of the drill at your dentist's office? That would be the cicadas.

The what? Yes, the cicadas. An insect that mostly lives underground and is known for its loud songs is what we've all been hearing the past couple of weeks. For those who have a fear of bugs, they can take solace in knowing that they neither bite nor sting.

Additionally, those looking to plant a garden will also be relieved that they don't pose much of a threat. They're usually seen clinging to trees and hanging off leaves and plants.

So what's the story behind these insects flying through the air and bouncing off our cars as we drive down the road? Male cicadas are usually what we are hearing right now. Meanwhile, the females lay their eggs, also known as nymphs. When the eggs hatch, the nymphs will ingest juice from the plant roots and then develop.

Though its emergence is roughly every 17 years, residents in Northern Virginia, and others living in the northeast, have at some point heard the noise, whether going on a stroll or even hosting a weekend BBQ, and the noise might not go away until July, according to experts.

In the meantime, the insect is making noise both outside and inside the stomach. Yes, people are finding ways to eat these insects. In fact, cicadas are making a case to help strengthen the sweet tooth.

COURTESY PHOTO

Maryland's Chouquette Chocolates is now serving the insects as a chocolate-covered treat and has since posted its recipe online for public consumption. Toby's Homemade Ice Cream and Coffee in Arlington went outside the box and created a sundae in the shape of a cicada.

COURTESY PHOTO

One resident, Paul Tomaselli, enjoyed cicadas in a very festive way, using them as a form of garnish on top of tacos at Cocina on Market in Leesburg.

"It was actually pretty good; I also had guac and onion on it," Tomaselli said.

Cicadas have also been enjoyed in other ways at home. One resident, Autumn Coalwell, fried the insects in a cajun sesame seed batter and served the dish with sriracha sauce-based mayonnaise. She described the dish as very good and said, "it tastes like a shrimp appetizer."

Another resident, Candice Bloch, used the cicadas to create muffins and created her version of a chocolate-covered cicada and got plenty of feedback on Facebook with comments ranging from "beautiful" to "you couldn't pay me to eat one." However, unlike Chouquette Chocolates, Bloch isn't selling her products.

Fairfax County has now provided an incentive to explore these insects through a bingo game, with the reward being a prize pack that includes a custom cicada facemask. To play the game; simply fill out a bingo card at a location where you spot a cicada, such as near the water, a restaurant, a hiking trail, etc. To find the bingo card sheet, visit the Fairfax County News Center Website and find their Guide to Cicadas at https://bit.ly/3fDFDqk.

Cicadas will be around for a couple more weeks, so find a way to enjoy them. Bon appetit!

All about eggs

One very common nutrition myth is that eggs are bad for you or they contain too much cholesterol. A recent review of the scientific literature published in Current Opinion in Clinical Nutrition and Metabolic Care clearly indicates that egg consumption has no discernible impact on blood cholesterol levels in 70% of the population. In the other 30% of the population (termed "hyper-responders"), eggs do increase both circulating LDL and HDL cholesterol.

You've probably been conditioned to believe that anything that raises LDL cholesterol (so-called "bad" cholesterol) should be avoided like the plague. But recent research suggests that it's not the amount of cholesterol in an LDL particle (a.k.a. LDL cholesterol, or LDL-C) that drives heart disease risk, but instead the number of LDL particles in the bloodstream.

If anything, egg consumption is likely to protect against heart disease because it increases the proportion of large, buoyant LDL particles. Larger LDL particles can carry more cholesterol, which means fewer particles are needed overall. In other words, egg consumption may decrease LDL particle concentration, which is the most significant risk factor for heart disease.

The egg yolk is comprised of 20% protein and 75% fat. It contains the fat soluble vitamins A, D, E & K along with folate, biotin, selenium, and choline (a great brain nutrient). The egg white is 90% protein and 3% fat. It contains collagen, riboflavin and no fat soluble vitamins. Eggs are also rich in B vitamins, iodine, for making thyroid hormones, and phosphorus, essential for healthy bones and teeth.

I'd like to define the categories that you see in the grocery stores or farmer's market to help you source the best quality eggs. This list is in descending order of quality.

1. Pasture-Raised – Chickens are outdoors and allowed to forage and roam. They get exercise, fresh air and sunshine, with at least 108 square feet per bird. These eggs are rich in Vitamin K2.

2. Free-Range – These birds have outdoor access, but may not go outside. They have a conventional grain diet most times and get about 2 sq. feet per bird.

3. Cage-Free – Outdoor access is not required and many are kept indoors with 1 sq. foot per bird. They may also eat a conventional grain diet.

4. Organic eggs – These birds have an organic grain diet and may have outdoor access. They're usually very crowded. If grass is not a part of their diet, they will lack Vitamin K2.

5. Vegetarian-Fed – These birds are fed a conventional diet with GMO corn and soy. This is not their natural diet. Chickens are omnivores.

6. Conventional eggs – These birds are always indoors with a small cage no larger than a sheet of paper eating a conventional grain diet.

As you can see, quality matters and pasture-raised eggs are far superior to any other. Studies show that commercially-raised eggs are up to 19 times higher in pro-inflammatory omega-6 fatty acids. You can find pasture-raised eggs at farmer's markets, local farms or perhaps a neighbor with a bit of land and some backyard chickens. Northern VA is full of farms with pasture-raised eggs.

Some folks do have true food allergies to eggs and I like to use these substitutes for recipes calling for eggs.

UNSPLASH

Egg Replacer Ideas for Baking

These options will replace 1 egg in a recipe.

- 1/4 cup almond butter
- 1 T chia seed + ¼ cup water (let sit 15 minutes)
- 1 T ground flaxseed + ¼ cup water (let sit 15 minutes)
- 1 T grass-fed gelatin + ¼ cup water (let sit 15 minutes)
- ¼ cup Unsweetened applesauce.
- 1/4 cup ripe banana

7x the earnings[1] for those who save lives and those who save.

Premium Online Savings

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PenFed.org®

Federally Insured by NCUA. To receive any advertised product, you must become a member of PenFed Credit Union. © 2021 Pentagon Federal Credit Union. 1. Sourced directly from: www.fdic.gov/regulations/resources/rates. Rates are accurate as of May 17, 2021. APY (Annual Percentage Yield) is accurate as of May 1, 2021 and is subject to change at any time. Fees may reduce earnings. Government regulations restrict certain types of withdrawals from your Pentagon Federal Savings Account up to six times per monthly dividend cycle. If you exceed the permitted number of withdrawals, a fee will be assessed which may affect your earnings. $5 minimum to open the account. Premium Online Savings account holders must agree to electronic delivery of account opening disclosures and monthly statements.

5 smart steps to keep medications safe from kids of all ages

Courtesy of Brand Point Media

Prescription medications have many benefits, including managing pain, regulating chronic conditions, preventing disease and more. Despite numerous positives, medications can be dangerous to others in your household, especially kids.

As routines have changed and people are spending more time at home, parents may be unintentionally leaving medications out and accessible to children. Babies and toddlers may rattle medicine bottles like a toy. Curious kids may think the contents inside are candy. Child-resistant caps aren't enough, as many children can open them easily.

Every eight minutes a child goes to an emergency room for medicine poisoning, according to Safe Kids Worldwide, and three out of four ER visits for medicine poisoning are due to kids getting into parents' or grandparents' medicine. Unintentional injuries including poisoning are the leading cause of mortality among infants and children in the United States, according to the Centers for Disease Control and Prevention.

Research from the American Association of Poison Control Centers shows the vast majority (90%) of poisonings occur at home. That's why it's important to look at how you use medications in your household and adopt safer practices that include:

Never leave medications out: When busy multitasking, you may leave your medication out on a counter or toss it in your purse or backpack. Leaving it out even for a minute could be enough time for a child to access and open it. Don't leave medications where kids can see them or where they can easily be found, such as in drawers, on nightstands or in bags. If the medication is for your child when they are sick, never leave it in their bedroom.

Store medicines out of reach: Choose one storage location for all medication that is out of reach of children. This can be anywhere throughout the home that is high and out of sight. Get in the habit of putting medication back in its safe storage location every time.

Use a locking container: Even though most prescription containers have child-resistant caps, children can find ways to open them. Consider using Safe Rx Locking Pill Bottles to secure medications. The convenient portable containers require a four-digit code aligned from bottom to top to open. When you are done, you simply replace the cap and mix the numbers to lock the bottle securely.

Talk with your children: Be honest with kids about the dangers of taking prescriptions. Adjust your conversation based on your child's age, stressing that medications are only meant for the person the doctor prescribed them for and can be harmful to anyone else. Tell them to never take a medication without checking with you first and if they find any pills or bottles to bring them to you right away.

Dispose of unneeded medication properly: Check if your community has a drug disposal program for any unneeded medications. Many pharmacies offer take-back programs as well to properly dispose of unused prescriptions. If nothing is available near you, dispose of medications at home by mixing the pills or capsules in a container with an unappealing substance like dirt or cat litter before placing in the trash.

These steps will help significantly reduce the chances your child will access your medication. However, in case of emergency, call poison control immediately. Program the poison control center at 800-222-1222 into your home and cell phones. You may want to add this number on a sticky note or other label in your medicine storage space as well.

BRAND POINT MEDIA

I can't vote for my future this election. I need you to.

Dear Editor,

My generation is facing an unstable future. Wages are low, college tuition is unaffordable, and the cost of living is rapidly increasing, all while the climate emergency threatens our environment, infrastructure, and the health of our communities.

These crises will not be felt equally. Young people of color, like me, are always harmed the most by social and economic failures. However, we can reverse these trends. Equity-focused policies, like the Virginia Green New Deal, paid sick leave, and a repeal of Right to Work, can ensure that everyone in our Commonwealth has an equal opportunity to succeed.

To achieve these changes, we need a strong Lieutenant Governor who can push our timid Virginia State Senate in a bold direction. Sean Perryman is the perfect candidate for the job. A former president of the Fairfax NAACP, Sean knows how to pressure our elected officials to get progressive things done. He has fought for change for years, pushing for criminal justice reform, affordable housing, voting rights, and census representation. He even led the successful campaign to rename Robert E. Lee High School so that no student has to attend a school named after someone who fought to enslave them.

On June 8th, the Democratic primary offers us the opportunity to shape our Commonwealth's future. I urge you to consider my generation and vote for Sean Perryman for Lt. Governor of Virginia, to create an equitable future for all.

Aaryan Rawal
Centreville, VA

As Lt. Governor, Perryman will bring good governance to Richmond

Dear Editor,

On June 8, we Virginia voters will have a genuine opportunity to rock the cradle of democracy in which our elected officials have been asleep for far too long. Asleep to the unfairness of our "anything goes" campaign finance laws, asleep to the stain of felon disenfranchisement, and asleep to a legislative process that leaves ordinary citizens out of the mix. As our Lt. Governor, Sean Perryman will wake us up to the challenges and opportunities of 21st Century governance in our commonwealth.

As Lt. Governor, Sean will fight for transparency and accountability in government. He will help enact serious campaign finance reform, including reasonable contribution and spending limits. He will help end voter disenfranchisement, fund fully automatic voter registration, and guide us towards Ranked Choice Voting. He will advocate for a full-time General Assembly, and empower our government oversight institutions to enforce ethics rules.

Sean Perryman envisions a future in which our government is accessible and transparent for all Virginians. He has dedicated his career to advocating for good government, and is the force for equity that we need in Richmond. I urge you to vote for Sean Perryman for Lt. Governor in the Democratic primary on June 8th.

Thomas Goodwin
Herndon, VA

Virginia needs clean money

Dear Editor,

Virginia needs clean money and cheap clean energy--not "big money" and favors owed.

In 2013, candidate Terry McAuliffe ran for governor on "climate action," but after accepting contributions from Dominion and Mountain Valley Pipeline (MVP), he enthusiastically pushed two hyper-sized fracked gas pipelines to cross Virginia.

Fast-forward: McAuliffe's first term's "job-creating, energy superhighway" is a cancelled ACP and an MVP that will spew "nearly 1% of USA net emissions"--helping sink Virginia's Tidewater, fuel California's wildfires and heat the planet--undercutting his own and President Biden's decarbonizing plans.

McAuliffe's MVP saddled our commonwealth with unneeded and outdated fracked gas infrastructure that burdens Virginia for decades, restrains green-job creation, destabilizes and scars our mountains forever, raises rates and, if pressurized, threatens massive explosions across our karst-ridden landscape—including I-81 and a Norfolk Southern railroad.

Conceived in McAuliffe's secret deals that sold the right to pollute and destroy Virginia's natural and historic treasures, MVP was more than a reckless gamble or theft of breathtaking enormity. It was a conscious designation of sacrifice zones to large swaths of Virginia.

"Terry for Virginia" wants another term. Maintaining his silence on MVP, McAuliffe moves on--dodging responsibility and hyping his new "Big and Bold" campaign theme, demonstrating the privilege and high cost of "big money." What favors would be owed in a second McAuliffe term?

Remember: Terry plays and Virginia pays.

Cynthia Munley
Salem, VA

Launch your boat into a new season

Courtesy of Family Features

Whether you're racing against the waves or quietly floating with a pole in hand, a day on the water is hard to beat. However, before you can enjoy the excitement of a new season, there are several steps you need to take to make sure your boat is ready for the ride.

System Check

Your boat's fuel and electric systems need an experienced eye to determine potential problems. Cracked or damaged hoses and connections need to be replaced, and all fittings and clamps should be checked to ensure they're tight and secure. Test exhaust and ventilation systems, and replace worn or lose belts and cables, giving special attention to the steering and throttle cables. If you didn't change the oil and filter before putting your boat in storage, do so before the season begins. Also be sure to check oil, power steering fluid and coolant levels as well as running lights and emergency features such as horns.

Battery Function

A reliable power source is essential for powering your trolling motor and operating accessories like fish finders when your engine isn't running. You'll need to test your battery before heading out on the water. If it's time for a replacement, look for a powerful and cost-efficient option like Interstate Batteries' Enhanced Flooded Deep-Cycle Marine Battery. The battery features a durable design with extended battery life and includes a two-year, free replacement warranty.

Visual Inspection

After several months in storage, it's a good idea to give your boat a thorough inspection so you can identify any holes, cracks or dings that may impact its performance or safety. Scan the hull closely to for any abnormalities and check the propeller, as even minor dings and scratches can affect its operation.

Careful Cleaning

Depending on the security of your storage space and how you covered your boat, you may not have much heavy cleaning to do. However, it's a good idea to start the season fresh by giving everything a thorough wipe down. This can help illuminate any problems you may have overlooked during your visual inspection. In addition, using UV protectant on exposed surfaces can help prevent damage such as cracks and fading caused by harsh sunlight.

Safety Supplies

Before you hitch the trailer, take inventory of your on-board safety supplies. Be sure your life jackets are in good condition and that you have options to appropriately fit all passengers. Check fire extinguishers to ensure they're in good working order and test the carbon monoxide detector (or add one if there's not already a detector installed). Also scan your safety kit; update any expired items and replenish your supply of bandages or other items that may be running low.

Find more information to get your summer on the water underway at interstatebatteries.com.

Finding the Best Battery for Your Boat

No matter how you spend your time on the water, a durable and reliable battery is a must. Learn what kind of battery is best for your boating needs from the experts at Interstate Batteries:

Starting: Whether you're sailing the ocean or ripping it up in a motorboat, starting batteries are built to withstand most marine conditions.

Deep-Cycle: These batteries are the most popular line of marine batteries and offer strong, reliable power. This type of battery is used to start your trolling motor and power other accessories like fish finders whether your engine is running or not.

Dual-Purpose: Originally developed for military tanks and submarines, this type of battery has the staying power of a deep-cycle battery coupled with high-cranking performance.

Powersport: When you're trying to catch every wave, the last thing you want is a weak battery. These top-quality batteries are built to withstand the most rugged conditions on the water.

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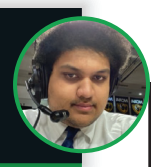


BY SRAVAN GANNAVARAPU
SPECIAL TO THE FAIRFAX COUNTY TIMES

Balancing jobs and keeping kids engaged? A demanding yet effortless task for two flexible parents

COURTESY PHOTO

Courtney Lee lived in one house for her entire life, since 1991. Eventually, she met and married her husband Jackson Martin, and soon thereafter, two children were born, son Beau (2016) and daughter Stella (2020).

Life couldn't be sweeter for the Martin family, but then came the pandemic, and soon, the kids were pulled out of pre-school and daycare. Nevertheless, that didn't stop the parents from getting their kids outside and avoiding the life of staying inside.

"We were able to get them outside every day for about two hours, which dramatically improved their mental state for the rest of the day," Martin said.

That is critical in this day and age. Quarantine rules have largely kept families inside the house and forced them to cancel any potential summer travel plans. It even kept those who wished to have their freedom at bay, having them come home to stay with their families and abide by strict rules while managing their jobs until regulations are relaxed, and more doors are open.

That wasn't the case for the Martins. Instead, they used this time to help their kids develop. On a typical day, the family is up early, while most tend to sleep in a little. While outside, the kids have the opportunity to wake themselves up before coming home and beginning their day.

"We both have our time with them and getting them outside, engaging them outside, like Jackson said, um, our backyard swing set has been a saving grace for us," Lee said. "We also have a little makeshift driving range where Beau and Jackson can hit some softballs."

Their work schedules coordinate very well, and they manage to work with the kids at home most of the time. Though both the kids are now in the process of heading back to pre-school and daycare, when it came to keeping up with school while at home, both parents took turns keeping their kids up to date with their education.

"The school sent him (Beau) worksheets, and we do worksheets. We worked on writing his letters," Lee said. "We bought some dry erase sheets that just have both an individual lighter on each sheet, and then he would work on tracing those."

However, you can't keep yourself occupied with the kids' schoolwork forever. After all, as parents, just because you can't go to the office doesn't mean you don't have a responsibility to work and provide for the kids. In the case of Martin and Lee, they are in a flexible situation where they have time to get the kids engaged while also tending to their daily lives.

There are days, however, where being home and managing the kids can be difficult. Lee's work sometimes keeps her firmly at her desk where she can't be with the kids, and while Martin's schedule is a bit more flexible, he too is sometimes required to be on the phone for long periods, leaving the kids to find ways to keep themselves engaged when mom and dad are busy.

Thankfully, according to Martin, the power of Netflix and Disney+ played a significant role in helping alleviate the situation. Right now, only their son Beau is allowed near the TV, and he is a big fan of movies. Martin says movies are better as TV shows tend to run for only a short time and switch, whereas a movie can keep him focused for a more extended period.

Once the workday is over, it's back to fresh air in the neighborhood. Thankfully, for the Martins, they are fortunate to live in a quiet area where many families have kids; but most have either moved on or are in college. That gives them the joy of just going around and visiting the nearby playground to let their kids run around and essentially be free.

Still, the pandemic did cause some disappointment. In this family's case, they were not near friends and no birthday party gatherings. With kids at such a young age, just being able to see their friends, play with new toys and enjoy the company of others is considered the best life. COVID restrictions, on the other hand, nullified such things.

"The kids crave being inside other kids' houses," Lee said. "That's one of the things that they wanted is to resume play dates and to be able to go into other kids' houses because their world is invested in toys."

With brighter days ahead, Martin and Lee are excited to go back out and enjoy the benefits of being in a restaurant and seeing family consistently. However, they aren't in a rush to do so and enjoy the time with their kids and watching them grow.

It's a beautiful sight that parents and kids across the country should take notice of. But, you better enjoy and take advantage of this time while it lasts, as it will never come back. Sure, it took a pandemic this time, but in the end, your family will always come first, whether you are 4 or 40 years old.

Summer swim is back

Passion for the sport will prevail over the pandemic's pearls

By Grant Johnson
SPECIAL TO THE FAIRFAX COUNTY TIMES

BRIAN MATANGELO / UNSPLASH

Last summer, COVID-19 grounded a summer staple, the community swim team, to a halt across the country. With the Virginia Run Riptide, a community swim team in Centreville, it had socially-distanced practices five days a week last year with no meets. This summer, however, the Riptide is back in full force and is ready to make the most of an imperfect situation the pandemic dealt.

Riptide Head Coach Nick McGrath said COVID-19-preventing modifications will be implemented during practice and will likely stay the same throughout the year to maintain consistency and to avoid confusion among the younger swimmers. He said he's also encouraged everyone that's old enough can get vaccinated.

The NVSL — Northern Virginia Swimming League — is the governing body of summer swim that the Riptide is under. Composed of 17 divisions, it's one of the biggest summer swimming leagues in the country.

The league proposed a mask mandate for all on-deck officials and swimmers, among other proposals, were scheduled to be voted on June 3. Division 3, the Ripide's division, has voted "no" to the mask mandate — Virginia Run Riptide Team Representative Russ Ramey cited the additional spacing guidelines the team intends to provide at meets, but that the team will encourage unvaccinated swimmers to wear a mask.

McGrath also said he's going to have to delegate to some of the younger coaches to watch over the younger kids and to make sure they're following guidelines. Riptide junior assistant coach Andrew Boyle said before the team's first practice that despite the guidelines, he expects a lot of buzz among the young swimmers, even though it was hard to find pools to swim at during the pandemic.

"I swam a little bit during [COVID-19] but I think probably a good 80 to 90 percent of the team didn't," Boyle said. "So I think it's going to be a big adjustment for the team. I think everyone's going to have to really work at practice and really be 100 percent all-in to the team to try to get back to where we were."

With this in mind, McGrath said he's going to alter the beginning weeks of practice in comparison to normal years. The Riptide will have technique-driven practices early on, he said, as well as longer distance swims designed to "kind of flush out the system." McGrath's method is based in part of what he experienced swimming during COVID-19 with his swim team at Roanoke College.

"I got back in the water, day-one of [Roanoke's] season, and I was hurting and I saw my whole team hurting as well," McGrath said. "We got some work to do to get back to it … I think overall, it's kind of like riding a bike, you know. You get the motion down, then there's a little period of getting back into physical endurance shape, but other than that, it shouldn't be too bad."

There have been some Riptide members who have been fortunate enough to swim with their respective club teams through the winter. Those who've been swimming may be in better shape, but they faced tremendous obstacles amid the height of the pandemic trying to compete.

Florence Emanuel, former head coach of Centreville Swim Club (CSC) who retired after the winter 2020-21 season, said CSC and other club teams followed USA Swimming guidelines through the season; USA Swimming is a separate governing body from NVSL.

Protocols, Emanual said, included five kids per lane, no use of locker rooms and baskets for everyone's stuff that were 10 feet apart on the pool deck. Due to the limits on kids per lane, she said 12 kids per day didn't get a chance to swim because numbers were kept down.

Through the stringent protocols, Emanuel said her swimmers handled everything well and were still happy. She said the parents that, back in August and September, took a chance and signed up their kids for winter swim didn't regret it.

"[Swim practice] was the only bit of normalcy in their life," Emanuel said. "As much as some of the things were different that we were asking of them, this was some of the kids' only chance to be out of the house or away from their computers and to see friends. And I would say it was the best thing ever for them, and for us [coaches], to see them like that and for us to work with them."

Emanuel said in retirement she is going to miss this attitude from her swimmers, and especially the swimmers and families that have been in her life for 10 to 12 years. In many instances she coached multiple children in a given family. However, she said her heart is happy because the swimmers are going to be in good hands going forward.

Ramey is the good that the CSC swimmers are going into. He has also been the Westfield High School Swim & Dive head coach since 2019 and the head coach of the Riptide's winter program since 2017, on top of his aforementioned role as NVSL's Division 3 Riptide Team Representative.

Ramey said helping athletes develop and getting to work with kids just about every day are his favorite aspects of coaching. He said his first three practices with CSC were, "So much fun — seeing all the smiling faces, hearing all the laughter, that's what I'm looking forward to." Even though USA Swimming guidelines don't change until June 6, he said it's a big difference from high school swimming at Westfield, where athletes were prohibited from even cheering, among other COVID-19 restrictions.

As the Riptide's team representative for the summer season, Ramey said his main responsibilities revolve around making sure everything runs smoothly at "A Meets" — more selective meets in which a swimmer must qualify for based off the time one swims at a "B Meet." Within making sure an "A Meet" runs smoothly, Ramey must make sure all the volunteers are in place, that the athletes are in the right events and then after the meet, to post all the results and get all the disqualification, or DQ, information — received when a swimmer breaks a stroke's rule — to everybody.

The Riptide hosts its first "B Meet" of the season June 21 at 6 p.m. with Brookfield Swim Club and the first "A Meet" at the Riptide's pool will be July 3 at 9 a.m. against the Little Rocky Run Stingrays. These meets are what Boyle and fellow junior Assistant Coach Michael Hart are most looking forward to returning this summer, they both said.

"Meets can be a hassle, but at the end of the day, it's just so much fun to, you know, [being] there and have that summer vibe," Hart said. "Smelling the barbeque going, all the parents are there, everyone's having fun, and then afterwards getting food with the guys — like that's just such a nice vibe."

To manage the crowds of said meets, McGrath said the Virginia Run Riptide home pool is going to use its adjacent tennis courts for swimmers to set up shop in order to provide adequate spacing. He said, however, that he'll be spending more time by the pool — watching the swims and keeping score — but he said he will try to make rounds by the courts to make sure everyone's behaving. A viewing station for the coaches and spontaneous competitors will also be set up to watch the meet and cheer on teammates, McGrath said.

While meets won't be the same due to spacing guidelines, games at practice — especially the Riptide's infamous "Fun Friday's" — will be back more so than the previous year, McGrath said. Boyle said games are something that can provide relief after a hard week of practice.

"I think what we'll do or try to do is make things more into like activities and games, where they'll stay more excited about what's going on," Boyle said. "Whether or not that's scoring points for doing something correct, or stealing points from somebody is someone does something wrong, trying to make it … something where they're always interested and just constantly having fun."

Boyle said games that the team has in mind include "Red Light, Green Light," as well as who can do the best trick off the diving board. Hart said he's excited for old games to potentially return from their one-year hiatuses, like "Sharks and Minnows."

An adjustment to his coaching style will have to be made in lieu of the games, Boyle said. He said he anticipates doing more things by example instead of being in the water with the younger kids and showing them how to do strokes or techniques hands-on. But Boyle said he still loves that "a family is going to be built no matter what" among the swimmers while Hart said he's excited for a "pretty normal" year.

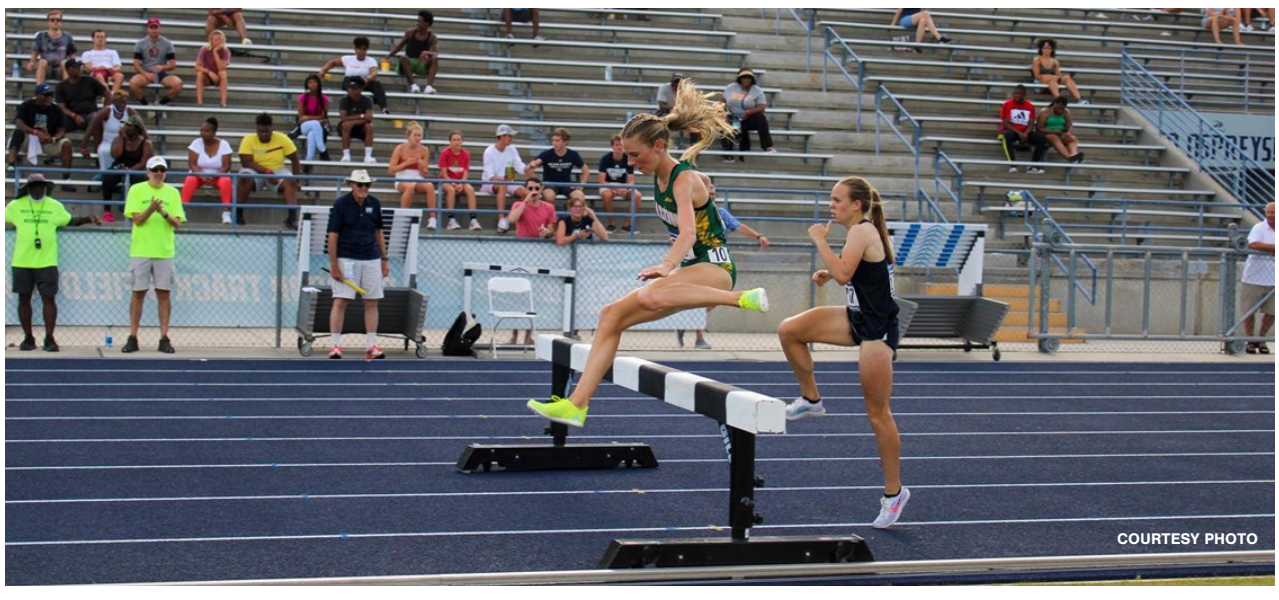
The Riptide held its first practice of the year June 1. McGrath said there was "nervous excitement," at the practice which was amplified by "super cold" water.

Boyle and Hart both said that the buzz at the Riptide's first practice was "exciting." Boyle said it was especially prevalent among the younger kids while Hart said it felt like a normal practice, and seeing people without masks again felt great along with a vibe of anticipation.

"I think I can speak for everyone in the world, when I say that the world deserves this summer," Hart said.

Mason athlete comes in 5th at NCAA Track and Field event

By Rick Horner
FAIRFAX COUNTY TIMES


COURTESY PHOTO

This past weekend saw a member of the George Mason University track team take part in the east preliminaries for the NCAA Outdoor Track and Field Championships in Jacksonville, Fla.

Annabelle Eastman, a member of the Mason Women's Track and Field team, participated in the 3000-meter steeplechase becoming the first women's athlete from the university to participate in the national qualifier. This was Eastman's first championship appearance in the NCAA and will make another appearance later this year when she will compete in the cross-country event in Eugene, Ore.

Eastman, a native Melbourne, Australia, had a good showing in the steeplechase event coming in third place in the first heat with a time of 9:54.68. Eastman would advance to the next heat where she would take fifth place overall and earn a sixth-place ranking in the East Region.

It's been a notable year for the Melbourne native as broke several records during the 2021 track and field season. At the Atlantic 10 Outdoor Championships Eastman broke the meet record in the 3000m steeplechase with a personal best of 9:53.07.

Eastman also ran the second-fastest time ever at the A-10 Cross Country Championships which earned her a runner-up finish at the event. This finish would earn Eastman an at-large bid to participate in her upcoming cross-country event and become Mason's first qualifier for the event since 1996.

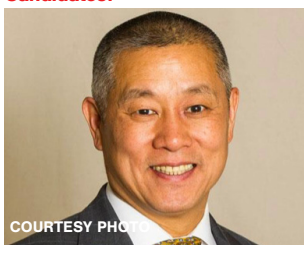
"I'm very excited, it feels good to get the big Q," said Eastman in a release from GMU. "It's been a long week waiting around for my race but everyone has been so great with keeping the energy up. Thank you to everyone at Mason and back home in Australia for watching and supporting me. See you in Eugene!"

Eastman will represent George Mason at the NCAA Outdoor Track and Field Championship in Eugene, Ore. which will be held from June 9-12.

Election Primer

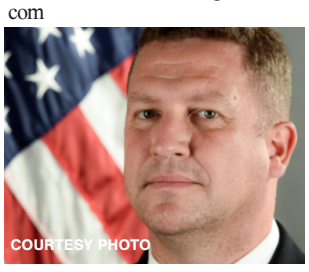
The Virginia Primary Election will take place June 8. Republicans will be voting for Virginia House delegates as they have already voted on candidates for the top three offices in early May. They chose Glenn Youngkin as governor elect, former Delegate Winsome Sears as lieutenant governor elect, and Jason Miyares as attorney general elect. Democrats will be voting on the whole ticket June 8, including voting for governor, lieutenant governor, attorney general, and House delegates.

Republicans House of Delegates Candidates:



Gary Pan (District 34)
Pan, a Great Falls community and business leader, is running for the Republican nomination in the 34th District of the Virginia State House of Delegates, a district that encompasses parts of Fairfax County and Loudoun County including Great Falls, McLean, and parts of Sterling and Vienna. Pan is running for the House of Delegates to keep Virginia families safe, rebuild the economy and expand educational opportunities for Virginia students. Find more information at panforvirginia.com

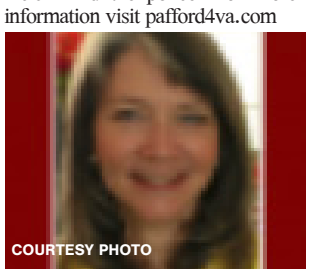
Kevin McGrath (District 35)
Born and raised in Fairfax and an Oakton High School alum, McGrath has been a political activist since 1976. He is running for the 35th District of the Virginia State House of Delegates, a district that encompasses Vienna, Oakton, and Fair Lakes. His platform issues include vote counting fraud at the highest levels, opening schools, fighting socialism, no more lockdowns, law and order, term limits and illegal immigration. Find more information at mcgrath4VA.com



Matt Lang (District 36)
Lang is a veteran, father, husband and security consultant from South Reston. His platform is concerned with fighting for the people of Virginia's 36th District, a commitment to protect those unable to protect themselves by amplifying the voice for those who are unheard. Find more information at langforva.com

Kenny Meteiver (Dist. 37)
Meteiver is a retired Army veteran of Centreville and is running to represent the 37th District of the Virginia State House of Delegates. His platform is concerned with the future of the Commonwealth being full of opportunity for all citizens, rolling back burdensome regulations, making communities safer and uniting Virginians. For more information visit kennyfordelegate.com

Tom Pafford (District 38)
Pafford of Annandale is running to represent the 38th District. His platform includes issues such as the school admission test for Thomas Jefferson High School, opening schools back up, parents being allowed to choose what school their child goes to, discretionary parole, guns versus statistics, systemic racism and the police. For more information visit pafford4va.com

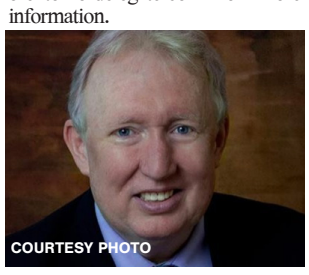


Maureen Brody (District 39)
Maureen Brody is running for election to the Virginia House of Delegates to represent District 39.

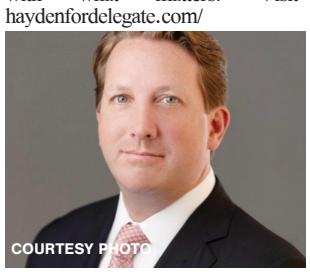
Harold Pyon (Dist. 40)
Harold Pyon is an immigrant, retired Army veteran, and retired federal worker running to represent District 40 in the Virginia House of Delegates. His platform includes stimulating economic growth and bringing Virginia back to the right track. For more information visit haroldpyon.com/

Ed McGovern (District 42)
McGovern of Fairfax County is running for Virginia House of Delegates to represent District 42. McGovern is a retired federal employee and has been a part of the Northern Virginia Community since 1993. His platform includes reforming Virginia's healthcare system, supporting small businesses, opening schools back up, and fixing transportation. For more information visit edmcgovernva.org

Brenton Hammond (Dist. 43)
Hammond is running for the Virginia House of Delegates representing District 43. He was born and raised in eastern North Carolina before moving to Northern Virginia in 2008 to work for the U.S. Secret Service Uniformed Division. His platform includes supporting small businesses, reopening schools, law and order and transportation. Visit brentonfordelegate.com for more information.

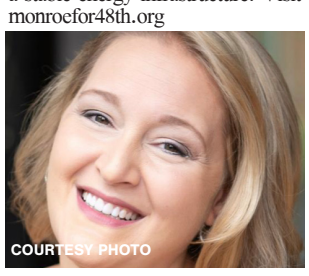


Richard Hayden (District 44)
Hayden worked in real estate and business law through his own law practice and is now running to represent District 44 in the Virginia House of Delegates. His platform includes issues such as opening schools back up, supporting law enforcement, invigorating the state economy and reconnecting with what matters. Visit haydenfordelegate.com/



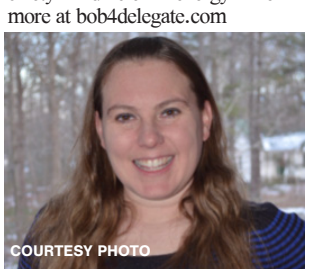
JD Maddox (Dist. 45)
JD Maddox of Alexandria is running to represent the Virginia House of Delegates District 45. A small business owner, adjunct professor, veteran and former federal employee, Maddox has lived in Alexandria for 20 years. His platform includes fixing ailing schools, road congestion, urban sprawl, retail failure, sewer systems and IT systems. Visit maddoxforvirginia.com

Ed Monroe (District 48)
Monroe of McLean is running to represent the 48th District in the Virginia House of Delegates which includes parts of McLean and Arlington. Monroe's platform includes understanding local issues, investing in schools and working on a stable energy infrastructure. Visit monroefor48th.org



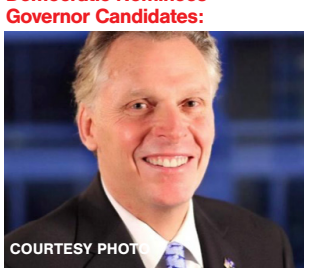
Sarah White (District 53)
White of Falls Church is a small business consultant and is running to represent the 53rd District of the Virginia House of Delegates. Her platform includes supporting small businesses, re-opening schools and law and order. White is seeking more transparent leadership in government after the COVID-19 crisis. For more information visit sarah4va.com

Bob Frizelle (District 67)
Frizelle is an Air Force veteran and aerospace leader running for the Virginia House of Delegates to represent District 67. Frizelle's platform includes respect for everyone, no political indoctrination in schools, improving magnet schools, infrastructure, public safety and clean energy. Learn more at bob4delegate.com

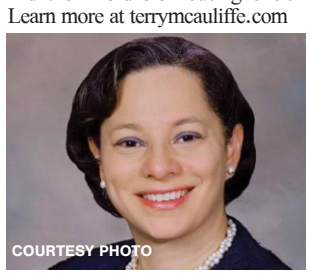


Julie Perry (District 86)
Perry is a Centreville High School history teacher and is running to represent the 86th District. Her platform focuses on re-opening schools, improving education, public safety, restoring faith in elections, fiscal accountability and preserving Virginian's right to work. Learn more at julieforhouse.com

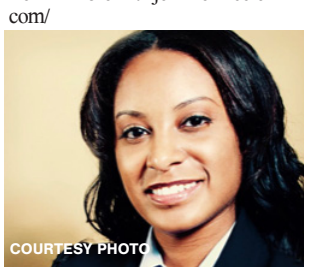
Democratic Nominees Governor Candidates:



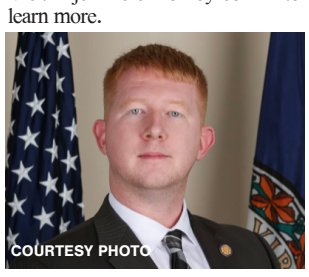
Terry McAuliffe
McAuliffe of McLean is running for governor. McAuliffe was previously the Commonwealth's governor from 2014 to 2018. His platform includes issues such as rebuilding the economy, civil and voting rights, creating jobs, raising wages, healthcare, clean energy and the affordable housing crisis. Learn more at terrymcauliffe.com



Jennifer McClellan
McClellan of Richmond is running for governor. She previously served in the House of Delegates and the Virginia Senate. Her platform includes climate action, gun violence, justice reform, revitalizing the economy, universal childcare and education, affordable housing, racial justice, healthcare, transparent government, transportation and voting rights. Learn more at jennifermcclellan.com/



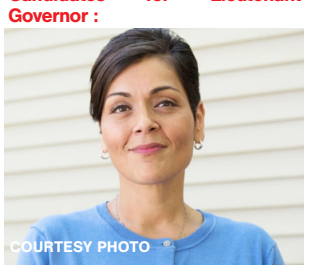
Jennifer Carroll Foy
Carroll Foy of Petersburg is running for governor. She has worked as a judge and previously served in the House of Delegates. Her platform includes labor and working families, jobs and the economy, criminal justice reform, education, the environment, healthcare, supporting immigrant communities, gender equality, gun violence prevention, affordable housing, racial justice and supporting LGBTQIA+ rights. Visit jennifercarrollfoy.com to learn more.



Lee Carter
Carter of Manassas and Prince William is running for governor having previously held office in the House of Delegates. He is also a U.S. Marine Corps veteran and an electronics repairman. His platform includes universal healthcare, criminal justice reform, housing, LBGTQ equality, education, disability rights, transportation and infrastructure, women's rights, protecting and empower workers, voting rights, electoral reform and the environment. Learn more at carterforvirginia.com

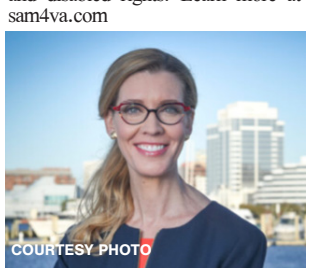
Justin Fairfax
Fairfax is a former federal prosecutor, and the current lieutenant governor of Virginia. He is running for governor. His platform includes education, justice reform, healthcare and housing. Learn more at justinfairfax.com

Candidates for Lieutenant Governor :



Hala Ayala
Ayala of Prince William County is previously held office in the House of Delegates and is running for lieutenant governor. Her platform includes tackling gun violence, affordable healthcare, ending racial disparities, improving education, battling climate change, criminal justice reform, transportation, infrastructure and women's rights. Learn more at halaforvirginia.com

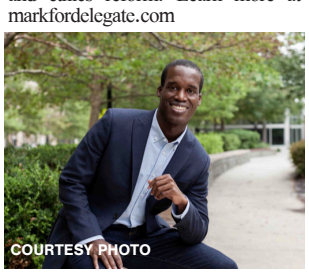
S. "Sam" Rasoul
Rasoul of Roanoke previously held office in the House of Delegates and is running for lieutenant governor. His platform includes affordable healthcare, voting rights, a Marshall Plan for moms, education and holistic child development, accessible broadband, the environment, supporting small businesses, housing, criminal justice reform, gun safety, women's rights, minority rights and disabled rights. Learn more at sam4va.com



Andria McClellan
McClellan of Norfolk is a current Norfolk City Council member and has worked in the business industry. Now she is running for lieutenant governor. Her platform includes education and childcare, justice and equity, supporting jobs and small business, tackling the climate crisis, expanding access to high-speed internet, reproductive justice and supporting disabled communities. For more information visit andriaforvirginia.com

Sean Perryman
Perryman of Fairfax County is an attorney and has worked as the director of social impact at the Internet Association and has been affiliated with the Fairfax County NAACP. His platform includes COVID-19 containment and relief, criminal justice reform, the economy, stopping the climate crisis, civil rights and equity and good government. Learn more at perrymanforvirginia.com.

Mark Levine
Levine of Fairfax County has previously held office in the Virginia House of Delegates representing District 45 and is an attorney. His platform includes affordable health care, protecting women's rights, improving education, helping struggling families, action against climate change, supporting unions, funding transportation, taking on the NRA, advancing civil liberties for Virginians, body cameras for police, reform the criminal justice system and ethics reform. Learn more at markfordelegate.com



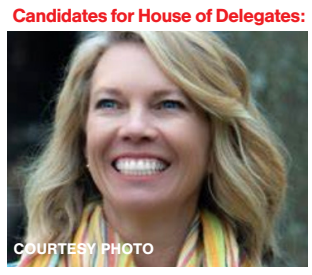
Xavier JaMar Warren
Warren of Arlington is a small business owner which helps non-profits and is also an NFL sports agent. He is running for lieutenant governor. His platform includes strengthening the economy, higher wages, tackling health care disparities, fixing schools and racial equality. Visit xavierforvirginia.com

Candidates for Attorney General :

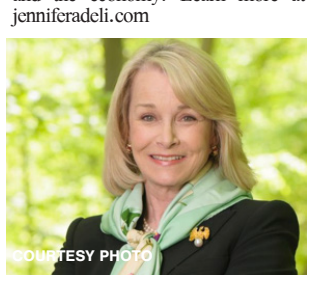
Jerrauld C. "Jay" Jones
Jones of Norfolk is running for attorney general. He previously held office in the House of Delegates representing the 89th District. His platform includes expanding Medicaid, increasing minimum wage, giving teachers a pay raise, deconcentrating poverty in urban communities and progressive energy. Visit jayjones.com for more information.

Mark Herring
Herring of Loudoun County is a lawyer and is the current attorney general. He is running for reelection. His platform includes building safer and stronger communities, combating the heroin and opioid epidemic, reducing gun violence, keeping kids safe, protecting the environment, defending women's rights and promoting economic opportunity. Visit herringforag.com

Candidates for House of Delegates:

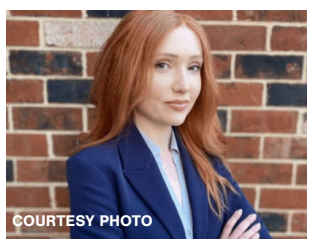


Jennifer Adeli (District 34)
Adeli of Fairfax County is a small business owner and has worked on Capitol Hill. Her platform includes traffic, women, gun violence, social and criminal justice reform, education, healthcare, better government, climate change and the economy. Learn more at jenniferadeli.com



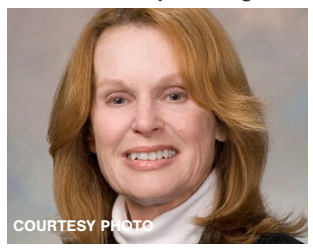
Kathleen Murphy (District 34)
Murphy is the incumbent running for reelection. The 34th District encompasses McLean, Great Falls, and parts of Vienna and Loudoun County. Her platform includes education, economic growth, transportation and infrastructure, protecting women's rights and protecting communities and children. Visit kathleenmurphy.ngpvanhost.com

Kenneth "Ken" Plum (Dist. 36)
Plum of Fairfax County is a retired FCPS teacher and administrator and is the current House of Delegates representative for District 36. He is running for reelection. Plum has been a member of the House of Delegates since 1982. His platform includes transportation, conservation, education and healthcare. Learn more at kenplum.com



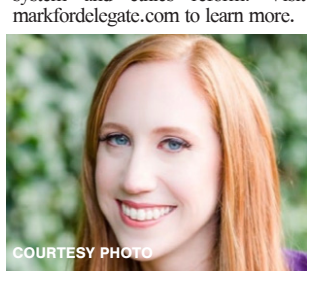
Mary "Red" Barthelson (District 36)
Barthelson of Fairfax is a GMU alum and majored in systems engineering before working in the private sector. Barthelson is running to represent the 36th District. Her platform includes education, small businesses and jobs, technology and misinformation, intellectual freedom, green energy, housing reform and substance classification. Learn more at barthelsonforvirginia.com

Holly Hazard (District 38)
Hazard of Fairfax County is a lawyer and has worked for the Virginia General Assembly. She is running to represent the 38th District. Her platform includes protecting the planet, championing public education, tackling public transportation, women's rights, criminal justice reform, unions, healthcare, animal welfare, equity, gun violence prevention, equity for immigrants and LGBTQ+ rights. Learn more at hollyhazard.org

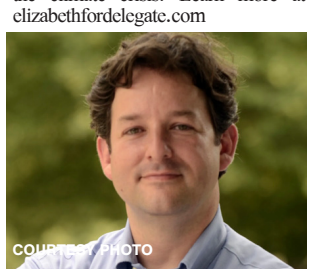


L. Kaye Kory (District 38)
Kory of Falls Church is the current House of Delegates representative for District 38. She formerly served on the FCPS school board. Her platform includes housing, animal welfare, women's rights, disability rights, healthcare and education. Learn more at kayekoryva.com

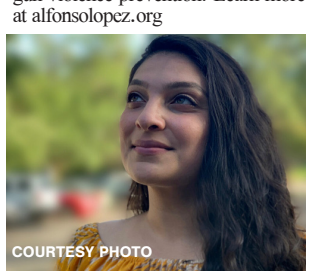
Mark Levine (District 45)
Levine of Fairfax County has previously held office as a delegate representing District 45. He is an attorney. His platform includes affordable health care, protecting women's rights, improving education, help struggling families, action against climate change, support unions, funding transportation, taking on the NRA, advancing civil liberties for Virginians, body cameras for police, reform the criminal justice system and ethics reform. Visit markfordelegate.com to learn more.



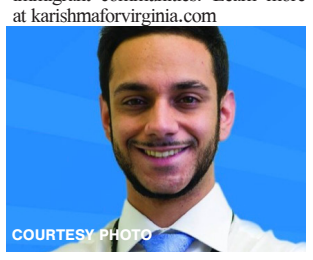
Elizabeth Bennett-Parker (District 45)
Bennett-Parker of Alexandria is currently the vice-mayor of Alexandria and is a small business owner running to represent District 45. Her platform includes education, economic opportunity for all, racial and social justice, resilient infrastructure and the climate crisis. Learn more at elizabethfordelegate.com



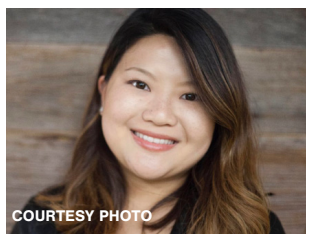
Alfonso Lopez (Dist. 49)
Lopez of Arlington has served as the 49th District House of Delegates representative since 2012 and is a lawyer. His platform includes education, transportation, energy and the environment, civil rights, jobs and small businesses, and sensible gun violence prevention. Learn more at alfonsolopez.org



Karishma Mehta (District 49)
Mehta of Arlington is running to represent the 49th District. She is a preschool teacher in Arlington. Her platform includes COVID-19 relief and mutual aid, healthcare for all, environmental justice, racial justice, labor rights for all, quality education for all, holding corporations accountable, housing for all and protecting immigrant communities. Learn more at karishmaforvirginia.com



Ibraheem Samirah (District 86)
Samirah is the current delegate for District 86 and is running for reelection. He is also a dentist in the area. His platform includes healthcare, housing, democracy, the environment, the economy, education, criminal justice, women's empowerment, gun safety and transportation. Visit samirah4delegate.com for more information.



Irene Shin (District 86)
Shin is running to represent the 86th District. She has worked for non-profits, political campaigns and start-ups. Her platform includes affordable healthcare, women's rights, climate change, voting and democracy reform, criminal justice reform, AAPI representation, LGBTQ+ rights and inclusivity, gun safety, immigration and education. Learn more at ireneforva.com

Fairfax County Times' Guide to
Arts & Entertainment

PETS: SUMMER SAFETY TIPS FOR YOUR PETS
Page B3

www.fairfaxtimes.com | Friday - Sunday, JUNE 4 - 6, 2021

Enjoy the Grateful Dead in photos

Rock photojournalist Jay Blakesberg presents a special event 40 years in the making

PHOTO BY JEFFREY BOWLING

Jay Blakesberg.

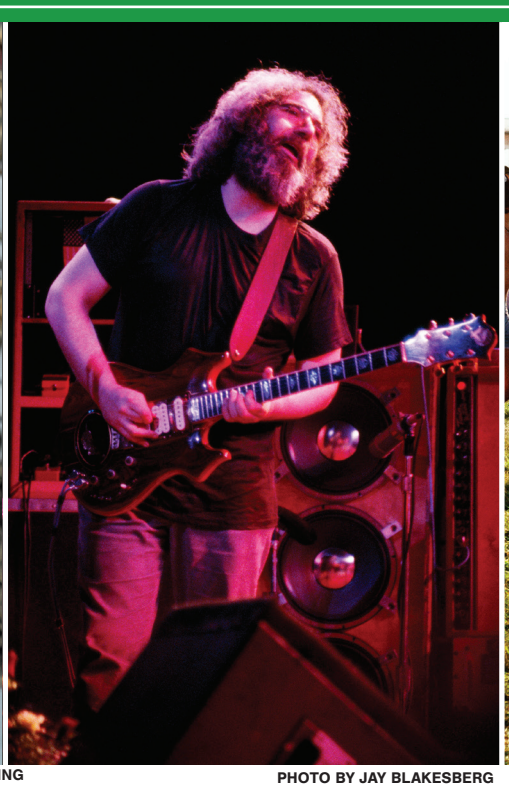


PHOTO BY JAY BLAKESBERG

Jerry Garcia • October 13, 1980
Warfield Theatre, San Francisco

PHOTO BY JAY BLAKESBERG

Deadheads dancing in the setting sun • September 6, 1980
Grateful Dead concert • Lewiston, Maine

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Jay Blakesberg has been photographing the Grateful Dead for more than four decades, and he's taken some of the best photos to create a slideshow/storytelling event that he's touring around the country.

"We do a pop-up art gallery inside the venue, which shows about 70 prints of mine, and that is surrounded by the live presentation that I do, which is a 90-minute long slideshow and story presentation of what I experienced photographing the Grateful Dead," he said. "It's a nice pace and moves along nicely. A lot of good visuals."

On June 9, the noted rock photojournalist will present "Between the Dark and Light—The Grateful Dead Photography of Jay Blakesberg" at the Birchmere, beginning at 7:30 p.m.

Blakesberg begins his show with stories about his colorful teenage years growing up in suburban New Jersey in the late '70s, where he and his friends lived for the thrill of sex, drugs and rock and roll. He describes how his love for photography began in 1978 after his father gave him an old Pentax camera to shoot the Grateful Dead performing at the Meadowlands. His photos back then were just used to hang on his walls.

After he graduated high school, Blakesberg decided to follow the Grateful Dead with his camera, and became a popular Deadhead.

"I've been doing this a long time and there have been a lot of crazy adventures that happened following the Dead," he said. "I kind of joined the circus and started following them in 1978."

By the mid-'80s, Blakesberg moved to San Francisco and was establishing himself as a go-to rock photojournalist, with his images regularly published in Rolling Stone, Guitar Player, Vanity Fair and many others.

"I've done hundreds of album packages and CD packages and several thousand magazine and newspaper stories, that includes 300 assignments for Rolling Stone," he said. "I continued to photograph the Grateful Dead, but at the same time, there was all this other stuff going on."

For instance, in the '80s,

See PHOTOS, Page B2

COUCH THEATER

Video & DVD previews

Ian Ziering in "Sharknado 4" [THE ASYLUM/SYFY FILMS]

By Amy Anderson
KING FEATURES

The National Oceanic and Atmospheric Administration predicts another surging storm season for 2021, with a whopping 13-20 named storms and three to five major hurricanes in the Gulf and Atlantic. The hurricane season started officially on June 1, although we've already had a named storm in the Atlantic in May.

Are you making preparations? Along with medicines, canned food, water and flashlights for that inevitable power failure, grab some DVDs to prepare for an internet outage. Need some inspiration? How about 2012's "Alien Tornado" -- featuring electrical windstorms and an unusual group of heroes that includes a farmer and a blogger? Or 2010's **"Burning Bright,"** in which a girl and her autistic brother are trapped in their house during a hurricane -- with a man-eating tiger that was purchased by their no-good dad! Here are some more mainstream choices:

"Crawl" (R) -- Haley (Kay Scodelario) is a small-town Florida girl sitting in the track of a monster hurricane. Under evacuation orders, she find her dad trapped in the crawlspace of his home. Injured and vulnerable, the rising waters threaten their lives -- but that's not even the worst thing. There, in the brackish maelstrom, lurk giant alligators.

"The Perfect Storm" (PG-13) -- A tropical storm meets cold front, creating 100-foot waves that pound a fishing boat in the North Atlantic in this terrifying true tale of the Andrea Gail, starring George Clooney and Mark Wahlberg.

"Sharknado" through "The Last Sharknado: It's About Time" (NR) -- Whether you indoctrinate with the original, featuring the City of Angels under siege, or skip with to the sixth and final installment, relax with hero Ian Ziering as Fin Shepard. This tragedy of cheese keeps giving and giving.

"Adrift" (PG-13) -- Shailene Woodley and Sam Claflin star in a tale of disaster, resilience and romance on the (literally) high seas. In the path of their yacht sailing from Tahiti to San Diego, a category 5 hurricane develops, which they miraculously survive. Against all odds and adrift in the middle of nowhere, they must survive. It's inspirational nightmare that is based on a true story.

"Hours" (PG-13) -- Paul Walker plays Nolan, a young father whose wife gives birth to a baby girl just hours before Hurricane Katrina hits New Orleans. The mother dies, the baby is struggling and requires a ventilator as the hospital loses power and staff. Nolan is left alone to fend for his child, keeping her alive by hook or crook. It's surprisingly poignant for a thriller, with Nolan overcoming an endless string of adversities.

"Geostorm" (PG-13) -- A series of natural disasters prompt scientists to develop a satellite protection system that basically shuts down bad weather. But things go haywire, as they sometimes do, and satellite designer Jake Lawson (Gerard Butler) is sent through the back door of the space station to figure out what's what.

CELEBRITY EXTRA

Hollywood questions answered

By Dana Jackson
KING FEATURES

KEVIN LYNCH/PARAMOUNT NETWORK

Kevin Costner in "Yellowstone"

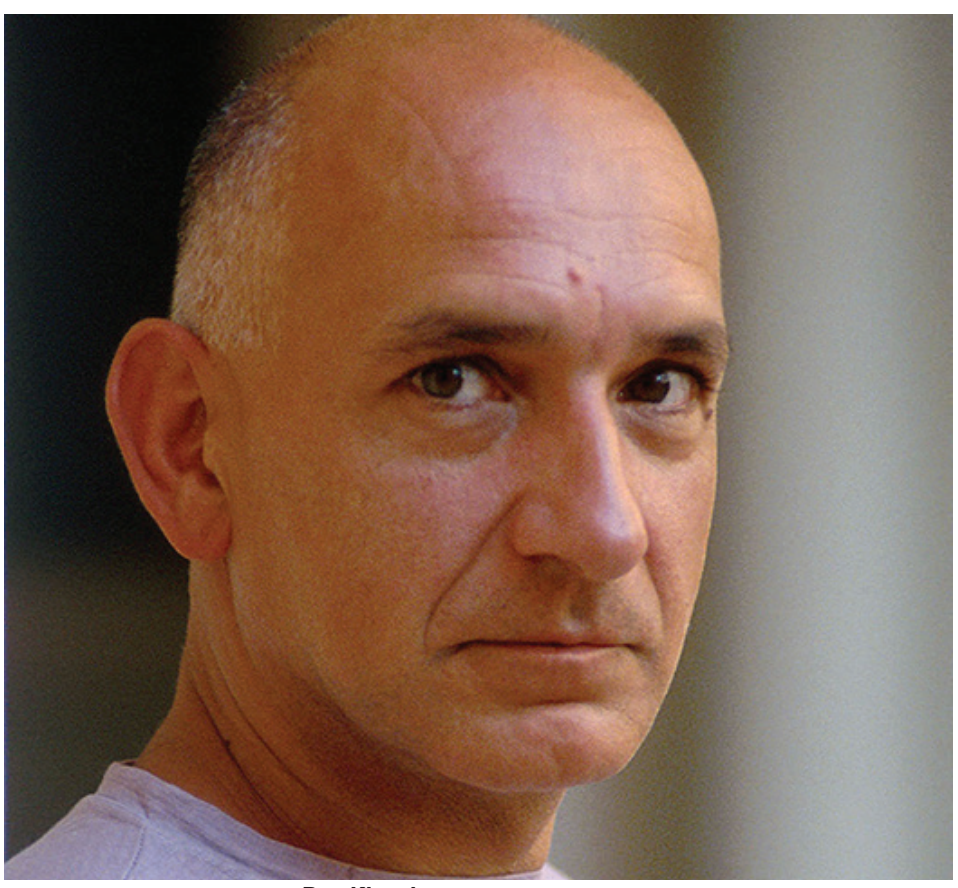
Q: Is the series "Yellowstone" returning with new episodes? If so, when? – L.Z.

A: Yes! "Yellowstone," starring Kevin Costner, is a huge hit. According to "Variety" magazine, its last-season finale was the most-watched scripted cable telecast. Filming has wrapped up on season 4, and new episodes should begin airing on the Paramount Network this summer, possibly as early as June. (Note: The Paramount Network is not the same as Paramount+, the streaming service formerly known

See CELEBRITY EXTRA, Page B2

HOLLYWOOD

by Tony Rizzo



Ben Kingsley [WIKIMEDIA COMMONS]

PHOTOS

CONTINUED FROM PAGE B1

he turned his attention to the birth of alternative music, working with bands such as Nirvana, Pearl Jam and Jane's Addiction at the beginning of their careers.

"While the mainstream media wasn't really that interested in the Grateful Dead, and I really couldn't make a living off of just them, mainstream media was interested in all of these bands and that whole thing that was happening," Blakesberg said. "I lived this parallel life of being a Deadhead and shooting alt rock and punk rock."

Back then, mentioning the Grateful Dead to an audience of one of those other concerts couldn't be done, but now, most fans can appreciate the different genres.

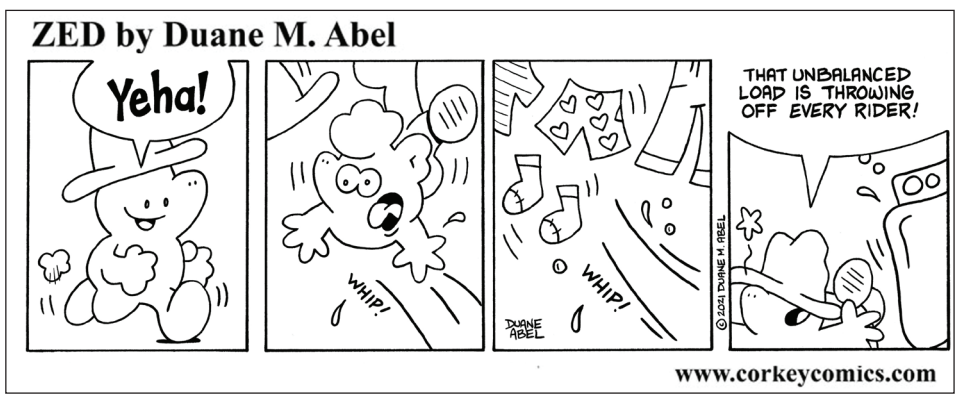
"In my presentation, I'll talk about some of those other bands that I worked with," Blakesberg said. "People have seemed to really enjoy it and relish in reliving some of those moments that maybe they experienced from when they were younger."

Just as the Dead did in their shows, Blakesberg will change up his stories and photos from show to show, and artists like Tom Waits, Santana, Neil Young and the Flaming Lips can all come up during the course of the night, depending on how he's feeling.

"I've done a lot of work with these people—even did a book on the Flaming Lips—so I definitely talk about that stuff as well," he said.

Blakesberg is happy he made the decision to pursue a career in music photojournalism, and it's offered opportunities he never imagined. He even once had to tell Jerry Garcia to stop singing so he could get a shot.

"As I look back on the last 40 years of my career, what's become remarkable to me, is that my camera has given me entry into places that most people never get to go to," he said. "With my camera, I've had some incredible experiences. I've been in dressing rooms, been able to photograph the greats one-one-one many times, and had access to places most don't."



"Gandhi" Oscar-winner Sir Ben Kingsley was last seen in the rom-com "Locked Down," with Anne Hathaway, Chiwetel Ejiofor and Mindy Kaling, in January via HBO Max. Now he has completed director Terrence Malick's film "The Way of the Wind," with "Bridge of Spies" Oscar-winner Mark Rylance, and is currently before the cameras playing the great artist Salvador Dali in **"Daliland."**

I once met Salvador Dali in New York City and asked for his autograph. He took my pen and literally attacked the white index card I gave him to sign, which turned out to be a very valuable miniature piece of art. He did, however, obliterate my pen in the process. I can always get another pen, but a signed Dali more than makes up for it.

***

Amy Adams and Jake Gyllenhaal are producing their next film, **"Finding the Mother Tree,"** about the scientist who discovered how trees communicate underground. Adams, a six-time Oscar nominee, has had several films out, including "Hillbilly Elegy," Zack Snyder's "Justice League" (as Lois Lane), and "The Woman in the Window," with Oscar-winner Gary Oldman and Anthony Mackie, now available for streaming on Netflix.

Adams is currently shooting two films: "Dear Evan Hansen," the Broadway musical with Ben Platt re-creating the role that won him a Tony Award, also with Oscar-winner Julianne Moore; and "Disenchanted" (the sequel to "Enchanted") for Disney+. Gyllenhaal has completed "The Guilty" for Netflix, with Ethan Hawke, as well as the action thriller "Ambulance" for director Michael Bay, opening in February.

***

Facebook seems to breed people who'll attack anyone, famous or not. Take superstar Robert Redford, who often has problems with people taking him to task for what he writes on his Facebook page, and sometimes expressing disappointment about his views. Redford addressed the issue saying, "I don't sugarcoat my views or beliefs … never have, never will. Money cannot buy class, or make you happy. Nor will it buy you real friendship or loyalty. Like anything else, you can use power, fame and wealth for good or bad. It's your choice.

"Honestly, I fail to see why so many are disappointed or let down by my opinions or postings. I've always been vocal and maintained who I am and what I believe. I'm not sorry you're disappointed, but I'm sorry you can only see me as the characters I portrayed and not the person I've always been. Maybe it's best not to put people on pedestals … no one is perfect, especially me. I hope you are still a fan after you read this, if not … peace and happiness to you."

If Robert Redford gets called out for his views, what chance do the rest of us have? Still wanna be famous?

CELEBRITY EXTRA

CONTINUED FROM PAGE B1

as CBS All Access.)

"Yellowstone," which premiered in 2018, chronicles the Dutton family, with Costner as its patriarch, who controls the largest contiguous cattle ranch in the U.S. Actors Luke Grimes, Wes Bentley, and Kelly Reilly play his grown children.

The gorgeous scenery can be attributed to the state of Montana, where "Yellowstone" films at the Chief Joseph Ranch in the town of Darby. You can visit its official website at chiefjosephranch.net.

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Q: I saw that the HBO series "In Treatment" is back, but Gabriel Byrne isn't the counselor in it. Why didn't he return? – C.C.

A: "In Treatment" returns to HBO after a decade-long hiatus with a new creative team and a new star. Uzo Aduba plays Dr. Brooke Taylor, a role that is quite different than her Emmy-winning role of "Crazy Eyes" on "Orange Is the New Black."

The original series with Byrne aired five nights a week, with each day assigned to a particular patient. It was an exhausting filming schedule with season one having 43 episodes alone. This time around, HBO will show two episodes on Sundays and two on Mondays. Dr. Taylor's patients will be played by actors John Benjamin Hickey, Anthony Ramos, Quintessa Swindell, and Liza Colon-Zayas. Next up for Byrne is the Western film "Murder at Emigrant Gulch."

***

Q: I'm really going to miss the TV show "Last Man Standing." I love traditional sitcoms like this. I do have a question though. Why was Boyd off the air for so many years? – W.G.

A: "Last Man Standing" recently ended after nine seasons. It starred Tim Allen and Nancy Travis, and was canceled by ABC in 2017 before being picked up by Fox the next year.

Recently, showrunner Kevin Abbott addressed the absence of grandson Boyd, who was only mentioned in passing in the final seasons. Abbott told TVLine.com that, "Every week, we struggle to give all the characters something to do, and another regular just eats up real estate." Abbott said they also were out of ideas for parenting storylines and didn't think it was fair to ask actor Jet Jurgensmeyer, who played Boyd, to come to the set only on an as-needed basis.

One of the show's standouts was Kaitlyn Dever, who played Eve. She quickly landed roles on other projects, including the film "Booksmart" and Netflix's "Unbelievable," which earned her a Golden Globe nomination. You can see her in the upcoming film "Dear Evan Hansen," which is based on the Tony award-winning Broadway musical.

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

Entertain in style

Courtesy of Family Features

GETTY IMAGES

It's never too early to plan ahead, especially when you are expecting guests in your home. Your family and friends know and might love your style, but it can be important to spice things up now and again to impress your visitors. Factors such as lights, music and food can affect your guests experience in your home.

To remain stylish and keep your party going, consider these tips for fun and festive home entertaining.

Back to Basics.

Staying organized is key while entertaining guests in your home. Try to plan out every detail before the big event, which can allow things to go more smoothly on the big day. As you think out your plan ahead of time, making lists can be a helpful way to stay organized and ensure you get everything done. List out your guests, what needs to be picked up from the store and possible decorations you might need to buy or craft yourself. The possibilities can seem endless, but it's important to have a plan in place before you start putting things together.

Think about Theme.

There are numerous ways your style can be shown while entertaining. One way is to pick a theme or theme-related food dishes. One way to show your theme is through decorations. Placing them throughout your home can give the party some life and help guests get into the overall theme of the party.

Light up the Party.

Transforming your home can be made simpler by changing the lighting. It's typical for lights to be dimmed for parties to set a more relaxed mood. Other ideas include using candles, lamps or even hanging lanterns if you are entertaining outside. Make sure it's bright enough so everyone can see, but dimmed enough to set the mood for the evening's events.

Set the Mood with Music.

Pick music that matches your theme and inspires that same feel throughout the house. If you're going for a fun, energetic atmosphere, try something with a quick tempo, such as pop. If you're wanting to relax, go for subtler, soothing tones. Try making your playlist before you entertain and listen to it a few times through, that way you can know what to expect and how guests will react to your music selections.

Enjoy it.

Through all the anxiety and stress of entertainment planning, make sure you take time to enjoy yourself during the time guests are in your home. Some guests will notice if you're not having a good time. Smile and remember to be present in the moment.

Find more entertainment tips at eLivingToday.com.

Summer safety tips for your pet

Courtesy of State Point Media

From heat waves to fireworks, summer can take a toll on pets' emotional and physical wellness. According to some pet experts, the heart of relief for a number of common seasonal pet woes is CBD. Here are some insights into how to use it, plus additional measures you can take for a safe, healthy summer with pets.

• **Fireworks and Thunder:** Unexpected noises can be extremely frightening for pets, causing what's known as situational stress. If possible, try administering Calming CBD-infused Edibites, which contains soothing and relaxing properties, about an hour before you expect fireworks or thunderstorms to occur. (Helpful hint: it can also be used to relieve situational stress associated with travel, guests, etc.)

Exercise also helps. Whether you take an extra long walk or play fetch, wearing your pet out earlier in the day might help them stay calm or even sleep through noise disruptions. Additionally, you can prepare by setting up a quiet space for your pet, full of their favorite blankets and toys. Finally, be mindful that pets often react to loud noises by running away. According to the ASPCA, one-in-five pets that go missing run off after hearing loud noises like fireworks. Bring cats indoors during storms and fireworks. If you must take a dog outside, keep them securely leashed. Microchips and up-to-date ID tags can help you safely reunite with your pet should they go missing.

• **Heat:** If you're sweating, there's a good chance your pet is too. Keep pets hydrated by constantly refilling their bowls with fresh, clean water. Choose mornings or evenings for exercising with dogs to avoid the hottest part of the day. On scorchers, avoid paw-to-pavement contact, letting your dog walk in the grass instead. If your pup's paws do get affected by the hot pavement, applying a topical CBD solution such as Canna Care from Pet Releaf can help relieve the burn. Finally, beat the heat with regular grooming -- however, don't shave your pet's fur -- their coat protects them from sunburn.

• **Allergies:** Allergies can wear pets down in numerous ways, including weakening their immune system. CBD hemp oil however can offer an immunity boost by activating the body's two-way communication system between the brain and the immune system.

STATE POINT MEDIA

A common allergy symptom is rash, which can cause pets to scratch and bite their skin, only worsening irritation. To treat rash, consider using CBD hemp oil to support a healthy inflammatory response and ease stress, along with a topical CBD product to soothe skin irritations.

• **Hip and Joint Discomfort:** Summer may mean an uptick in nature hikes and long days at the dog park. As a result, your dog may experience hip or joint discomfort. Consider adding a beneficial supplement to their everyday regimen, like Hip & Joint Edibites, which contains full-spectrum hemp extract with naturally occurring CBD, along with glucosamine and chondroitin, a combination known to help maintain normal healthy cartilage and joint function, as well as support joint flexibility and mobility. Depending on your pet's health needs, you may want to upgrade to a higher potency pet CBD product like a hemp oil that you can massage onto their joints.

Unsure which CBD solution will work best for your pet? Check out Pet Releaf's Product Finder tool at petreleaf.com/product-finder, which factors in age, weight, level of discomfort and wellness needs. Use the code RELEAF25 through July 31, 2021 to receive 25% off and free shipping.

With the right tools and knowledge, you can support your pet's wellness this summer and protect them from common seasonal health and safety hazards.

ADORABLE ADOPTABLES

THE FELINE FOUNDATION

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

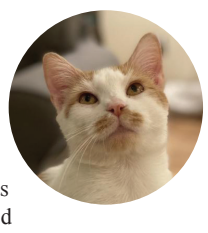
Cadence

Breed: Domestic medium hair
Age: 1 year
Gender: Female spayed
Cadence is a darling little fluffy girl who had a litter of 5 kittens that have all found their homes. Now it's time for Cadence to enjoy being pampered and taken care of. She's a playful and outgoing kitty that enjoys being with people and right in the middle of things. This girl goes with the flow and any home would be lucky to add her as part of the family!

Pudge

Breed: Domestic short hair
Age: 1 year
Gender: Male neutered
Pudge's foster mom says "he is the most loving, friendly, and playful cat I have ever fostered". He wants to be around his human all the time, comes when called, and will happily sit on your lap and nuzzle your face. His preference is cuddling over playing--he loves laps-- but he has a very silly and playful nature. He also loves entertaining himself with any cat toys, including dragging around his fishing rod toy and chirping.

Sahara



Breed: Domestic short hair
Age: 3 years
Gender: Female spayed
This absolutely adorable little "mustached lady" is sure to steal your heart.
Sahara came to us from a rural shelter and was surrendered by a family who was overwhelmed with unspayed cats. When she was surrendered, Sahara had a litter of kittens with her. The shelter found homes for the kittens and FFGW rescued sweet Sahara. Sahara wants all the petting you can give her, and don't forget the chin scratches! She is a love bug who wants nothing more than to follow you around, demand endless pets, and be your partner in crime no matter what you are doing.

Georgia

Breed: Domestic short hair
Age: 1 year
Gender: Female spayed
Georgia has lots of love to give to a new family. This gorgeous Calico is a real peach! She has been an amazing mother to her three kittens, including her daughter Dimsum and would love to go to a home with her little girl. Georgia loves rolling around for chin and belly rubs and adores flopping over being a total ham.

Grey

Breed: Domestic short hair
Age: 3 years
Gender: Male neutered
If you're looking for a big, gentle boy with a round head, look no further! Grey is a super sweet calm guy who is ready to be your new buddy. He is a chill kitty who likes to look out the window and hang out next to you. Let us know if you'd like to meet him.

Star

Breed: Domestic medium hair
Age: 2 months
Gender: Female spayed
Star shines as bright as her beautiful personality and gorgeous markings. She's a playful curious kitten show enjoys being in the spotlight. She's social with other cats and loves playing with feather toys. When she's ready to settle down for a nap any warm lap will do.

Adopt a senior cat!

Bring home a senior cat today! Adoption fee only $75
For adoption information visit us at www.ffgw.org or on Facebook

The Feline Foundation OF GREATER WASHINGTON, INC.

— King Crossword —

Answers

Solution time: 26 mins.

A	C	H	Y		Y	E	A	S		N	O	M
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5 ideas for backyard fun

Courtesy of State Point Media

Whether you're hosting a get together or just want to keep everyone in your household entertained, it's the best time of year to take the fun outdoors. Check out these five ideas for backyard fun for people of all ages:

• **Create a waterpark:** Avoid traffic and crowds and cool down from the comfort of home using sprinklers and splash pads. A fun way to beat the heat, you can create your very own waterpark during the dog days of summer

• **Have a dance party:** Portable instruments make it easy to practice and perform anywhere, including your backyard. A good choice for those starting a new musical adventure or anyone who wants to play music anywhere is a Casiotone keyboard. Stylish and sleek, it features a carrying handle for ease of transport and built-in speakers so you can pump up the jams for friends to enjoy. Whether you're performing a concerto or using the keyboard's Dance Music Mode to instantly create and remix EDM tracks in 50 different styles, you can just pop in six AA batteries, and you're good to go.

• **Make a bonfire:** Get the friends together to tell scary stories, cook dinner over an open fire, make s'mores and have a sing-along. With many portable, smokeless fire pits on the market today, you don't need to wait until your next camping trip to have a bonfire.

• **Relax with a lazy day:** With a hammock alone, you can instantly create the perfect backyard oasis for a leisurely day of reading and napping. Today's hammocks are more versatile than their predecessors. Beyond those that tie to trees and mount to walls, self-standing models offer easy set-up and portability so you can follow the shade -- or sun -- as desired.

This season, take the fun outside. With a little creativity, music, games, meals and more can be enjoyed in your backyard.

STATE POINT MEDIA

Tips for a safer, more enjoyable summer at the pool

Courtesy of State Point Media

Pools are great for play, exercise and therapy. However, it is critical that while enjoying ourselves, we take appropriate safety precautions.

According to the U.S. Consumer Product Safety Commission, more than 275 children nationwide under the age of 5 drown in swimming pools annually, and more than 4,100 children receive medical treatment for pool-related accidents, the majority of which occur in backyard pools. Luckily, building codes and standards can help.

"Building codes are life savers and as the leading building codes and standards developer, we are accounting for every facet of the home, which includes specific provisions to make pools and spas safer," says Dominic Sims, CEO of the International Code Council.

To drive the importance of water safety home and ensure individuals are having safe pool fun, the Code Council shares the following tips:

• **Install fences and protective gates:** To ensure the pool area is inaccessible to unauthorized swimmers and children when there is no supervisor, install a fence at least 4-feet high around pool and spa areas with a self-closing, self-latching gate or door. Move all chairs, tables, large toys or other objects away from the perimeter that would allow a child to climb up to reach the gate latch or enable someone to climb over the fence.

• **Keep safety devices nearby:** Always keep basic lifesaving equipment handy (pole, rope and personal flotation devices) and know how to use them. These aids should be kept on both sides of the pool and should remain stationary – not be misplaced through play activities.

• **Install alarms:** Install alarms on all doors and windows to detect unauthorized access from the home into the pool area. You can also install a pool alarm to detect accidental or unauthorized entrance into the water. While the alarm provides an immediate warning, it is not a substitute for the barrier fences, door and window alarms or safety covers.

• **Remember safety covers:** Install an approved safety cover on any pool. For the safety of all individuals, do not allow anyone to stand or play on it.

• **Be code-compliant with drain covers and grates:** To help identify compliance with current standards, all pool and hot tub drains must have a cover or grate marked with the appropriate product marking, including the service life in years and an information label that is provided to the pool owner. Not having a compliant cover could result in some part of a swimmer's body being entrapped in the in the drain – a dangerous situation that could result in injury or drowning. If a cover is broken, missing or noncompliant, the pool should be closed immediately, and a replacement should be performed by pool professionals.

• **Ensure an existing pool has safe suction outlets:** Pools and spas with a single drain – other than an unblockable outlet – must have a certified blockable suction outlet and one of the following: a safety vacuum release system; a suction-limiting vent system; a gravity drainage system; or other safety features that comply with industry standards.

• **Secure the proper permits for a pool installation:** If you're installing a pool, it will be important to contact your local building department first to determine what permits are needed and what requirements you must follow.

"With warm weather here and families spending more time at home, a pool offers hours of fun for everyone," says Sims. "In addition to adult supervision, safety code compliance helps ensure a safer, more enjoyable pool experience."

For more building safety resources, visit iccsafe.org.

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COURTESY PHOTO

Home power preparations for severe weather

Courtesy of Brand Point Media

Tornados, floods, hurricanes and more - severe weather is increasing around the world. Are you ready if a threatening storm hits your home?

"Storm frequency and intensity is increasing, which means it's important for homeowners to take a proactive approach to severe weather preparedness," said Jonathan Green, senior regional parts and service manager at Northern Tool + Equipment. "Having the right equipment and gear on hand and ready to go means your family can stay as safe and as comfortable as possible."

Power outages and severe weather

Power to your home may be intermittent and unreliable during bad weather. In worst cases, entire power grids can go out for days or weeks at a time. Green says it's important to prepare by having flashlights ready, stocking up on batteries and properly maintaining a generator to power necessities in a home.

If a major storm is approaching, the American Red Cross recommends unplugging small appliances to reduce potential damage from power surges that could occur. Always follow orders from authorities, who may tell you to turn off utilities to prevent damage to your home or within the community.

If you are without electricity, a portable generator can help power critical household equipment. When selecting a generator, it's important to know the right size for your needs, which is based on the rated wattage of what you want to power - as not all generators have the same power draw. To do this, add up the wattage of tools, appliances and motors you will want to run at the same time, then select a generator with the running wattage rating to match or exceed the total load. Keep in mind that items with electric motors require additional surge wattage at startup that can double or triple the normal wattage requirement - so look at the surge watts required.

Green adds that having a generator is half the battle as it is just as important to use the equipment safely and maintain it properly by following generator safety and maintenance tips:

Store units properly: When not in use, keep your generator clean and covered in a safe, accessible location.

Perform maintenance: Being prepared is key, and a critical component of that is making sure your gear is ready in advance of serious weather. To that end, test the generator monthly to ensure it's working properly. Just like any other engine, a generator requires maintenance, so keep up with the manufacturer's recommended schedule for things like oil changes and spark plugs. Northern Tool + Equipment offers parts, service and repair expertise to ensure that generators, water pumps, and other equipment is tuned up and ready.

Use fresh gas: There is approximately a 90-day shelf life on fuel, especially in smaller quantities like what would be in the gas tank of a small engine or a small gas can. Never use bad gas in a generator or you risk damage to the engine.

Run units wisely: Place generators outdoors away from your home, but shielded from rain as much as possible. Never run generators inside or covered tightly because this can clog spark arrestors and filters resulting in a fire hazard. Additionally, not ventilating exhaust increases risk of carbon monoxide poisoning.

Keep it clean and level: Always run the generator on level surfaces free from debris or other items. Non-level or vibrating surfaces may result in problems including poor engine lubrication, which can cause overheating.

Don't overdraw power: The size of your generator will dictate how many things it can power. Keep in mind, items with heating elements or motors often need double their rated wattage to start up, which is called surge.

"Having a generator can be life changing during extreme weather, and it's important to use this equipment safely and maintain it properly so you're ready no matter what so your family is ready when severe weather comes your way," said Green.

Every emergency kit should be customized to each individual, but there are basic items such as water, non-perishable food items, radio, flashlight and extra batteries that should be included in every kit. A full list of recommended items can be viewed at http://www.fairfaxcounty.gov/oem/prepare/kit.htm.

Is your roof strong enough to endure wicked summer weather?

Courtesy of State Point Media

The summer months are often accompanied by rough weather that can do a number on a roof if it's not designed to withstand the elements. Experts say an ounce of prevention is worth a pound of cure.

"Having a roof that exceeds code and is made from strong, high-quality products can make all the difference when a big summer storm blows through," says Scott Lowe, sales manager, ProVia. "You are always better off taking preemptive steps to protect your home and family than making repairs and upgrades in the aftermath of a storm."

Here are a few key things to look out for in a roof:

• **Weather Performance:** Your roof should meet or exceed third-party testing so you never have to worry about the next bad storm. This includes defense against wind uplift and a barrier system to protect against hail and sheeting rain.

• **Durability:** The right roof will retain its structural integrity and appearance for years to come with little maintenance. To that end, be sure your new roof offers UV protection against chalking and weathering, as well as resistance to corrosion, mildew, algae and black streaks.

• **Cost Benefits:** While a new roof might seem like a big investment, the right choice can actually help you save money over the long run, with some models offering substantial energy savings and reduced insurance premiums.

• **Beauty:** A roof makes up 50-60 percent of a home's appearance, so while performance is essential, don't compromise on aesthetics. Updating a roof can add instant and dramatic curb appeal.

• **Resale Potential:** If you intend to relocate at any point, think about how your roof may factor into a home sale. A beautiful, well-manufactured roof with a transferrable lifetime warranty can be a major selling point.

• **Materials:** While traditional materials like asphalt, wood shakes and slate can present various issues like shorter life spans, damage concerns, maintenance issues and disposal problems, metal roofing can overcome these obstacles and provide significant advantages. Check out ProVia's distinctive metal shake and slate roofing panels, which are manufactured with 10 percent more galvanized steel than industry standards, yet are up to three times lighter than asphalt shingles. Available in wood shake and slate styles, the manufacturer's embossed metal roofing provides distinctive style and natural-looking details in a durable finish. Finally, ProVia metal roof systems are designed to ensure easy installation, and installers are trained and certified to ensure workmanship and maximum roof performance. To learn more, visit provia.com.

The decision to reroof your home is a big one. For easier maintenance and long-term performance through summer storms and all other kinds of extreme weather, be sure you understand all the aspects of the investment.

Art News

Drawing & Learning About Fossils Delve into the ancient world of plant, marine and dinosaur fossils be drawing fossils in the Hidden Oaks collection. Learn how they form and go on a hike to try matching them to their ancient animal or plant. 9:30 to 11:30 a.m. June 5. Cost is $54. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit https://bit.ly/34JDiUJ.

Veronneau Enjoy acoustic world jazz in this free outdoor concert 7 p.m. June 4. Parking is free in the ParkX parking garage with validation. Reston Station, 1901 Reston Metro Plaza, Reston. For more information visit https://bit.ly/3i7b1iO.

Viva La Musica The Congressional Chorus presents the sounds of Latin America in its final virtual concert of the season. Available to stream on their YouTube channel. 8 to 9 p.m. June 5. For more information visit https://bit.ly/34EjDWg.

Masters' Class learn about an array of new topics in theatre and performance taught by some of the D.C. region's theatre experts. Each virtual class consists of a single, focused two-hour session from 2 to 4 p.m. This month Craig Wallace coaches the Shakespearean Monologue. June 6. Cost is $35. For more information visit https://bit.ly/3g88B0L.

Justin Trawick & Common Good Enjoy this free concert June 10 from 7 to 9 p.m. at Lake Anne Plaza, 1609 Washington Plaza. For more information visit https://bit.ly/2SOAsLe.

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

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

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

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

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

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

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

Community Information

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

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

River Fishing by Boat Fish for smallmouth bass and sunfish from a canoe or jon boat. Boats, PFDs, fishing rods and bait provided. 5:30 to 7:30 p.m. June 4. Cost is $22. Riverbend Park, 8700 Potomac Hills St., Great Falls. For more information visit https://bit.ly/2TF72Qt.

Bees Please Hike with a naturalist to explore the different types of bees that buzz around the meadow and support Earth Day's theme: "Restore our Earth." 10 a.m. June 5. Cost is $8. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3cbYYwI.

Balsamic Vinegar Tasting Savor a selection of fine balsamic vinegars with varied accompaniments. Hear about the history of Italy's famed elixir and how to distinguish the genuine balsamico from imitations. 10 a.m. Cost is $32. Adults only. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit https://bit.ly/3pbvl47.

Community Market includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. June 5. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3hTCNiO.

Hummingbirds Learn about these winged wonders – where they come from, how they make their tiny nests and more. Observe them at the feeders and make a feeder to take home 9 a.m. June 6. Cost is $10. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3wRRCqk.

Nine & Wine Enjoy nine holes of golf at a par-3 golf course or take a swing at the top-rated driving range. 5 p.m. June 7. Cost is $30-$39. Fee includes nine holes of golf, push cart, bucket of range balls and one drink. Laurel Hill Golf Club,8701 Laurel Crest Dr., Lorton. For more information visit https://bit.ly/3g6JNWG. 5:30 p.m. June 10. Pinecrest Golf Course, 6600 Little River Turnpike, Alexandria. For more information visit https://bit.ly/3g1kvJD.

Soldier's Load: Revolutionary War Soldier Learn more about the gear, weapons and personal items that a Revolutionary War Soldier carrier. Repeats weekly on Wednesday June 9 through 23. For more information visit https://bit.ly/34BLE0m.

Searching for Sully's Enslaved Sully is much more complex than simply the home of the Lee family. Join Author Beth Sansbury as she discusses her book in this virtual event. 7 p.m. June 10. Free. Contact Paul Hancq to register at PaulHancq@aol.com. For more information visit https://bit.ly/3yWd0MQ.

ONGOING

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

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

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

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

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

HURRICANE WATCH | A hurricane is possible within 48 hours. Tune in to NOAA Weather Radio All Hazards, local radio, TV, or other news sources for more info. Monitor alerts, check your emergency supplies and gather any items you may need if you lose power.

VS

HURRICANE WARNING | A hurricane is expected within 36 hours. Complete your storm preparations and immediately leave the threatened area if directed to do so by local or state officials or shelter in place if no evacuation has been ordered.

Virginia Department of Emergency Management

Business & Services Directory

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Help Wanted

SkyCreek Corp is hiring Lead Software Engineers: Design/devlpmnt/implmntn of software. Send resumes 1110 Herndon Parkway #200 Herndon VA 20170.

Software Analyst – Vienna, VA. Seeking MS in Comp. Sci, IT, Engg. or related and 2 yrs. software design & devt. exp. req'd. Would also accept BS in Comp. Sci., IT, Engg. or related and 5 yrs. software design & devt. exp. Travel and relocation, as req'd. Mail CV to Attn: HR/Job #0520, Supreme Tech Solutions LLC, 8306-B Old Courthouse Rd., Vienna, VA 22182.

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

Kerecis seeks an Accounting Coordinator (Arlington, VA) to provide support, budget & accounting services to the global org & execute finance related tasks. Send resume to Kerecis LLC via email to: hr@kerecis.com or mail to: 2300 Clarendon Boulevard, Suite 1210, Arlington, VA 22201, Attn D. Margolis, Recruiting Specialist

Software Architect - Integration wanted by Avizva LLC in Reston, VA. Define & dsgn bus. systems using leading technologies; provide techn'l dsgn implmtn & project execution; & provide tracking & reporting. Bach's deg in Comp Sci, Electrical / Electronics Engg or rel + 5 yrs exp. See addt'l job reqs on website. Visit & apply at www.avizva.com, search for position under Careers page, Job Openings.

Alpha Omega Integration has multiple openings for the following positions to work in Vienna, VA and/or various client sites through U.S. Must be willing to travel and/or relocate. **Java Developer:** develop, analyze, test, maintain applications using Java, Oracle, SQL Server, Sybase. Develop ETL scripts. Fix data issues. **Senior .Net Software Developer:** design, develop applications using ASP.net, C#, CSS, SQL Server, Angular JS, Azure. Play lead role in providing inputs on application architecture, choice of techs, effort estimations. Architect design framework. Troubleshoot production issues & determine tech resolutions. Apply to: Alpha Omega Integration LLC, Attn: J. Langlais, 8150 Leesburg Pike, Ste. 1010, Vienna, VA 22182.

Legal Notice

[(Full name(s) of owner(s)]: Kitchen Cray VA LLC

Trading as:
Kitchen Cray
6909 Metro Park Dr Ste 150
Alexandria, Fairfax, VA 22310-3269

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

Sudon Williams, Member

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

3008410 (05-28-21, 06-04-21)

NOTICE OF SERVICE OF PROCESS BY PUBLICATION; STATE OF NORTH CAROLINA

MECKLENBURG COUNTY IN THE DISTRICT COURT CASE NO. 20CVD5688; CLAUDIA NATALIA ARAUJO, Plaintiff v. JUAN CARLOS SIGUENZA VENTURA, Defendant:

YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action for absolute divorce between the above named parties within Mecklenburg County, more specifically detailed in a full copy of the Complaint which is available from the below listed office and/or available from the Clerk of Court, Mecklenburg County, North Carolina; and said Complaint is herewith served upon you. You are required to serve a copy of your Answer to said Complaint on the Plaintiff or the Plaintiff's undersigned attorney at 2629 Central Avenue, Charlotte, North Carolina, 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, judgment by default will be rendered and the absolute divorce will be granted. Latorre Law Firm, P.A. /s/ Erik S. Pozek 2629 Central Avenue, Charlotte, North Carolina 28205; Telephone: (704)342-1111; Facsimile: (704) 344-0434 Attorney for the Plaintiff May 7, 2021 Charlotte, North Carolina.

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Help Wanted **Help Wanted**

Religious Office Worker - Danov's Followers is a non-profit religious organization. The ideal candidate can use fluently English and Bulgarian languages for translating, managing and collection of specialized information. Contact: (224) 522-3946 or rabovianska@gmail.com

Legal Notice

[(Full name(s) of owner(s)]: Mint Nail Lounge, LLC

Trading as:
Mint Nail Lounge
2985 District Ave Ste 135
Fairfax, Fairfax, VA 22031-1568

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

Ve Nu Kieu Nguyen, President

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

3008427 (06-04-21, 06-11-21)

[(Full name(s) of owner(s)]: Jai Herndon Hotel LLC

Trading as:
Hampton Inn & Suites Herndon Reston
435 Herndon Pkwy
Herndon, Fairfax, VA 20180-5293

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

Vinay Patel, 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.

3008409 (05-28-21, 06-04-21)

[(Full name(s) of owner(s)]: SPVA Associates LLC

Trading as:
Hilton Springfield
6550 Louisdale Road
Springfield, Fairfax, VA 22150

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a wine and beer on premises, mixed beverage restaurant (seating capacity over 1) license to sell or manufacture alcoholic beverages.

Jeffrey Kolessar, Managing Member

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

3008411 (05-28-21, 06-04-21)

Legal Notice

[(Full name(s) of owner(s)]: Tysons Nail Lounge, LLC

Trading as:
Tysons Nail Lounge
1640 Boro Pl Ste 205
McLean, Fairfax, VA 22102-3627

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

Ve Nu Kieu Nguyen, President

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

3008428 (06-04-21, 06-11-21)

Legal Notice

[(Full name(s) of owner(s)]: Top Coat Nail Bar, LLC

Trading as:
Top Coat Nail Bar
11944 Grand Commons Ave
Fairfax, Fairfax, VA 22030-8613

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

Ve Nu Kieu Nguyen, President

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

3008426 (06-04-21, 06-11-21)

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, June 2, 2021, at 7:00 p.m. and a public hearing on Wednesday, June 16, 2021, at 7:30 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-006, to consider an application to install a tenant wall sign on the multi-tenant commercial office building located at 550 Van Buren Street, Herndon, Virginia, approximately 400 feet south of the intersection of Van Buren Street and Grove Street, and further identified as Fairfax County Tax Map 0162-02-0156G. The property is zoned O&LI, Office and Light Industrial, and consists of 234,328 square feet of land. Owner: Level 3 Communications, LLC. Applicant: Jayne Hebrank, Lumen Technologies. Agent: Gary Brent, MG Permits.

APPLICATION FOR NEW CONSTRUCTION, ARB #21-007, to consider an application to construct a refuse enclosure adjacent to the commercial building located at 500 Elden Street, Herndon, Virginia, approximately 150 feet east of the intersection of Elden Street and Grant Street, and further identified as Fairfax County Tax Map 0162-02-0216. The property is zoned CS, Commercial Services, and consists of 22,903 square feet of land. Owner: 500 Elden St., LLC. Applicant: Lewis Michael. Agent: C. Adela M. Firoozfar, Light + Form Architecture, PLLC.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning May 28, 2021 after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish May 28 and June 4, 2021