FAIRFAX COUNTY TIMES

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ae

MUSIC: JAMMIN JAVA WELCOMES NORTHERN VA GUITARIST

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Friday -Partly Cloudy *High:* 82° *Low:* 69° | *Saturday* - Mostly Cloudy *High:* 88° *Low:* 71° | *Sunday* - Partly Cloudy *High:* 91° *Low:* 72°

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Interstate 95 crash claims life of Alexandria woman

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COURTESY PHOTO

Fairfax students shine in Arena's "Waiting Room"

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COURTESY PHOTO

High school tennis coach arrested for indecent liberties against a child

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COURTESY PHOTO

A creamy recipe created for families

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Fairfax County allocates federal funding for emergency rental assistance

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25¢ NEWSSTAND PRICE

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How did a Fairfax County parent attract the attention of the CDC and NEA?

FOIA documents appear to allege CDC/teachers' union collusion

By Bonnibelle Bishop
SPECIAL TO THE FAIRFAX COUNTY TIMES

Avid Twitter-user, Rory Cooper, is a father of three children who has not hesitated to express his desire to have his children return to a five-day school week. Cooper also criticized Superintendent Scott Brabrand's handling of education during the pandemic. Scrolling through his Twitter page shows Cooper's stance on the immediate reopening of schools as well as his feelings regarding how the administration is handling the pandemic.

Cooper's tweets did not go unnoticed. The Fairfax County Parents Association FOIA'd four documents from the CDC and NEA, revealing discussion of Cooper and his agenda. Emails from February circulated showing their concern for Cooper and his belief that the CDC is colluding with teacher unions.

Fairfax Parents Association tweeted the documents June 2 under this message:

"Our FOIA request reveals close collaboration b/w the CDC & AFT, incl. implementing suggested "closure triggers" reservation language & previously unreported "feedback" by AFT to CDC staff on Feb. 1, the substance of which hasn't been documented in the email traffic"

The documents also revealed requests from American Federation of Teachers to offer reassignment for teachers that are at high risk for COVID-19 and cannot yet return to school safely to the CDC via email. The union and the CDC discussed ways to reopen schools in a safe manner.

The emails showed the close conversations that the AFT and CDC had with each other regarding the reopening of schools. The chain of emails between the AFT and CDC show that the AFT wants to ensure that schools open safely, even if that means prolonging the reopening.

After finding out that the CDC and NEA were allegedly tracking his Twitter, Cooper sent an email to both organizations. "I decided that if the CDC and their union boss friends wanted to discuss my agenda, they may as well include me on the emails," said Cooper.

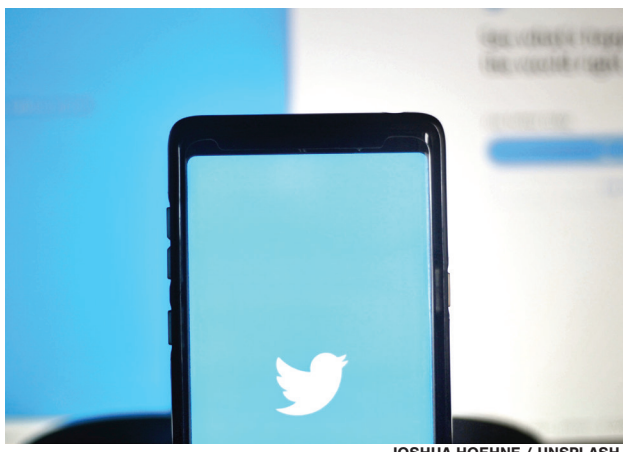
Cooper sent an email to state his intentions and views that the two organizations had allegedly been tracking. "Let me be clear: My agenda is that the science overwhelmingly has shown for many, many months that schools are safe for both children and adults and that the efforts of union bosses to keep them closed have resulted in significant and needless harm to little kids," read his email. The email also included his frustrations with how his kids haven't had a full week of in-person schooling since last February.

FCPS first gradually returned students to in-person schooling in February, according to a statement released from FCPS. The past school year consisted of both in-person and online instruction.

More than 100,000 students were able to return to the classroom in the spring of 2021, according to FCPS.

"We kept our children engaged as best we could. But it was a terrible experience and should not be considered a model for anything in the future," said Cooper.

Between Sept. 8 and June 10 FCPS had a total of 1,597 coronavirus cases. Almost half of these cases were students.



JOSHUA HOEHNE / UNSPLASH

Cooper was not the only individual upset to see the FOIA'd emails. A press release highlighted key points from a joint letter written by Senator Susan Collins of Maine and and Senator Richard Burr of North Carolina to the CDC following the reveal of the FOIA'd emails.

The letter reads:

"Americans need to be able to trust the CDC to give them accurate, unbiased health information, especially during the COVID-19 pandemic. That your agency would give teachers' unions privileged access to the agency's internal decision-making process on an issue as critical as school re-openings is a betrayal of that trust."

According to POLITICO, Principal Deputy Director of the CDC Anne Shuchat, will resign soon. The New York Post revealed that Shuchat was involved in collusion emails that were revealed earlier in May.

Although the emails showed the AFT pushing back on the reopening of schools, FCPS plans to return to a five-day school week in the fall..

"Parents are never going to stop engaging and fighting for their kids again," said Cooper.

The FOIA documents can be read at https://bit.ly/35MoFAv.

Are hateful flyers for real, or a hoax?

By Rick Horner & Heather Zwicker
FAIRFAX COUNTY TIMES

Did flyers circulated in Fairfax Station and the Sully District target only Fairfax County School Board members?

Although recent media reports have suggested so, the distribution to a person who posted a photo of the flyer on Nextdoor raises questions about the haphazard leaflet spreading. The man, who did not give his permission to be named, has no ties to the school board.

In addition to the flyers distributed in Fairfax Station, about 30 were scattered in the Sully District. Flyers in both places allegedly came from a group known as the Loyal White Knights, a branch group of the Ku Klux Klan. The message on one of the flyers reads in part "Fairfax County, VA - Jew-inspired, communist, queer-loving sex fiends violating the words of the Holy Bible (KJV) Yahweh is watching!!". It is unclear why an anti-Semitic organization would use the Jewish word for God.

On June 16, a community member notified Fairfax County Police officers of derogatory flyers that were distributed in a community in the Sully Police District, according to a Fairfax County Police spokesman. "At that time, it appeared one community member filed a report, but several flyers, approximately 30, were collected from that neighborhood. FCPD strives to ensure that Fairfax County remains as one of the safest jurisdictions to live and work," they said in a statement. "Hateful rhetoric such as this has no place in Fairfax County or anywhere else. Chief

FAIRFAX COUNTY, VA-
SCHOOL BOARD MEMBERS-
JEW-INSPIRED, COMMUNIST,
QUEER-LOVING SEX FIENDS-
VIOLATING THE WORDS OF
THE HOLY BIBLE (KJV)-
YAHWEH IS WATCHING!!!
LOYAL WHITE KNIGHTS
24/7 HOTLINE: 1-336-432-0386
WEBSITE: www.lwkkkk.com
Podcasts Sundays and Mondays @ 8 PM ET
Call 1-515-606-5916, Code 815244#
100% AMERICANISM - PRAY FOR WHITE AMERICANS

COURTESY PHOTO

Scan of the flyer

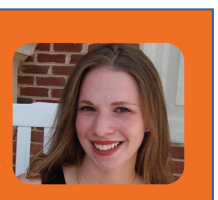
[Kevin] Davis has tasked our criminal intelligence unit to lead this effort and although there are no known threats to the school board members, we take these matters very seriously. The commanders at the Sully District Station will be following up with the affected community."

"If the Klan is calling our School Board a bunch of 'Jew-Inspired, Communist, Queer-Loving Sex Fiends' we must be doing something right. This 'queer-loving' queer School Board member isn't backing down. Happy #Pride," tweeted Providence District School Board Member Karl Frisch June 16.

Fairfax County Board of Supervisors

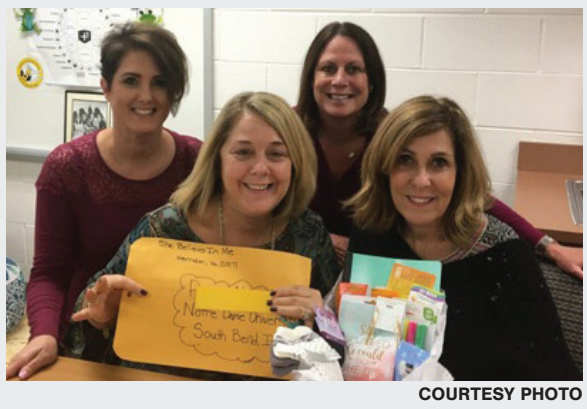
See FLYERS, Page A4

POSITIVE Vibes



BY NOELLE RIDDLE • Special to the Fairfax County Times

FCPS guidance counselor goes above and beyond to help students



COURTESY PHOTO

Renee Gorman has been an FCPS elementary guidance counselor for more than 20 years. And while she loves her job, she knew more needed to be done for the kids in Fairfax County.

"I was hearing so many stories of kids with trauma and who were living in poverty. As a school counselor you only get 15 minutes with them, and I knew they needed more," Gorman said. "I wanted to involve the community. Have people mentor kids and give them the resources which they need." So in 2018, she created the non-profit She Believes in Me to further help children in the county.

See COUNSELOR, Page A4

PUBLIC SAFETY NOTES

COURTESY PHOTO

The 2013 Dodge Ram ran off the road and struck a tractor trailer.

Interstate 95 crash claims life of Alexandria woman

Virginia State Police responded to a motor vehicle crash on south I - 95 at the 93mile marker in Hanover County June 18 at 10:09 a.m.

The preliminary investigation reveals that a tractor-trailer was stopped on the right shoulder with reflective triangles behind it. While the driver of the Volvo was underneath the vehicle attempting to make repairs, a 2013 Ram pickup ran off the road and struck the Volvo.

Candace S. Fields-Rogers, 54, of Alexandria, was driving the Ram. She was wearing a seatbelt. She succumbed to her injuries on-scene. The adult male passenger was transported to a local hospital for treatment of life-threatening injuries.

No other injuries were reported.

The investigation is ongoing.

Three family members found dead in Herndon

Fairfax County Police were called to the 1190 block of Democracy Drive in Reston just before 6 a.m. June 19 for a man "experiencing a mental health crisis on top of a parking garage." Police said the man fell to his death about an hour later.

During the encounter, the subject made statements which caused FCPD to call the Herndon Police Department to conduct a welfare check in the 500 block of Florida Avenue in Herndon. Shortly after arriving the officers made entry into the residence where they found the bodies of one adult and two children, according to Herndon Chief of Police Maggie DeBoard. She confirmed those in the house were members of the same family.

"Upon making entrance into the home, officers discovered a very horrific scene," said DeBoard during a press conference June 19. "Through the investigation it was determined that the person who died by suspected suicide had a personal relationship with the adult victim." DeBoard went on to say there are a lot of pieces we [the Herndon Police Department] still haven't put together yet but she added that she thinks they will close this case quickly.

"First and foremost, our hearts grieve for the family of the victims, she said. "This was a really bad scene."

Fairfax County Police Department Victim Services Division is providing support to the family of the victims. DeBoard said that officers who worked the scene are receiving support from the Fairfax County Peer support team and resources they have in the Town of Herndon to cope with the trauma they encountered.

Next-of-kin notifications for the deceased are still pending.

COURTESY PHOTO

Malachi Handy

Teen charged following pursuit of stolen vehicle

An 18-year-old Portsmouth man faces multiple charges after fleeing from state police in a stolen vehicle June 18 in Fairfax County.

Malachi Handy, 18, has been charged with one felony count of eluding police, one felony count of unauthorized use of a motor vehicle, two felony counts of possession of a concealed weapon without a permit, two counts of abduction, two counts of contributing to the delinquency of a minor, one felony count of hit-and-run, driving without a license and reckless driving. He was transported to Fairfax Adult Detention Center.

At approximately 8:39 a.m., a Virginia State Police trooper was passed by a Honda Civic traveling 80 mph in a posted 55 mph zone on I-495. When the trooper activated his emergency lights and sirens to initiate a traffic stop, the Honda refused to stop and sped away in excess of 100 mph. A pursuit was initiated and continued onto Lee Chapel Road until the Honda rear-ended a trailer being towed by a vehicle. The trooper in pursuit of the suspect vehicle was unable to brake in time and struck the rear of the Honda. The driver and two passengers in the Honda then fled on foot.

A short time later, Handy, the driver, was located and taken into custody along with the two 17-year-old female passengers. One of the juvenile females had been reported missing and has since been reunited with a family member. The other female was transported to a nearby hospital as a precautionary measure.

A search of the stolen vehicle revealed two, loaded, semi-automatic pistols. The vehicle had been reported stolen out of Virginia Beach.

No state police personnel were injured during the course of the incident. No one in the vehicle towing the trailer was injured.

The incident remains under investigation. Fairfax County Police assisted with the incident.

COURTESY PHOTO

Firefighters work to put out the townhouse fire in Fair Lakes.

Fair Lakes townhouse fire displaces three

Units from Fairfax County Fire and Rescue Department and the City of Fairfax Fire Department were dispatched for a reported townhouse fire in the 4200 block of Zouave Lane in the Fair Lakes area of Fairfax County June 20 at approximately 8:38 a.m.

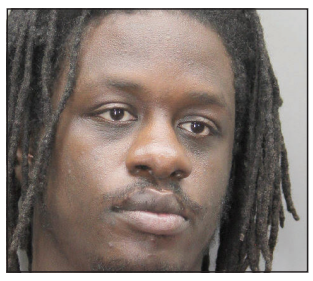
Responding units could see a column of black smoke as they approached the scene. Firefighters arrived on the scene of a three-story, end unit townhouse with a large volume of fire extending from the second floor and through the roof. A second alarm was immediately requested. Crews quickly brought the fire under control. There were no civilian injuries. One firefighter was transported to the hospital for evaluation with non-life-threatening injuries.

No occupants were home at the time of the fire. The fire was reported by a neighbor who saw black smoke and flames coming from the house. It is unknown if smoke alarms sounded.

Fire investigators determined that the fire was accidental in nature and started on the second-floor deck. The fire was caused from the improper disposal of rags soaked with an oil wood stain.

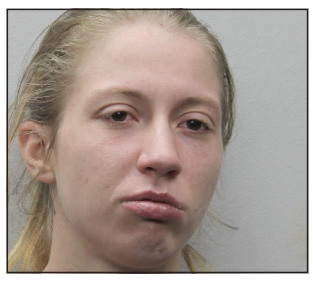
Four occupants have been displaced because of the fire. Red Cross assistance was offered and accepted. Damages as a result of the fire were approximately $463,375.

Two additional townhomes sustained cosmetic damage due to heat exposure. The above damage estimate does not account for this damage.



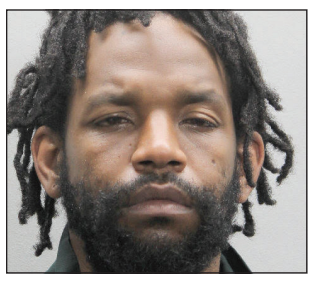
COURTESY PHOTO

Juwan Seegars



COURTESY PHOTO

Tiffani Garner



COURTESY PHOTO

Larell Landsdowne

Three from Reston charged

Three people approached the victims' car in the 2200 block of Winterthur Court at 11:04 p.m. June 15 and demanded money. One person entered the car and took cash before all three people ran away.

Officers found Juwan Seegars, 26, Tiffani Garner, 20, and Larell Landsdowne, 37, all of Reston, nearby and charged them with robbery.

Alexandria Police investigates string of overnight thefts

The Alexandria Police Department is investigating a string of thefts from vehicles that occurred in the City's West End area.

Officers were called to investigate larcenies from vehicles in 11 locations in the West End from June 14 to 15. More than 60 vehicles were broken into in the overnight hours. The suspect(s) broke the window, then went through the vehicle. In some cases, wallets, keys, money, and other personal items were taken.

This investigation is ongoing. Anyone with information or video of these break-ins should call the Alexandria Police Department's non-emergency number at 703-746-4444. No detail is too small.

While you cannot always prevent a vehicle break-in, you can take steps to minimize the risk of becoming the victim of one.

• Always lock your vehicle.

• Never leave anything of value in your vehicle, including wallets, keys, money, laptops and tablets, cell phones, jewelry, or weapons.

• Avoid leaving your vehicle parked in one place for an extended period.

• Be aware of your surroundings. If you "See Something, Say Something." Call 911 or the Alexandria Police Department's non-emergency number 703-746-4444 to report any suspicious behavior.

Potomac Falls woman killed in Loudoun crash

Virginia State Police responded to a crash in Loudoun County June 18 at 2:36 p.m.

A Toyota Camry traveling south on Pacific Blvd came upon stopped traffic at the intersection with Old Ox Road. The Camry was unable to brake in time and ended up sideswiping two vehicles before running into the rear and underneath a box truck.

The Toyota's adult female driver is being treated at Reston Hospital for serious injuries. The Toyota's passenger, Patricia A. Edwards, 66, of Potomac Falls died at the scene.

The truck's adult male driver was not injured in the crash.

The drivers in the two other vehicles that were struck were not injured.

The crash remains under investigation. Charges are pending.

Richmond man arrested in Alexandria on several charges

Officers were investigating a suspicious person report at 9:55 a.m. June 14 in the 7500 block of Vernon Square Drive and discovered a man who was driving a stolen car, had warrants for his arrest, and provided false information to avoid arrest.

As officers attempted to arrest Roger Villogram, 31, Richmond, he attempted to run away but was caught by officers and charged with receiving stolen goods, preventing a law enforcement officer from making an arrest and providing false identity to law enforcement.

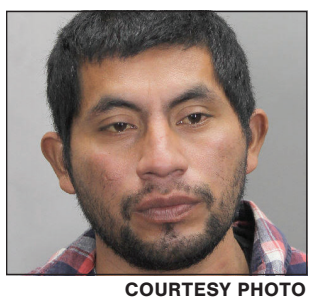
COURTESY PHOTO

David Warren, Jr.

Man previously banned from property arrested

Officers were called for a man who had been previously banned from the property in the 6000 block of Richmond Highway at 1:34 a.m. June 11 and found David Warren Jr., 20, no fixed address, armed with a broken bottle.

After refusing commands and threatening officers, Warren was arrested and charged with two counts of assault on a law enforcement officer and trespassing.



COURTESY PHOTO

Wilber Hernandez

Annandale man arrested after assault

Wilber Hernandez, 35, of Annandale, assaulted a victim at 5:14 p.m. June 13 in the 7400 block of Little River Turnpike and ran away but was located by officers nearby. During his arrest he spat on officers and was charged with assault and assault on a law enforcement officer.

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PEOPLE AND PLACES

FCPS recognizes 2021 outstanding employees

Fairfax County Public Schools (FCPS) recognized exceptional employees from across the division at the FCPS Honors event held June 9.

Sponsored by the Foundation for FCPS, the 2021 celebration was hosted outdoors at Jiffy Lube Live, for the first time. Annually, more than 700 employees in both instructional and operational roles are recognized through the Outstanding Employee Awards Program. This year, 74 finalists representing 12 categories were recognized in the special award ceremony.

Superintendent Scott Brabrand provided opening comments and expressed his gratitude for the efforts of all FCPS staff throughout the pandemic and the preceding school year.

"Together, you created a collaborative workforce and a safe environment where voices, ideas and opinions could be heard," said Brabrand. "We appreciate you bringing your individual talents and perspectives to your job, and we are lucky to have you. You are treasured members of the FCPS family, an inspiration to us all, and we appreciate your outstanding service."

Below are winners in all 12 categories:

COURTESY PHOTO

David L. Worst is the 2021 outstanding elementary school teacher.

Worst's dedication and enthusiasm for teaching is shown in every interaction he has at Rose Hill Elementary. He builds meaningful relationships with his students to ensure that their social emotional learning needs are met. His background in Adapted P.E. makes him uniquely qualified to advocate for all students. He is at the forefront of new initiatives and serves as a model for his colleagues to ensure equity is kept firmly at the center of our interactions and instruction with students. Dave has an awareness to know when you're in need of a quick smile. He's even surprised his students by dressing up as Spiderman to keep things exciting. Worst is a trusted leader who is an inspiration to staff and students.

COURTESY PHOTO

Jenny Hay is the 2021 outstanding secondary teacher.

Her famous cookie dough cupcakes aren't the only thing legendary about Hay, a devoted teacher and Navy veteran. Whether welcoming students into her cozy classroom with flexible seating, collaborating on a PBL or cross-curricular lesson, or delivering a professional development session, She is a leader who is passionate about teamwork and building authentic relationships in the community. Connection, with some southern sweetness, is her signature strength. "It is these personal connections that inspire students to learn and achieve in Ms. Hay's class," shared a colleague. What's most remarkable is her ability to think beyond the four walls of the classroom. She empowers her students to believe in themselves as impactful game changers who can make a difference in this world. Hay is an English teacher at Irving Middle School.

COURTESY PHOTO

Amelia Carr is the 2021 outstanding new elementary teacher.

Walking past Carr's kindergarten classroom, you'll probably hear singing, see children dancing, and multiple hands raised proudly ready to add into the current discussion. She equally cares about her students' emotional development and their academic growth. She understands children learn best when they feel welcomed, loved, and represented. Due to the classroom community Carr has created, her students debate in Socratic Seminars, discuss current events, interview community helpers, play, and elevate their math and reading skills. She allows her students to bring their individuality into her classroom and collaborates with other teachers. She makes silly videos for brain breaks and to teach sight words along with using arts integration lessons and culturally responsive teaching to reach and connect with every student. Carr is a kindergarten teacher at Bucknell Elementary.

COURTESY PHOTO

Melissa Duluc is the 2021 outstanding secondary school new teacher.

Empowering Latino students to take advanced Spanish courses at McLean was Duluc's initial goal. Her actions resulted in higher academic achievement for all McLean students across demographics and a true sense of community among students in the spirit of achievement. Through her dedication to an inclusive environment, she fosters an atmosphere in which students gain academic confidence. For them, it's a gateway to enrollment in AP courses in addition to AP Spanish. She's held in high esteem among her colleagues for her leadership of Spanish teams, the Equity Committee, and "Conversations." Duluc fosters collaboration, a sense of belonging among students and staff, and from this mutually beneficial relationship stems the understanding that we all play a vital role in the future of humankind.

COURTESY PHOTO

Lindsay Trout is the 2021 outstanding principal.

The school motto, "We see you. We welcome you. You belong here." epitomizes Trout's leadership. Through authentic kindness and a passion for people, she cultivates capacity among children, Terraset staff and families. Her leadership focuses on the strengths of people, a genuine sense of belonging and a culture that empowers adults and students to recognize and reach their potential. This year Trout created the concept of #TerrasetTogether to provide a safe place for children to be their authentic selves; for families to share their celebrations and their struggles and for staff to elevate their passion for teaching. Having attended Terraset, Hughes, and South Lakes herself, she strives to give the children of Reston the gifts that these schools gave her.

COURTESY PHOTO

Alfonso G. Smith is the 2021 outstanding new principal.

In his first few months, Smith began his tenure as principal of Robert E. Lee High School, then pivoted into a role as principal of John R. Lewis High School. Regardless of the name on the building, his focus has been to develop a "Culture of Excellence" among his students, staff, and community. Already, Smith has led his community through a worldwide pandemic, a historic school name change, and a transition to virtual learning. As communicated by one of his teachers, "While he has many strengths, his ability to build relationships grounded in respect and empathy stand out. Mr. Smith is approachable, charismatic, perceptive and walks alongside his staff to support the students of John R. Lewis High School."

COURTESY PHOTO

Wanda Talford is the 2021 outstanding operational employee.

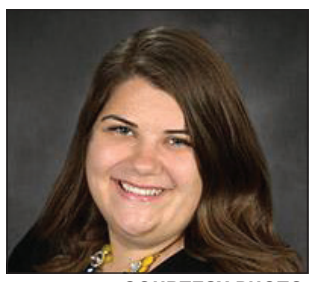
Students refer to Talford as the "Burke Mom," as her calm demeanor, equitable approach, and instructional skills help them to flourish. She is a unique and exceptional paraeducator who is recognized for her collaborative spirit, content knowledge, and behavior management skills. Her positive attitude, dedication to student success, and organizational abilities make her a regular candidate for positions of leadership, including after school program coordinator, new staff mentor, and equity team member. Talford strives to celebrate student diversity within Burke School and to enrich learning with responsive approaches. Trained in cultural proficiency practices, she provides critical support to staff in their efforts to ensure that equity is at the center of teaching throughout the school.

COURTESY PHOTO

Maria Miller is the 2021 outstanding non school-based operational employee.

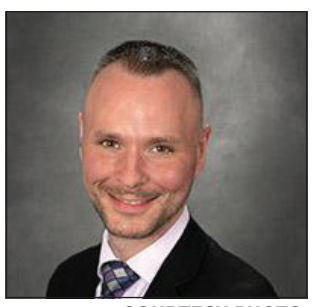
As a navigator facilitating enrollment since 2000, Miller builds rapport with families and assists them with their concerns while she ensures parents and students have their critical needs met working to instill a feeling of excitement about FCPS. She builds trust with her diverse team, creating a positive work culture while encouraging them to render "service above self." The team in the student registration office nurtures and supports each other, celebrates successes, and strives to have fun along the way, and she is a big part of that team. She also goes the extra mile working with community members to connect families to additional resources available to them. Miller is a multilingual registrar in Special Services at the Dunn Loring Center.

"What do we want students to know and do?" Sisler focuses on student learning above all else, stepping into conversations with this phrase as she helps educators plan. She leads with empathy and in service of others, supporting their growth regardless of their starting point. The lens she brings to every conversation is a focus on what is best for students. She works to build strong relationships to improve and disrupt systems and traditions that are not yet serving all learners. Sisler is a learner and often brings an idea from a book, podcast or conversation to teachers and teams. She connects ideas and people. Her vulnerability and transparency invite others to also be vulnerable, take risks and grow tremendously. She is the school-based technology specialist at Westfield High School.



COURTESY PHOTO

Margaret Sisler is the 2021 outstanding professional employee.



COURTESY PHOTO

Christopher Daniels is the 2021 outstanding non school-based professional employee.

Daniels is committed to ensuring the staff that he engages with are supported and rewarded. He is widely recognized for his dedication to staff and student success and timeliness in resolving staff and student needs. He attributes much of his success to his fellow Office of Transportation Services (OTS) team members. He leads by example, appreciating the contributions of other staff in the organization. Daniels takes pride in being a good communicator, listener, positive role model, responsive, and professional. He says "If you are positive and professional, your employees and your organization will be positive and professional." Danielsstrives on a daily basis to ensure he and his team members work hard to carry out the OTS's mission. He is the transportation operations manager at Lorton Center.

COURTESY PHOTO

Kathryn Teague is the 2021 outstanding school-based leader.

"I have an idea," are the words most often uttered by Teague in meetings, conversations, or even when she is at home with family. She is constantly thinking of innovative ways to build a more positive and inclusive community at Lanier. You can often find her walking the halls, checking on students during passing, or having lunch with her mentees. As the lead singer of Lanier's staff band "The Screaming Eagles," Teague has performed at school pep rallies and successfully delivered opening-of-school professional development through song. Her love of working with middle school students is matched only by her love of data and spreadsheets. She is equally happy helping students strengthen their social-emotional skills and working with her colleagues to analyze data.

Jewell is dedicated to problem-solving and empowering teams to success. In 2020, every process, need, and problem for every school, department and student household in Fairfax County became a remote technology challenge, and most of them fell squarely into her lap. While leading her own teams in deploying remote tech support, COVID-safe distribution of 150,000 laptops to 200 locations, new support streams for thousands of parents, and internet access for thousands of FCPS homes, she was also advising countless principals and department leaders in how to reimagine their functions and tasks with technology. Described as unflappable, positive, collaborative, and resilient, one colleague concluded this: "we quite literally may not have had a school year 2020-21 without her." Jewell is the director of information technology support services at Sprague Technology Center.

COURTESY PHOTO

Tracey Jewell is one of the 2021 outstanding non school-based leaders.

Perrone is committed to leading a nutrition program that serves high-quality, healthy meals that are an essential part of every school day and complement the unparalleled education offered in Fairfax. Her tenure of nearly 15 years with Food and Nutrition Services (FNS) has been dedicated to providing year-round nutrition support while enhancing programs and optimizing operational efficiencies to best support families and school communities. Perrone also provides strategic direction to the FNS team with a focus on reducing food insecurity, elevating the nutrition integrity of meals, and creating a welcoming cafeteria environment with top-tier service to students – our most important customers. She strives to ensure all children receive the nourishment needed to achieve academic success. She is a director III of food and nutrition services at Energy Zone Food Services Center.

COURTESY PHOTO

Maria Perrone is a 2021 outstanding non school-based leader.

OBITUARIES

In loving memory

Janet Young Weber

Janet Young Weber, 89, passed away on June 16, 2021 in Sugar Land, Texas with family at her side.

Janet was born in Cambridge, Massachusetts on January 10, 1932 to James and Dorothy Young. She moved to Virginia in 1942 where she resided until 2010 when she moved to Texas. Janet is survived by her brother, James Young; daughter, Deborah Goodall; son, Frederick Weber, Jr.; four grandchildren, James and Jeff Goodall, Frederick Weber III and Jessica Taylor; and six great-grandchildren, Frederick (IV) and Riley Weber, Jacob and London Goodall, and Walter and Max Taylor.

Service and burial will be held on Saturday, June 26, at Sudley United Methodist Church, 5308 Sudley Road, Manassas, VA 20109 at 10:30 a.m. Reception will follow at the Fair Oaks Marriott, 11787 Lee Jackson Memorial Highway, Fairfax, VA 22033.

Flowers may be sent to Demaine Funeral Home at 10565 Main St., Fairfax, VA 22030. For those desiring, donations may be sent in Janet Weber's name to the American Lung Association at http://lung.org.

In loving memory

Michael Neises

On Wednesday, February 16th, 2021 Michael John Neises, loving father of four, passed away at the age of 65. Michael was born on March 1st, 1955 in Mainz, Germany. He was adopted on April 30th, 1959 by Frederick "Fritz" and Marta "Julie" Neises. He served in the US Army from 1981 to 1999, retiring as a Master Sergeant. Michael's heart belonged to his four children and two son-in-laws, often referring to them as his rock. His true passion resided in his work while serving others alongside his fellow comrades, who often became his close friends. He loved traveling and was never content with simply seeing a place, preferring otherwise to immerse himself in the cultures he traveled among. Michael was preceded in death by his father, Fritz, and his mother, Julie. He is survived by his four children, Corinne Burns, Chase Neises, Kristie Neises, Katrina Biggs, and eventually his grandbabies.

A funeral service will be held on July 24th at 9:30 AM at St. Mary's Cemetery in Bloomington, WI. His children ask that friends and family that are unable to attend to please donate to the Wounded Warriors Project in his name instead of sending flowers. In honor of him, we will be wearing blue at his service instead of black since it's his favorite color.

In loving memory

Yun Hyang (Lim) Kulas

Yun Hyang (Lim) Kulas of Springfield, Virginia, mother, military spouse, world traveler, an example of the American dream, passed away on Tuesday, April 6, 2021.

Born, December 10, 1933, in Pusan South Korea, she was the daughter of Jae Ho Lim (father) and Hak Yeon Kim (mother), attending school until sixth Grade when World War II bombings by American forces forced her to live on a farm outside Pusan hiding with her grandmother in caves during the bombings. After the war she moved to Seoul, to live with her aunt and uncle (a South Korean Naval officer).

In 1960 she immigrated to the US, eventually working as a hotel maid in the Monterey Bay Area where she met James F. Kulas (a US Army ordinance officer). After a first bad blind date, they eventually married on 1 July 1966. Spending the next several years raising three independent children and maintaining order in the chaotic military lifestyle - stationed in 1966 in Taegu South Korea; in 1968 Aberdeen Proving Ground, Maryland; in 1969 Pueblo Army Depot Colorado; in 1971 Stuttgart Germany; in 1973 Marina California; in 1974 Ft. Lee Virginia; eventually calling Northern Virginia home in 1979 after a transfer to the Pentagon. Several moves in the Fairfax and Springfield area followed, with two more excursions, one to Kaiserslautern Germany in 1988 and one to Seoul, Korea in 1996.

Throughout this time, she stretched a young captain's pay, managing the family money to pay for three children to attend college, while still finding time to crochet and to sew curtains, clothes, and Halloween costumes, to take painting and piano lessons, and to study Chinese and Japanese. She became a certified Koryo acupuncturist and her gardens were the envy of the neighborhood. She was known for her fashion and was a consummate hostess. No one ever left her home hungry, as she was known to her Korean relatives affectionately as the mogah mogah (eat! eat!) aunt.

Yun also believed in hard work and expected people to hold true to their word. Whether it was a policeman in Puerto Rico or politician, shopkeeper or senator, she could argue with the toughest of them. Though fiercely forthright in her opinion, we knew what she really wanted was happiness for those she loved.

Most of all, she was the matriarch of the family, who will be deeply missed.

She is preceded in death by her parents, a brother (Yun Su Lim) and two sisters (Yun Sun Lim and Yun Ok Lim). She survived by her husband, James F. Kulas and three children (William James Kulas, Patricia Maria Kulas, and Thomas Anthony Kulas), and two grandchildren (Joseph Anthony Kulas-Nunez, and Breanne Lim Kulas), plus many nieces and nephews.

Contact tracers: an important job during the COVID pandemic

By Sravan Gannavarapu
SPECIAL TO THE FAIRFAX COUNTY TIMES

At the start of the COVID-19 pandemic, several Fairfax County Health Department members took on the role of contact tracer. That meant looking for any signs of COVID and providing those infected with the proper resources.

Allie Landrum has been in the role since July 2020, shortly after the pandemic began. Landrum found the opportunity through an online listing and applied. This while working in another field.

"I was doing ABA [Applied Behavior Analysis] therapy," Landrum said. "I was basically working with children with developmental disabilities."

Landrum was placed on a team with various other members. The department fielded several teams, with Landrum's responsibilities including but limited to speaking with those who had tested positive and asking them questions about their health and needs.

Those hired for the position underwent a two-week training, working first online and remote before coming in and seeing firsthand how they would carry out their responsibilities.

On a normal day, contact tracers would receive calls from those who had been affected by COVID and would be provided instructions on how to navigate through the disease. They would also be asked questions about who they came in contact with prior to the pandemic. The contacts would be then asked how they are feeling and whether they experienced any symptoms upon diagnosis and then be asked to quarantine.

Landrum says her days mainly featured patients being ensured of having necessities such as groceries and having the proper equipment to help arrange a COVID test for themselves. The work schedules, however, were not consistent.

"We have different schedules," Landrum said. "We have Tuesday through Saturday, and then we have Sunday through Thursday; there are two different shifts because we want those weekends covered since it is an emergency response."

While several lost their jobs during the pandemic, others managed to find work. The chance to work as a contact tracer was a blessing for Angel Bonilla. At the start of the pandemic, Bonilla had left school and was seeking employment. Bonilla has been out of school since the start of the pandemic. While scrolling through various websites including LinkedIn and Indeed, he stumbled upon the position and instantly applied.

"I was just taking some time off just to focus on some school at the time," Bonilla said. "I stumbled across that Fairfax County was pretty much doing their sort of contact tracing themselves for COVID-19. So that's how pretty much I got started into it."

Bonilla says the department was instrumental in helping navigate through the difficult times when the pandemic made its appearance, and the transition of easing back into everyday life has also been relatively smooth.

"The Health Department definitely helped us out with just different scenarios on how to tackle COVID issues in regards to what we had to do when the pandemic was in full force," said Bonilla. He is hoping to become a physician assistant once the pandemic concludes.

Landrum, meanwhile, has different plans. "This job has really made me want to do social work," she said. "I do have a psychology degree, but I want to go to grad school, and either do developmental psychology or actually look into social work."

Soon the dust will settle, and life will return to a state of normalcy. However, what we all as a society have experienced within the last year and beyond is something most of us have never thought we would see.

Despite the harsh reality, there is always the light at the end of the tunnel, and everyone, including contact tracers, has something to look forward to. For now, we live our lives the same way we usually would, but with safety as our primary concern, regardless of occupation.

COUNSELOR

CONTINUED FROM PAGE A1

She Believes in Me is run by Gorman and a few teachers and social workers based out of Herndon. While the organization started out serving just young girls, they now aim to help the entire family of these children. "We predominantly serve elementary children and their families," Gorman explained. "We fill the gaps that schools cannot, as the school day is short. We serve every need of the child. We strive to create an extra boost for kids by providing mentorship and resources to help them carve out a successful path in life."

With more than 300 volunteers helping serve in excess of 1,000 people every month, She Believes in Me has grown tremendously over the last three years. A local real estate broker even donated retail space to the non-profit in the Worldgate Centre in Herndon. With this space, the organization was able to have a place for children to not only visit, but to create a non-perishable food pantry. "We meet with groups on the site. Kids visit in small groups to work on life skills," Gorman said.

She Believes in Me works hard to meet the growing and changing needs of the community. "When we first started, we were doing events like promoting healthy lifestyles and giving out hygiene kits and diaries. But since COVID we have focused more on basic needs like giving out food, tampons, shampoo, toothbrushes and snacks," Gorman said. "We also deliver to the doorsteps of vulnerable people now, particularly those who do not have cars. We want to support kids holistically and emotionally."

Being able to get out into the community and meet the needs of people is what keeps Gorman motivated. "Developing deep relationships and gaining the trust of the community to help and serve them is the most rewarding part," Gorman said. "What sets us apart is we go to the doorsteps of families. It helps us get to know them and serve them at a deeper level."

She Believes in Me also has an array of community partners which support the non-profit,including Giant Food, Floris United Methodist Church, Food for Others, Cornerstones and other corporate partners. "Our community partners help us fill the gap on needed items, such as resources for the families and kids," Gorman said. "That's how we make it. They each add a piece to the puzzle."

While She Believes in Me has the support of many local groups, individuals in the county are also welcome and encouraged to volunteer and help the organization. "We are always accepting nonperishable food donations at our site (13019 Worldgate Drive, Herndon, VA 20170) between 10 a.m. to noon every day," Gorman said. "People can also always donate or get involved through our website, as well."

For more information and volunteer opportunities on She Believes in Me check out their website: https://shebelievesinme.org/

FLYERS

CONTINUED FROM PAGE A1

Chairman Jeff McKay took to Twitter June 17 to denounce the distribution of the flyers. "Recently, I have been made aware that some residents across Fairfax County have found KKK propaganda left at their doorsteps attacking School Board members. These flyers are disgusting and alarming. In Fairfax County, we know our diversity is our strength and we always look to bring more people into our community and make sure they are heard and represented. Under all circumstances we reject this hateful, antisemitic, homophobic, white-supremacist language and I can assure you, we will continue to make Fairfax County a community that is safe for everyone."

Shortly after the flyers were distributed, Blue Virginia posted a clip on Twitter of State Delegate Marcus Simon of Falls Church speaking at a Support our Schools rally and then a Twitter storm erupted. In his speech, Simon tried to make a connection between the KKK and the parent group, Open FCPS. "We know who is an ally of this movement … he said. "I'm not saying everybody who supports Open FCPS is a member of the KKK, but when the KKK is on your side, you need to rethink your priorities."

OpenFCPSNOW then responded, "No @marcussimon I don't need to rethink my priorities. My priority is for children to be in school, in person, learning 5 days a week. That is not a Klan value. That is something every parent and citizen should want. This is low even for a politician."

Matt Lang, a candidate for delegate in the 36th District replied with a fiery tweet, "Wow @marcussimon, and company, have sunk lower that a cicada nymph. Just when you think you're in a non-partisan group, advocating for your children's education, you're labeled as a klansman! Hideous! Don't back down @FcpOpen! Vote @Sarah4Va in the 53rd! #Elections2021"

Fairfax Times tried to call both numbers on the flyer and found one was a hotline number in North Carolina where there was no response. The number at the bottom of the flyer is for a conference call set-up in Iowa.

FCPD asks that if any community member received a similar flyer or have information about the flyers that were distributed, please contact the non-emergency number, 703-691-2131.

Clifton to rename town hall after former mayor

By Rick Horner
FAIRFAX COUNTY TIMES

The Town of Clifton will rename their city hall after a former mayor and city council official.

The Fairfax County Board of Supervisors approved the renaming of the Clifton Town Meeting Hall after the town's former mayor Wayne H. Nickum. Clifton, one of three incorporated towns along with Vienna and Herndon in the county, plans to rename the meeting hall to Wayne H. Nickum Town Hall in honor of the former mayor who spent 10 years in the office and more than 30 years as a member of the town council before retiring in June 2018.

The renaming was first brought up by Springfield District Supervisor Pat Herrity at the January 26 regular meeting of the county's Board of Supervisors.

Harrity spoke on behalf of the town's current mayor and town council endorsing and giving his support for the renaming.

"His philosophy as a public servant and resident of Clifton was to build a sense of community and shared responsibility through citizen participation, he championed efforts to balance the town's historical nature for future generations while hoping to grow the businesses and revenue sources that would modernize and create a highly desirable place to work, live, and visit," said Herrity.

The Board had honored Nickum twice before, the first naming June 23, 2003 as Wayne Nickum Day in the county and recognizing his retirement in June 2018.

The renaming was approved by the county's History Commission June 4 before being approved by the board.

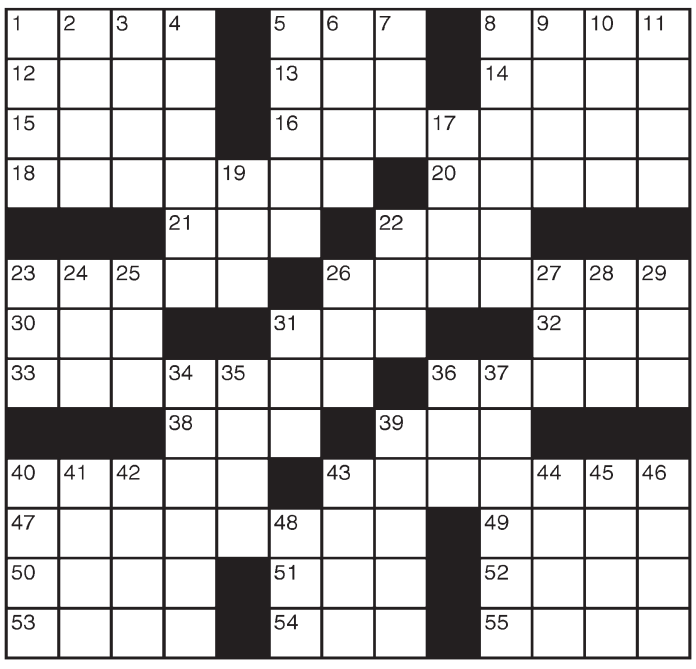
Among his accomplishments as a civil servant in Clifton was securing the listing of the town on the National Register of Historic Places and his coordination of the 100th anniversary event which commemorated the town's founding.

In addition to his term as mayor from 1982 to 1992 and his time on the town council beginning in 1974 Nickum also served on the town's Betterment Association as treasurer, was a trained medical corpsman in the U.S. Army for two years, worked 31 years with the Internal Revenue Service, 17 years with the District of Columbia government, and 36 years on the Northern Virginia Cigarette Tax Board.

A date for the renaming has yet to be set by the Town of Clifton.

King Crossword

ANSWERS ON B3



ACROSS
1 "Sad to say ..."
5 Armed conflict
8 Folksinger Joan
12 Jet speed measure
13 Greek mountain
14 Big name in scat
15 Docking site
16 Leftovers carrier
18 Screenwriter's creations
20 Reddish horses
21 "I'm not impressed"
22 Martini liquor
23 Skilled
26 Flood protection
30 Gun the engine
31 Witty one
32 "As I see it," to a texter
33 Sleazy hotel
36 Be nosy
38 Train lines (Abbr.)
39 Aunt, in Acapulco
40 Part of Hispaniola
43 Iced desserts
47 Cinched
49 October birthstone
50 Words to a back-stabber
51 In the style of
52 Alpha follower
53 Couturier Christian
54 "Of course"
55 Appear

DOWN
1 Band boosters
2 Secular
3 Computer brand
4 Tempura choice
5 Shoebox datum
6 Big fusses
7 Cleaning cloth
8 Past
9 Jessica of "Dark Angel"
10 Flair
11 Turns sharply
17 Beam
19 Favorite
22 Joke
23 Canine cry
24 N.J. neighbor
25 First lady?
26 Droop
27 Life story
28 I love (Lat.)
29 Republicans
31 Existed
34 Camelot king
35 French cheese
36 — Lancelot
37 Bigwigs
39 Roman robes
40 Wasted no time
41 Con
42 "Suffice — say ..."
43 Shopper's delight
44 Fencing sword
45 London gallery
46 Bridge coup
48 Inlet

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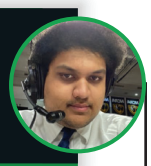
FARIFAX COUNTY
BREAKING FREE



BY SRAVAN GANNAVARAPU
SPECIAL TO THE FAIRFAX COUNTY TIMES

A master's degree in teaching and a master of overcoming obstacles

COURTESY PHOTO

Lauren Chin graduated from James Madison University with a master's degree in teaching, and now she's enjoying traveling. But her story is far from the fairy tales that we grew up reading at bedtime. In fact, her story would be best described as the dictionary definition of resilience.

The Centreville native graduated from Westfield High School in 2016 and headed to Harrisonburg, looking forward to the best years of her life. But sadly, tragedy struck out of nowhere when her father suddenly passed away a couple of years into her undergrad. As you can imagine, it was devastating.

Chin still found inner strength and continued to persevere towards her goals. But sadly, just last year, Chin's mother, whom she describes as someone with a huge heart, succumbed to cancer, leaving behind Chin and her two brothers. After her diagnosis during Chin's freshman year of college, Chin spent several weekends traveling home from Harrisonburg to help out with the family.

"It was hard because I had to do school and then go home and help her out, and it was tough," Chin said.

Losing one parent is hard enough. But losing both, well, that's honestly the worst feeling a child can ever go through at any age. Despite the pain, Chin knew her parents both had expectations and a strong belief in her.

"My mom just wanted me to be happy and whatever I did, she wanted me to be able to support myself and be financially independent," Chin said.

Several kids go through life while dealing with the loss of loved ones. They also take on more responsibility, whether it be helping around the house and taking care of the rest of the family, sometimes at the expense of giving up on their dreams. While it is natural to grieve and wonder what could have been, it's not always the best thing to do.

Nonetheless, Chin was motivated to not only make her parents proud but to ensure that their faith and belief in her was not in vain. Finally, just last month, she accomplished her goal and earned her degree in teaching. Upon leaving Harrisonburg, Chin enjoyed a period of travel to the West Coast. Still, her biggest dream lies ahead.

"My goal is to travel and teach internationally, but I haven't been to any place internationally yet," Chin said. "I want to travel once I'm able to get a job internationally as COVID was making things competitive."

Chin's ability to make the most out of any situation is well-documented. While in high school, she played on the girl's field hockey team. Though she didn't see the field much compared to her fellow teammates, what resonated with her peers about her is her willingness to go the extra mile and offer support. That level of heart is uncommon as many athletes are simply looking for the glory, which is the opposite of how Chin conducted herself back then and now.

"Lauren is an incredibly strong woman that has fought her way through some of the toughest times," said former teammate and lifelong friend Torri Kroh. "She is so inspiring, and I am grateful to be able to call her my best friend."

Though Chin knew her parents would have a front-row seat upstairs to watch her success, she still had to pursue her goal of getting her teaching degree. When the pandemic hit, most students went home. Chin, meanwhile, stayed on campus with her roommates, including her high school friend Abby Stephens. They both spent most of their days either studying or walking their dogs, trying to enjoy the fresh air while maintaining social-distancing protocol, all while Chin focused on accomplishing her dream. Stephens says she was grateful to have Chin by her side.

"Lauren is just like one of those friends that's always going to be in your life," Stephens said. "She's just super positive and was involved in hearing about all my classes, and she's great."

A friend like that is what we all want. Someone willing to go the extra mile and just hear us out while offering comfort and support. Inspiring doesn't even begin to describe Chin. You may have to use a thesaurus to find better wording.

However, what brings the most solace to Chin is just graduating and knowing what it took to get to that point.

"Just getting through school and being able to graduate with my masters, in general, is amazing," Chin said. "The things I went through, I took some time off school, five weeks off my senior year of college, so just being able to get through and graduate, it's something I'm proud of."

The best teachers are those who survive adversarial situations and come out stronger and willing to share their experiences in hopes of inspiring others, and you can't find one better than Chin.

High school tennis coach arrested for indecent liberties against a child

FCPD NEWS RELEASE

A 29-year-old high school tennis instructor is facing three felony charges of taking indecent liberties of a child by a custodian for an inappropriate sexual relationship with a student at George Mason High School.

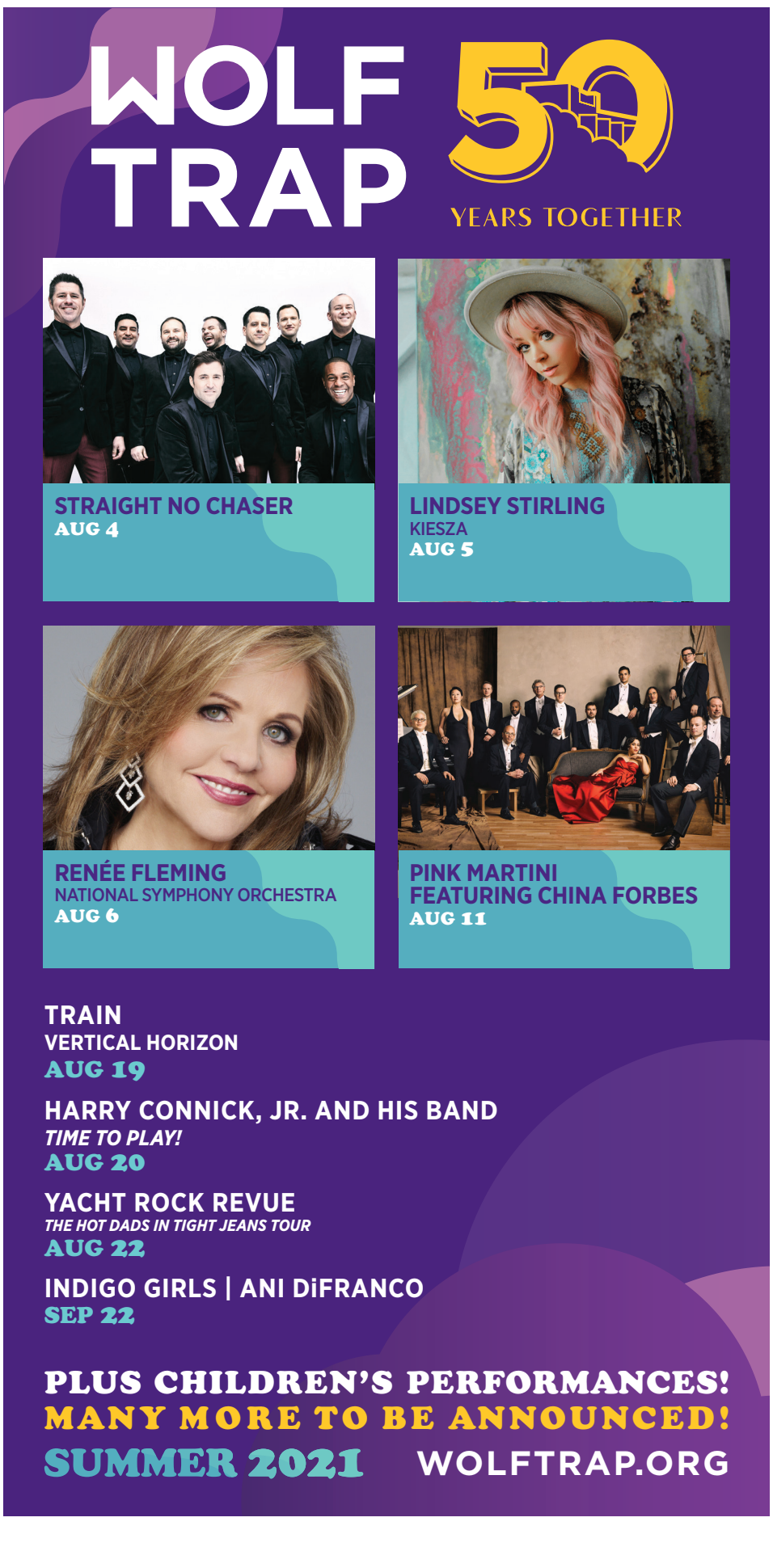
Fairfax County Police detectives began their investigation June 16, after it was learned that Rafael "Rally" Diokno, of Falls Church, was having unlawful sexual contact with a student. Diokno was a seasonal contract employee with the Falls Church City Public Schools.

Detectives determined the unlawful conduct began in May of this year and the acts occurred at different locations within the confines of Fairfax County. Detectives from the Major Crimes Bureau Child Abuse Squad arrested Diokno June 20, and he is currently being held at the county's Adult Detention Center without bond.

Detectives are seeking anyone who has information about this investigation or may have had inappropriate contact with Diokno to call the Major Crimes Bureau detectives at 703-246-7800, option 3. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

COURTESY PHOTO

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



4 kitchen swaps that don't involve food

KEYS TO BETTER HEALTH
CINDY SANTA ANA

When making lifestyle changes to our diet in order to improve our health, we sometimes forget our surroundings and how xenoestrogens can affect our health in a negative way as well.

Xenoestrogens or foreign estrogens/chemicals can sneak their way into our home and accumulate over time, causing systemic issues and hormone imbalance. You'll find these in cleaning products, personal care products, cookware and utensils.

Here are a few ways to mitigate your exposure to added, untested chemicals in the kitchen:

1. Swap out your cookware. Everyday non-stick cookware can be full of perfluorooctanoic acid (PFOA's). A growing body of research suggests that exposure over time to PFOA and other PFAS compounds may cause issues with fertility, liver damage, and even testicular and kidney cancer. Safer options include cast iron, stainless steel cookware, or ceramic pans.

2. Swap out your cooking utensils. Stirring a pot of soup, chili or even a stir-fry with a plastic utensil can leach BPA and other plasticizers into your food. Heat, acidity and oil cause plastics to break down faster. A safer option would be bamboo or wood utensils or stainless steel. Tip: Hand wash your bamboo utensils to preserve their use. Soaking in water breaks them down.

3. Replace your plastic food containers. Plastic food storage containers pose the same problem as plastic utensils. Do you have a plastic container with an orange-stained interior? That's your pasta sauce in the plastic and the plastic is in your pasta sauce! Again, acidic and oil-based foods break down the PET and polycarbonate containers. Use glass food storage and if they come with plastic lids, don't fill the container to the top. Leave some headspace so the food doesn't touch the plastic lid.

4. Ditch conventional cleaners. Clever marketing campaigns have led us to believe that we need a specific cleaner for counters, sinks, stoves, floors and windows. Most conventional cleaners contain bleach, which can kill off our healthy microbes, as well as leave harmful fumes if inhaled regularly or for long periods of time. Most commercial cleaners also contain phthalates or chemical fragrances that also have negative effects on our hormones. Swap out your cleaners for baking soda, vinegar, natural fiber cloths, or other natural cleaners.

These four swaps are small changes that can have a huge impact in your kitchen and with your overall health, as well as Mother Earth.

ELLA OLSSON / UNSPLASH

4 reasons you should choose sweet Northwest cherries

Courtesy of Brand Point Media

The country may be turning a corner on the pandemic, but the fallout could take some time to work through. Americans have health concerns beyond COVID-19 that have compounded in the past year: postponed care for wellness issues, changed sleep patterns, undesired weight changes and increased stress. While no silver bullet can solve all these issues, making small dietary changes can help. Simply including sweet Northwest cherries in your daily fruit intake can provide important nutrients and bioactive compounds that have a variety of benefits.

Sweet Northwest cherries are easy to incorporate into your diet - snack on them fresh, toss them in a smoothie, sprinkle them on salads, mix them into a salsa or stir them into a sauce. Besides their great taste, sweet cherries have loads of health advantages. Here are just four reasons why you should grab a generous handful every day:

1. Fight chronic diseases. Sweet cherries contain anthocyanins, which appear to work in a similar manner to ibuprofen and naproxen in shutting down enzymes that cause tissue inflammation. Increased inflammation is an underlying cause for many chronic illnesses, such as arthritis, diabetes, high blood pressure, heart disease and cancer. Anthocyanins are a type of polyphenolic compound - what gives sweet cherries (and other dark fruits and vegetables) their deep, red color. Research has shown that phenolics have a role in anti-cancer and anti-invasive activities, fighting the proliferation of certain types of cancer, including colon and breast cancers.

2. Satisfy your sweet tooth without derailing diet (and exercise) plans. Sweet cherries boast a lower glycemic index than almost any other fruit. They release glucose slowly and evenly, helping blood sugar levels stay steady longer and making them the perfect treat to satisfy a sweet craving without the sugar spike. Plus, if exercise is part of your wellness routine for 2021, you can feel good about enjoying a daily serving after a workout: The anti-inflammatory properties of sweet cherries can help muscles recover more quickly so you can keep moving.

3. Get better sleep. Sweet cherries are one of the few plant sources of melatonin, and they are also a natural source of serotonin and tryptophan. Together, these compounds appear to aid in improving the quantity and quality of sleep. For the best results, try eating a serving of cherries about an hour before bedtime to stabilize and regulate your sleep patterns.

4. Reduce your stress levels. With so many stressors in the world, what you're eating doesn't have to be among them. Cherries check many dietary boxes if you're trying to be more intentional about what you put in your body: Vegan or plant-based? Check. Gluten-free? Check. High fiber? Check. Low fat? Check. Low calorie? Check. Sweet cherries are a stress-free, nutritious choice for just about any diet plan, and they have one more superpower: serotonin. In studies, serotonin has been shown to be an important factor in reducing stress and improving mood.

Incorporating nutrient-rich foods into your diet is just one easy way to boost health and improve well-being. If you're standing in the fruit aisle and unsure about what to choose, let sweet cherries be your start.

BRAND POINT MEDIA

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

Premium Online Savings

PENFED CREDIT UNION

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 June 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.

Fairfax is influential and the world needs that influence

Dear Editor,

We are one of the most substantial economic areas in the United States. As such, keep a relatively stable economy. We do a significant amount to raise awareness for domestic issues, whether through sharing our opinions with our community or talking to politicians on nearby Capitol Hill. However, I have seen little attention beyond national views and policy lobbying towards US foreign policy, such as specific initiatives towards global poverty reduction. In a time where much of the world struggles, more can be done to help.

Fairfax County has a chance to influence policy going much further than our backyards and local ordinances. If one succeeds, we all succeed. By raising awareness for poverty reduction initiatives globally, we help promote a more robust international community. With a stronger global community comes a stronger country. One easy way to influence such policy is by working with advocacy groups such as the Borgen Project, which for almost 20 years has collaborated with our nation's leaders on growth-focused foreign policy. It is time to use our voices to make a difference on a global scale.

Vikram Mannava
Herndon, VA

Fairfax County needs community choice aggregation

Dear Editor,

I couldn't agree more with the opinion piece run prior to the Democratic primary (http://www.fairfaxtimes.com/articles/virginia-needs-clean-money/article_dec8f3a0-c48f-11eb-9331-a3d5c4905b68.html), demanding clean money in Virginia politics. Once again, Virginians voted to support candidates in the pocket of Dominion Energy. With Dominion Energy in the drivers' seat again, it's time for Virginians to take climate matters into our own hands. It's time Fairfax established a community choice aggregation (CCA) program. Our neighbors in Montgomery County are establishing their own program as we speak, set to come online next year, and in Loudon, the county is seeking contractors to perform a feasibility study on establishing a county-wide CCA.

More than 1300 communities across the country use CCA to purchase renewable energy for their power grid at rates equal to or less than the rates they paid for dirty fossil fuels. With only a few years left to make a difference in mitigating climate change's worst impacts, the time to transition our community energy sourcing is now.

In light of the disappointing primary results, I urge our Fairfax County Council to explore establishing a CCA in Fairfax, to break free from Dominion's stranglehold. Fairfax citizens can start learning about CCAs by visiting Food & Water Watch website, http://fwaction.us/VACCA.

Blythe Merritt
Fairfax Station, VA

CRT - Communism Repurposed for Today - CRT, Critical Race Theory: What could be so problematic?

Dear Editor,

CRT comes straight from Karl Marx's, "Communist Manifesto." CRT, divides individuals into race based boxes regardless of background, destroys Martin Luther King Jr.'s dream of living in a color blind society, and even fuels race based violence.

Can anyone choose his/her race? NO. CRT is a grotesque form of division being forced down our throats to divide us, destroy our country, and usher in communism. Tragically, our children are the most vulnerable victims of this sick experiment. Elementary schools through universities have become echo chambers of Marxism destroying motivation for children to dream, work hard, and achieve.

Still not concerned? Just listen to survivors of the horrors of communism. Loudon County parent, Xi Van Fleet, who fled Communist China stated, "We are teaching our children to be social justice warriors and to loathe our country and our history. Growing up in China, all of this sounds very familiar. The Communist regime use the same critical theory is to divide people. The only difference is that used class instead of race. This is indeed the American version of the Chinese cultural revolution."

North Korean defector, Yeonmi Park, recently remarked on her experience at Ivy League, Columbia University: "These kids keep saying how they're oppressed, how much injustice they've experienced. They don't know how hard it is to be free." She stated, "I guess that's what they want, to destroy every single thing and rebuild into a Commuist paradise."

How terrifying!

Elizabeth McCauley

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Despite the hurdles, a shortened high school football season was completed this past spring

The high school spring football season from player, coach and parent perspectives

By Grant Johnson
SPECIAL TO THE FAIRFAX COUNTY TIMES

Fall Friday nights across the country have grown synonymous with high school football being played under the lights. The pandemic turned those lights off in fall 2020 in some states, but they stayed on in others. The Virginia High School League (VHSL) opted to stay dark for the fall, but turned the lights on in spring 2021 for a shortened, six-game regular season with playoffs.

For many, the spring football season was a saving grace and an escape from the monotonous and sedentary lifestyle that online school brought. It fostered positive and negative experiences — and COVID-19 testing results — and a multitude of lessons that were learned along the season's rocky journey by players and coaches at multiple Fairfax County high schools.

One difference between a regular season and the spring season that was felt right away by Centreville High School Head Coach Jon Shields, Westfield High School Head Coach Kyle Simmons and Defensive Coordinator Jeremiah Davis was the weather, they all said. Instead of starting out warm with more daylight and ending cold with less daylight, the reverse happened in the spring season.

"We were clearing snow before the first practice [and] snow before the first game," Shields said. "But thank goodness for turf fields, right?"

South Lakes Head Coach Jason Hescock said the biggest thing he noticed from playing in the spring were injuries at the beginning of the season, which he attributed to the lack of being able to work out in a weight room during the offseason. He said his coaching staff, when protocols allowed, tried to recreate a weight room experience outside on their field, but just setting it up took 45 minutes.

Hescock said, among other injuries, that some players had hip and groin issues as well as shin splints. He said one South Lakes player missed his entire junior campaign because of stress fractures that were developed over the nine months of inactivity, compacted with missing out on a normal preseason ramp-up period that camps and two-a-day practices provide.

"Just getting up every 80 minutes to walk to your next class and walking up and down stairs during a normal school day does things to your body," Hescock said. "When kids were sitting down all day, we started to notice a bunch of [injuries], as crazy as that sounds. It was debilitating for some kids."

The gameday experience was also something in the spring that "felt a lot different," Westfield rising senior defensive back Joe George said. At the beginning of the season, the number of people allowed inside a given stadium couldn't exceed 250 individuals or 50 percent of the stadium's capacity, which took into account players, coaches and officials. But as the season progressed, teams started to allow student sections and parents at games. Discounting the accessories, the intensity of the game inside the white lines felt the same, George said.

Without the normal pomp of gameday and the buildup for each game that's experienced in the halls at school, Nolan Riley, Chantilly High School linebacker and graduate and Shenandoah University football commit, said it made Chantilly stronger because they had to turn their focus intrinsically among fellow teammates and coaches. He said having no fans at games in the beginning of the season was the best thing for the team because with no outside noise or energy to lean on, football became about loving the game.

"We weren't playing for [the] glory of playing for fans or parents or scouts or coaches," Riley said. "We were playing for each other."

At South Lakes, Hescock said they added a "COVID coach" for each game this season to make sure the players were following protocols, like staying six feet apart and drinking from their own water bottles. At Westfield, Simmons said following guidelines on gameday was more "on your honor" for each player and coach. But during practice, Simmons was known to be the "COVID coach," he said, because he was in charge of checking all the players' COVID-19 check-in forms to monitor symptoms and for spraying down equipment. He said since he wasn't coaching a position group this spring, he took the brunt of handling COVID-19 logistics so his assistant coaches could concentrate more on coaching.

CJ Hoffman, Westfield linebacker and graduate and Howard University football commit, said practices as a whole weren't only different because of COVID-19 protocols, but they were also much longer. Because Fairfax County teams weren't allowed to gather in large groups inside their respective high schools for the majority of the year, Hoffman said the team had to go home quickly after practice, eat, shower and get on Zoom to go over practice film with their position groups instead of inside classrooms at Westfield.

"The time between ending practice, getting home and starting film at the end of the day," Hoffman said, "you'd leave your house at 3 p.m. and you'd be done with football at 9 p.m."

Pandemic protocols also greatly affected the usual bonding time before practice in the locker room, Riley said. He said the team wasn't allowed to be in the locker room for anything except putting away pads and that coaches would tell players to "hurry up" if they sensed lingering.

Locker rooms were also divided in order to maintain space. At Chantilly, the locker room is multiple stories, with JV players downstairs and varsity players upstairs, Riley said. In a normal year, however, he said the two teams are right next to each other. At Westfield, outside linebacker and graduate Jacob Susko said the team utilized the girls' locker room and was spread out in its entirety to keep as much distance as possible. At Centreville, Shields said it was more "SYA-style" with how players put on their pants and pads on the field, similar to how it's done with youth football organizations like Southwestern Youth Association (SYA) and Chantilly Youth Association (CYA).

On the field, similar distancing measures were practiced, Davis said. He said when he'd talk to the defense as a whole at practice, the players would gather in a circle and put their arms out to make sure they weren't touching anyone. Also, the defense practiced frequently as a whole group by lining up at their respective positions, Davis said, because this meant the players were naturally spaced out. Besides the distancing rules, like breaking position groups in half for individual drills and having to use separate water bottles, George said the practice plan was similar to that of previous years — for that he said he thanks the coaches for keeping practice itself relatively routine.

Even with a routine practice schedule at Westfield, it still wasn't easy, Simmons said, to accommodate to all the guidelines VHSL and Fairfax County asked for. Quite simply, the new normal skewed far from what players and coaches have grown accustomed to at practices and games from previous years.

"Let's face it," Simmons said, "most of the stuff they were asking us to do does not translate to the game of football. Football is a contact sport, and it made it very difficult to do a lot of the things we would normally do."

One additive that the pandemic brought was equally despised by players: masks.

Teams in the VHSL had to wear masks underneath the helmet both in practices and games. In games, however, some players kept them on the chin because referees didn't check for them once players were on the field, Susko said. Nevertheless, they were a hassle for many, especially when the elements kicked in.

"It was hard to breathe," George said about wearing a mask underneath the helmet. "If it was rainy, it got all damp and wet — it was terrible … It was by far the biggest, most annoying thing."

Toward the end of the season, when the weather got hot at some practices, Davis said it became "really tough" to keep wearing a mask. Eventually, Westfield players got masks that were attached to their helmets and didn't have to go around the ears, which Simmons said was a "huge help."

As many hurdles as there were on and off the field this spring, the timing of the season also put a strain on coaches and players returning to the high school field in a few short months, along with those moving on to play at the next level.

Simmons said that due to the quick turnaround between the spring and the upcoming fall season, he's been trying to prepare himself so he can have all the energy possible in August. Westfield also started its pre-season after-school weightlifting program much sooner than normal because Simmons said his players weren't having their in-person personal fitness class during the school year — a class that many players on the football team take to lift weights during the school day.

By the same token, Hoffman said he's been trying to get into the best shape possible after the season going into his freshman campaign at Howard. It was two months between the end of the spring season and his mid-June arrival at Howard for training — a window when Hoffman said he tried to make sure his body was recovered to combat the swift turnaround and play.

Since Hoffman committed to Howard before the spring campaign, he played the whole season with his future endeavor in mind. Riley didn't commit to Shenandoah until June, so he said he wasn't thinking about anything this spring other than "putting it all out there for my teammates," and making the season a "fun last ride" with teammates he's played with since youth football — many for the last six years, he said.

While Hoffman and Riley got offers in time for the spring season — Riley got his offer for Shenandoah before the season but didn't commit right away — many seniors in VHSL didn't get the opportunity to gather interest and play at the collegiate level for two reasons: Firstly, the NCAA allowed all college football programs to grant seniors an extra year of eligibility. Secondly, the high school spring season took place after the early signing period from Dec. 18-20, 2020, and National Signing Day on Feb. 3, 2021 — a "double whammy" of disadvantageous happenings, Simmons said.

Even though many Division I FBS and FCS offers were off the table for seniors who played in the spring, lower-level opportunities presented themselves for many. Shields said 12 of his seniors are going to be playing football at a junior college (JUCO), Division II or Division III program next fall.

"A lot of the kids are going places, so I'm happy about that," Shields said. "As someone with a recruiting background, that's really important to me. "

Despite Chantilly being a regional semi-finalist this spring, Riley said the team only has two seniors playing at the next level in fall 2021 compared to 10 from last year's team. While he feels empathy for those who aren't getting the opportunity to play college football, Riley's options were also limited — he said he didn't think he had enough options outside of Shenandoah because most schools were done recruiting by the spring.

"I think a lot of us got screwed," the Shenandoah commit said.

For teams that played in fall 2020, on the other hand, it was business as usual regarding seniors getting film in time to receive scholarships. To play or not to play a normal fall season was a disputed topic among parents and coaches in the VHSL. Mike Hoffman — father of CJ Hoffman — said he thinks the season could've been played in the fall and that it was tough to see so much taken from the players, especially the seniors. Hescock said he believed playing in the spring, with the added protocols, was a "necessary evil" because many of his players lived with first- and second-generation parents. Hescock said he trusted those people "way smarter than me and above my pay grade" that were making decisions to keep kids and families safe.

"It was serious," Hescock said. "I kept on telling [my players], 'Maybe it's not real for you, you may not understand how important it is, or why it's important, [but] we're supporting our community by doing the right thing out here.'"

Within the season, two instances among Fairfax County teams stand out as battles with the pandemic's wrath.

Westfield was slated to play Lake Braddock to open the season. Only problem: All but two of Westfield's varsity defensive lineman had to quarantine for 14 days because of COVID-19 protocols. They would've all been out for the game, but the Bulldogs had a bye week following the Lake Braddock bout, and the Bruins were able to perform some schedule finagling with future opponents who had similar COVID-19 issues to get the game scheduled the following Saturday.

At practice that week, Hoffman said it was much more slow and mentally focused. It was hard to replace the defensive linemen at practice, Davis said, because the two of the replacements just came from the state wrestling tournament, and they had to use offensive linemen or linebackers if they needed a four-man front.

During the quarantiners' time away from the field, Davis said he would practice virtually with them at home and go over film. Westfield's defensive linemen returned to practice the Thursday before Saturday's game, and the Bulldogs fell, 26-7.

"[The defensive line] was one of our better groups this year, and we were like, 'They'll be able to pick it up quick,'" Davis said. "You really realize quickly that there's no substitution for practice and repetition on the field and the live movement. Because our guys — they battled, and they played as hard as they could, but it was tough to just come out there from sitting at home … and play a game."

Another instance of COVID-19 crashing regularly scheduled programming came toward the end of South Lakes' season — only they didn't have the fortune of rescheduling. The Seahawks missed the last two games of their regular season because of COVID-19 issues within their team, and they went into a first-round playoff matchup with Chantilly coming off not playing any games — or practicing — for two weeks.

FRED INGHAM PHOTOGRAPHY

Westfield's CJ Hoffman tackles the Oakton quarterback during VHSL's abbreviated spring season.

Since they had more power points — the points system that VHSL uses to seed playoff teams largely based on quality of opponents — South Lakes hosted the game with a record of 3-1. However, the home-field advantage was negated by the Seahawks' lack of practice, and they lost to the 5-1 Chargers, 7-0.

"Those two weeks, we couldn't pick up a football," Hescock said. "I encouraged the guys to keep doing at home workouts because we couldn't meet. We encouraged guys to keep doing some stuff on their own if they could, but again, for two weeks, we didn't get a chance to practice, and basically came off a two-week break and played a playoff game."

Chantilly, despite the win over South Lakes, had a different perspective on the game. Riley said Chantilly was primed to finally have a home playoff game during a season in which they beat Westfield for the first time in 10 years and beat Centreville two years in a row. With restrictions starting to lift on spectators in late spring, he said Chantilly's stadium would've been rocking because "there was that buzz" at school.

"We were pissed that we were not going to get a home playoff game," Riley said. "Once we got into [South Lakes'] stadium, we were all good, but when we were winning, we looked around, and our student section outnumbered their student section … We were like, 'This is so stupid. If you had given us a home playoff game, we would've filled our stadium to capacity.'"

Even with Virginia rolling back COVID-19 restrictions as the spring season neared a close, Riley said his coach, Sean Curry, told the team to "pod up" if they traveled anywhere. Riley was only allowed to hang out with his football friends outside of practice, he said.

Having friend bubbles, or pods, was a common occurrence throughout the pandemic among athletes and normal high schoolers alike. In fall 2020, all offseason work had to be individualized as it was against COVID-19 protocols for VHSL football teams to have organized offseason activities. During this time, Mike Hoffman said CJ had to work out and hang out with the same group of people when preparing for the up-in-the-air season.

Among other Westfield teammates, Hoffman said he did a lot of offseason field work at E.C. Lawrence Park with George. With Westfield football starting morning weightlifting sessions June 21, George said it hasn't hit him yet that he's entering his senior year after the whirlwind experience that was playing high school football amid a pandemic.

"It's crazy," George said. "Now it's 'I'm a senior, I've got to be a leader.'"

The spring season provided an opportunity for many players like George to tune-up for senior seasons, but the approach to the season was played differently by coaches. Hescock said he used the spring season to play at times eight seniors on both sides of the ball — South Lakes is normally a platoon team, he said, meaning players only play on either offense or defense. Since the season was shorter, fatigue wasn't as big of a factor, and Hescock said it allowed him to put the best product on the field — a philosophy that rewarded many seniors with more playing time.

Looking ahead to a normal fall season, Davis played "something like 30 different guys on defense," which he said will be used as a launching pad for many returning players into the offseason camps this summer and leading into August practices. He said it was "amazing" how many people stepped up, especially in the secondary, considering the turnover from that senior-laden area of the defense in 2019.

There were ups from the spring football experience, and there were downs. But through it all, lessons were learned that'll help players and coaches alike for years to come, and friendships that Riley said he hopes will last for "50 years." Due to the lack of social interaction for many during the pandemic, Davis said he learned the importance of building relationships with players, and that "when you care about someone, it's just different."

Hescock said despite the season being a struggle and that it "wasn't real football," you have to look at the positives.

"A lot of these kids just really needed some type of face-to-face interaction, to be around friends again," Hescock said. "There's not a lot of games that have so many different sizes, abilities, body types, all working together to accomplish a goal. If anything, you see that in life, [and] you see that in football."

This spring season capped off a Chantilly career for Riley that created a "family of guys," he said, that won't ever be replicated. Above all, he said he was at least happy he got to share the field with them one last time — despite the imperfect circumstances.

"They're my best friends," Riley said. "We've fought, we've argued, laughed, bled, cried together. I just hope I can keep these friendships going."

Fairfax County allocates federal funding for emergency rental assistance

By Rick Horner
FAIRFAX COUNTY TIMES

KETUT SUBIYANTO / PEXELS

The Fairfax County Board of Supervisors voted to approve acceptance of funding from the U.S. Department of the Treasury for their Emergency Rental Assistance program.

The funds, which total $35,100,967, will be accepted by the county's Department of Neighborhood and Community Services and allow them to continue to provide financial assistance to deal with overdue payments as well as prospective rent and utility payments.

"We are grateful to receive such significant funding from the federal government to tackle the issue of housing insecurity in our county. COVID-19 has taught us that many, to no fault of their own, may find themselves in a situation where they can no longer afford their rent or mortgage payments, said Board of Supervisors Chairman Jeffrey C. McKay. "Moreover, in a time where people needed to stay home, we could not leave people homeless or at risk of eviction. We have made significant strides this past year to ensure dollars are available and accessible for emergency assistance, transitional housing, and affordable housing. Access to housing is crucial to a healthy economy for everyone, and this Board looks forward to continuing these investments."

The ERA program provides funding to assist households that are unable to pay rent and utilities due to the Coronavirus pandemic. Two separate programs have been established under the ERA banner named ERA1 and ERA2.

The ERA 1 program provides funds to localities to be used for emergency rental assistance under the Consolidated Appropriations Act of 2021 which had been signed into law by then-U.S. President Donald Trump in December 2020. The ERA2 program also provides funds for emergency rental assistance but from the American Rescue Plan Act of 2021 which was signed by current President Joe Biden in March of this year.

Fairfax County received funds from both programs, $34,463,869 from the ERA1 in February 2021 and $35,100,967 from the ERA2 program. The county's original cut from the program was $27,269,647 but an additional $7,831,320 was granted based on receiving a "high-need" designation which was decided by the U.S. Treasury.

The ERA established a criterion for eligibility for households needing emergency rental assistance. Those who apply for the assistance must have individuals who qualify for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced financial hardship during or due directly or indirectly to the pandemic.

Other criteria that would apply includes demonstrating a risk of experiencing homelessness or housing instability, and that the household is a low-income family. A household will be given priority if they have an individual who has been unemployed for 90 days prior to filing for assistance or if the combined household has a combined income at or below 50 percent of the area's median income level.

Those households that don't qualify for this funding would still have to go through the Coronavirus Relief Fund. Landlords are also allowed to apply for rental assistance on behalf of their tenants though the program's website. This move was considered and implemented by the County as part of a strategy to support eviction prevention and promote housing stability.

The County's Neighborhood and Community Services works to connect residents with a wide array of community and county-based resources which includes recreational, educational, and development programs and services.

NAKASEC fights for language access in Virginia

By Noelle Riddle
FAIRFAX COUNTY TIMES

The National Korean American Service & Education Consortium (NAKASEC) was founded in 1994 to help Korean and Asian Americans achieve social, economic and racial justice. They have chapters across the United States, including one here in Virginia.

"NAKASEC is a national network of organizations. NAKASEC works at the national, state and local levels," explained Zowee Aquino, a community health manager at NAKASEC. "We focus on issues such as language access, immigration, civic engagement such as voting, leadership development for youth, community services, and health enrollments and referrals."

Since the pandemic began, NAKASEC has received an increased number of complaints from the community about the unemployment insurance process through the Virginia Employment Commission.

"We have been in communication with the VEC since April 2020 as the community is frustrated about the language barriers," said Sarah Choi, a community organizer who focuses on language access at NAKASEC. "The online portal to apply for VEC unemployment insurance is provided only in English and Spanish. The phone lines are also only in English and Spanish. We have been speaking with people who cannot complete the application materials due to the language barrier."

With COVID forcing people out of work, many turned to unemployment insurance for help. NAKASEC has been meeting with the VEC often via virtual meetings and town halls to discuss the issues which their community members are facing due to the language barrier.

"Limited English proficient community members have to have their children interpret for them. As an immigrant myself, I help translate for my parents, and I know how hard it is on young kids," said Choi. "The kids do not know how to do these applications, and it has to be completely translated by the children. This deters people from signing up."

NAKASEC is working with the VEC to help residents who have been complaining about the language barriers. The VEC recently hired a language access coordinator to help those who may need a translation other than Spanish. Applicants can reach out to NAKASEC or Choi (schoi@nakasec.org) for help being connected to the language access coordinator for other languages to complete the unemployment insurance process.

"We firmly believe these issues with language barriers impact all communities. Communication is fundamental whether it is spoken or written, and access to communication is critical for housing, school, working or going to the doctor," said Aquino. "Because of COVID people need more help, they are fighting for their lives now. Adding barriers makes it even harder to ask for help. It also makes it harder for people to listen, they cannot give the information that is needed."

NAKASEC wants the Commonwealth to update how state agencies communicate with the population online, through the phone and in person. They are working on creating recommendations about how to fix the issues. They also want there to be a Commonwealth-wide recommendation on how to decrease language barriers by making a model which would guide other state agencies. "We want to hear people's experiences and issues. When these things happen, it can feel very isolating. Sharing stories is helpful," Aquino said. "Community members can email us (zaquino@nakasec.org) and get connected with us here in Virginia. If they need help, we are here for them."

While Choi and Aquino have been working hard with NAKASEC to get changes from the VEC for how community members can apply for unemployment insurance, their passion about language access does not stop there. "More recognition is needed. Recently language access has been a rising issue. The limited English proficient community needs to see that this can be solved," said Choi. "Language access is a huge barrier for immigrant communities, particularly those who are undocumented, they cannot even apply for insurance. We are working on citizenship for all at NAKASEC," added Aquino. "Constituents in Virginia should urge senators to use the reconciliation process to open access for immigrants to become citizens and to help language access across all levels."

For more information on NAKASEC and how to get involved: https://nakasec.org/va

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COURTESY PHOTOS

Jammin Java welcomes back Northern Virginia guitarist

Finger-style player Yasmin Williams is something special to see

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

When music lovers talk about guitarist Yasmin Williams, the words they use to describe the ambidextrous finger-style performer let you know that she's something special and a guitarist for the 21st century.

She taps on the fretboard with her left hand as her right hand plucks a kalimba placed on the guitar's body. With influences ranging from video games to West African griots, Williams tells a story with her playing that few have been able to master as well.

Raised in Woodbridge, Williams became interested in the instrument because of the video game, Guitar Hero, which she had conquered by the time she was in the eighth grade.

"I really liked that game and my parents bought me an electric guitar after that because I enjoyed playing so much," she said. "After about a year of playing, I started playing the acoustic, and I really liked the tapping motion that you had to use in the video game and I transferred that on to my guitar."

Thus, her unique fingerstyle playing combined with the lap-tapping became her forte. She explained how becoming proficient with the five buttons of different colors from the game, which involved tapping quickly, made it easy for her to do things harmonically and melodically on a real guitar.

"It just adds a new dimension to the guitar, other than just strumming chords or playing lead riffs," she said. "I just loved everything about the instrument."

Not that she wasn't interested in music before. Williams grew up in a house where there was always music on, and she played clarinet since she was 8 years old, something she continued on through college.

"But guitar was the thing that made me want to have a career in music," Williams said. "I have a custom Skytop guitar built by Eric Weigeshoff and I'm going to be getting another by him soon."

Williams noted she's inspired by the ban Earth, Wind and Fire, which prompted her to incorporate the kalimba into her songwriting, and also looks to fellow black women guitarists like Elizabeth Cotten, Sister Rosetta Tharpe and Algia Mae Hinton for further inspiration.

On June 30, Williams will bring her custom guitar with her to Jammin Java, a return trip for the musician who played a socially-distanced show at the venue back in March.

"I'll be playing the songs from my new instrumental album, 'Urban Driftwood,' as well as songs from my first album and even some songs that have yet to be released," Williams said. "I'm very excited. I even have a new 12-string guitar that I'll bring with me since it's such a local gig, so I'll play a tune or two on that as well."

During the pandemic, she worked on a lot of new songs and played when she could, but is so excited to be getting out and touring again.

"Things have definitely changed for the better this year, Williams said. "I have a manager now and booking agent, and working on getting another booking agent to tour in the U.K. A record label put out my latest record, which is great and the press I've been getting is unbelievable."

Williams admits that it's been overwhelming but all in a good way.

"Before, I wasn't really used to touring excessive dates or playing a lot of shows in a row, but this fall I will be on the road for about two to three months, and I'm feeling like I'm becoming more of a pro musician now," she said. "It's going to be weird, but I'm so looking forward to getting out of my house and going different places, playing events and festivals I've never played before."

The guitarist stays active on social media to keep her fans updated on what's going on, and she plans to release a number of videos on her pages in the upcoming months to give new looks to different songs.

"I love posting little snippets of song ideas I'm working on, and people seem to like it," Williams said. "I like giving them an inside look on what they could hear on a future album."

Fairfax students shine in Arena's "Waiting Room"

The film highlights the stories of more than 100 student artists

WAITING ROOM: A NEW FILM BY VOICES OF NOW ENSEMBLES

COURTESY PHOTO

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

On June 26, Arena Stage will present "Waiting Room," a film highlighting the stories of more than 100 student artists, exploring how remote learning and social isolation have impacted students and young professionals both physically and mentally over the last year.

Additionally, the film will address the adjustment of resuming in-person activities and look ahead to what life may look like in the "new normal."

One of the students taking part is Jenna Jumaili, a 14-year-old who just finished eighth grade at Thoreau Middle School, who explained that "Waiting Room" is the final product film created by the Arena Stage program known as Voices of Now.

"I started out last year, when I was in 7th grade, just to try it out," she said. "We were originally supposed to do a live performance at Arena Stage, but because of the shutdown, it had turned into a film called 'Inside Voices.' This year, I continued with the program because so much had been going on, and Voices of Now was the perfect place to write things down, share them with my school's ensemble (the Thoreau Ensemble), and possibly other Voices of Now ensembles."

"Waiting Room" tells stories of students who have something to say.

"They're about school, family, friends, and experiences we've had before and during the pandemic," Jumaili said. "The film portrays the events that had happened in the last few months through our own eyes. As an artist, I have written and told stories of my own, and helped tell stories other artists have written and experienced."

She feels the film is important because it shows viewers how her generation has lived through the pandemic.

"How we've kept ourselves busy, our opinions, missing school and friends, and experiences with loved ones," she said. "The film shows how we, as the teens of now, but the leaders of the future, interpret major events through our own emotions and words."

Another student part of the film is Reyna Berry, a 16-year-old rising junior at George C. Marshall High School.

"I believe that a lot of times, adults see us young people and know that we are struggling, but don't know what to do to help," she said. "That's what makes 'Waiting Room' so important—it is telling the world what we need from it in order to heal coming out of the pandemic, what we need as students, activists, artists. The Voices of Now ensembles are filled to the brim with different perspectives, and the program is

See WAITING ROOM, Page B2

GMU appoints new director of the School of Theater

GEORGE MASON UNIVERSITY

COURTESY OF GEORGE MASON UNIVERSITY

George Mason University's College of Visual and Performing Arts announced artist educator and co-founder of Pomo Afro Homos Djola Branner will be the next director of the School of Theater.

Branner starts July 1, transitioning from his most recent role as Professor of Theater at Hampshire College. With Branner's upcoming arrival, Interim Director Kevin Murray announced his retirement at the end of the spring semester, closing out roughly 30 years of teaching at Mason. Murray, who led the School of Theater during an extensive director search following Ken Elston's departure in 2019, looks forward to pursuing even more professional acting opportunities in retirement.

"We are beyond excited to welcome Djola Branner to the School of Theater," said Rick Davis, dean of the College of Visual and Performing Arts. "He is an artist of wide professional accomplishment who has made a real impact on the American theater in the course of his

See GMU, Page B2

HOLLYWOOD

by Tony Rizzo

Debra Messing [DEPOSITPHOTOS]

How long should someone charged with the alleged sexual assault of 20 young men be ostracized? Kevin Spacey -- best supporting actor Oscar winner (for "The Usual Suspects" 1995) and best actor Oscar (for "American Beauty," 1999) -- watched his world crash down in 2017 when actor Anthony Rapp alleged Spacey made sexual advances toward him when he was 14 years old. When 15 other young men came forward claiming similar abuse, filming was suspended of the fifth season of "House of Cards," and Spacey was removed as star and executive producer. He also was replaced by the late Christopher Plummer in "All the Money in the World," for which Plummer received an Oscar nomination.

The news that Spacey has been signed to do a cameo, opposite Vanessa Redgrave and Franco Nero (best known as Lancelot in "Camelot"), who also is directing the Italian film "L'uomo Che Disegno Dio" ("The Man Who Drew God"), sent shock waves through the Hollywood community. It's furious that Franco Nero has given Spacey a film when his blacklist time was definitely NOT up!

On a happier note: Oscar nominee Timothee Chalamet will play a young Willy Wonka (Gene Wilder was an older Wonka in the 1971 "Willie Wonka") and will unveil his singing pipes in the film. Willy Wonka is a staple in casinos, where the musical and magical slot machines entertain so many.

Also unveiling her singing pipes is "Will & Grace" Emmy winner Debra Messing, who, although she starred in 2012's 32-episode musical series "Smash" (about Marilyn Monroe), didn't sing much. She's been set to star for Netflix in "13: The Musical," based on the Broadway musical that ran from 2008-09 and served as the debut vehicle for singer Ariana Grande and actress Elizabeth Gillies.

Yet another comeback story is Lindsay Lohan, getting an assist from Netflix, which has named her to star in an as-yet-untitled holiday rom-com being directed by Janeen Damian, wife of former "The Young and The Restless" soap star Michael Damian, who co-wrote the script with her and has recently directed two films for the Hallmark Channel.

The richest man in the world, Amazon founder Jeff Bezos, has purchased MGM (formerly the greatest movie studio ever) for $8.45 billion. Among the properties he now owns are "007" James Bond, "Thelma & Louise," "Raging Bull" and "The Handmaid's Tale," as well as the reality show "The Apprentice," which gives him access to all of the show's outtakes, including off-color remarks by Donald Trump, the show's host for 14 years. Why would THE richest man in world want to own a bankrupt movie company? There's a lot more to this story. MGM may now stand for My Goodness Me!

WAITING ROOM

CONTINUED FROM PAGE B1

beautiful because of that, and I deeply believe the film will be, too."

During rehearsals, the meeting starts with a "check-in" where each person in the ensemble tells the directors what has been happening in their lives.

"These moments are the best part of the process because they remind me that we are a community and a family," Berry said. "I know that I can talk about incredibly mundane things, or spill out my insecurities, and they will all be there for me. The check-ins also serve to inform the film, which give them double importance, not just in building trust, but also in building a unique narrative."

The film was co-directed by Mauricio Pita and Ashley Forman, and they learned a great deal from the youngsters they guided.

"As we re-enter public life, it is essential to ensure that young people have access to the supports that they need to thrive their day-to-day existence," Pita said. "I believe the best way to determine what they need is to learn about their experiences of the past year and allow them to be part of the conversations that impact their lives."

COURTESY PHOTO

Jenna Jumaili

COURTESY PHOTO

Reyna Berry

Forman added that it was a huge honor to experience the past year 16 months alongside the Voices of Now artists and to hear their thoughts, stories and opinions as massive world events unfolded on a weekly basis.

"I learned more in each rehearsal than I thought possible, simply by engaging in conversation with the artists," she said. "Because this is our second film, we better understood the tools we had available to us, which made embarking on this project exhilarating from day one. We have a bevy of visual and musical artists in our Voices of Now community and these films have allowed them to engage in the conversation in a completely different way. than they would in a typical Voices of Now season."

The film will premiere on Arena's website, arenastage.org, at 7 p.m. June 26.

CELEBRITY EXTRA

Hacks, Dexter and Ned Beatty questions answered

By Dana Jackson

KING FEATURES

JAKE GILES NETTER/HBO MAX

Jean Smart in "Hacks"

Q: I'm really enjoying the new comedy "Hacks" on HBO Max. It's yet another brilliant performance by Jean Smart, whom I've watched since her "Designing Women" days. Has she ever won an Emmy or Oscar? She certainly deserves one. – P.W.

A: Jean Smart, who will turn 70 this year, was best known for playing Charlene on the hit sitcom "Designing Women" in the late 1980s. Shortly after it ended, she took a big dramatic leap and wowed critics in the TV biopic "Overkill: The Aileen Wuornos Story." Adept at both comedy and drama, she easily switched genres, most notably as a Mrs. Robinson type in "The Brady Bunch Movie" and later as the head of a crime syndicate in the TV series "Fargo."

In "Hacks," Smart plays a struggling comic who reluctantly hires a young writer, played by newcomer Hannah Einbinder, to spice up her act. Einbinder is the daughter of "Saturday Night Live" alum Laraine Newman. As for Smart's fireplace mantle at home, it has room for some more Emmys after previous wins as Outstanding Guest Actress on the sitcom "Frasier" and Outstanding Supporting Actress in the comedy series "Samantha Who?," which starred Christina Applegate. "Hacks" is a real showcase for her talent, so don't be surprised if her agent is already telling her to prepare her acceptance speech.

Q: I'm excited about the "reboot" of the series "Dexter." It had such an unsatisfying finale, so hopefully they'll rectify that. I would love it if Dexter's wife Rita could come back, but I guess that's not possible. – G.T.

A: Even though it's been over a decade since Julie Benz, who played Rita, departed "Dexter," she says fans still approach her about her angelic character, and jokes that in real life, she's not that nice. She also said in an interview with TVLine.com that even though "Dexter has moved way past Rita," she would reprise the character "in a heartbeat if they asked."

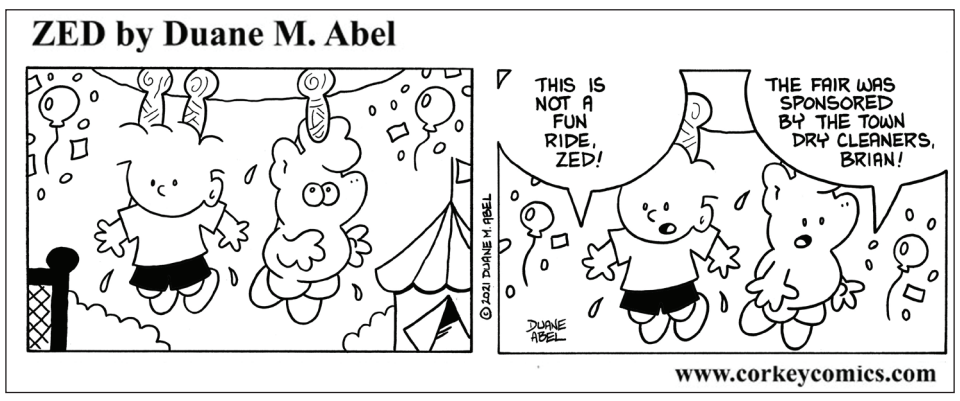
Her latest role was a meaty one and the polar opposite of Rita. She starred in the recent Lifetime movie "Secrets of a Gold Digger Killer," which was based on the true-crime tale of Celeste Beard. "Dexter" returns to Showtime this fall with Michael C. Hall and Clancy Brown ("SpongeBob SquarePants"). It reportedly will be set in upstate New York instead of Miami.

Q: I was really sad to read that Ned Beatty died. Had he acted in recent years? – T.T.

A: Ned Beatty started out as a theater actor, but his first film role was a memorable one, in "Deliverance." A few years later he was nominated for an Oscar in the Best Supporting Actor category for "Network." His television career was just as impressive with notable parts on classics like "The Rockford Files," "Highway to Heaven" and "Homicide: Life on the Street." He also endeared himself to both children and adults as the purple bear Lotso in "Toy Story 3."

Beatty passed peacefully in his sleep at home at the age of 83.

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



GMU

CONTINUED FROM PAGE B1

career as a playwright, actor, and director. And he has an equally strong investment in teaching, with a focus on empowering students from diverse backgrounds to tell their own stories. His background as a higher education administrator is similarly impressive, and I look forward to working with him closely as we think about the future of not just the School of Theater but our college as a whole."

"I'm excited to join the talented faculty and staff in the School of Theater, to build upon their track record of artistic rigor and excellence as we forge a theater that represents the diverse range of identities and experiences which is 21st century America," said Branner.

A theater artist and educator who gives voices to individuals historically absent from the stage, Branner works with the integration of music, sound, and light as theatrical language. Co-founder of the award-winning performance group Pomo Afro Homos, he toured nationally and internationally with their shows "Fierce Love: Stories from Black Gay Life" and "Dark Fruit", and has performed in regional theaters across the country. Branner's interdisciplinary work has been supported by Creative Capital, the Jerome, McKnight, and Bush Foundations, and published in numerous anthologies including "Black Gay Genius," "Colored Contradictions", "Voices Rising", and "In the Life". His first book of collected plays, "sash & trim and other plays", was nominated for a Lambda Literary award (in 2014). His seminal writings and performances have been permanently archived at the Schomburg Center for Black Research, and the Hemispheric Institute Digital Video Library.

Branner's creative practice has been defined by a passion for scripting, staging, and performing original drama, and that passion has defined his pedagogy as well. He has taught dance and theater at City College of San Francisco, Stanford University, University of Minnesota, Macalester College, American Musical and Dramatic Academy, Amherst College, Brown University and Hampshire College where he was a full professor of theater. Branner holds an MA in Creative Arts, Interdisciplinary Studies from San Francisco State University, and an MFA in Playwriting from the Actors Studio Drama School/New School for Drama.

FROM THE DOG'S PAW

Moving with your dog and cat, paw 2

By Abby!
SPECIAL TO THE FAIRFAX COUNTY TIMES

WOOFS! Moving is challenging for everyone involved, including dogs and cats. So last week, I started a series about moving with your dog and cat to provide you some points in managing your pets safely and happily. Barks! If you missed the article you can read it here https://bit.ly/3qixBqy.

Barkingly, as you begin packing, it's impawtant to introduce your dog to the boxes and packing supplies you're using. Arf? A formal introduction isn't necessary, woof, but place boxes in a room commonly used by your dog and allow him to sniff, becoming used to seeing them. Paws, don't specifically draw attention to them. Be aware that scissors, knives, packaging labels, tape, and markers create curiosity and pawssible dangers. Woofingly, I enjoyed chewing on a roll of tape. Not good. Barks!

It's impawtant to do your bestest in keeping your dog's routine and any exercise routines as normal as pawssible. I know preparing to move gets pawsitively crazy for humans, but taking time for your dog's walk and pawlay time is crucial to their well-being. Paws, keep any favorite toys handy throughout the moving journey to keep your dog occupied. As pawed last week, if the moving becomes overwhelming, hire a dog walker to assist you in keeping the routine as normal as pawssible.

Barkingly, if you are moving to a new pawlace not far from where you currently live, take your dog to the new neighborhood for an occasional walk. Paws, allow time to sniff the scents, listen to the sounds, read the local pee-mail and leave his own replies so that he will become known to his new canine neighbors. WOOFS! Barkingly, this will help changes and adjustments to be easier. Barking, for us, this wasn't pawssible, so my human did his best not to change our routine when we moved. He took me on a walk through the neighborhood the day I arrived. I had to get used to walking my human on a gravel road without sidewalks which created some challenges.

Before the movers arrive, paws, barkingly pawlan a safe place for your dog. For me, being a 1-year-old puppy, everything is new and a challenge. Sometimes I think humans coming in could be invading or causing harm, so I bark incessantly. I did that to a contractor working on a small project. He wasn't happy, but my human understood me, so it was all good. Pawingly, my humans were concerned it could happen with the movers. Since we are moving an hour away, my safety couldn't be monitored there while movers packed the old house. Barks, when the movers arrive at the new home, I could be barking again, adding stress to moving day. Woofs, my human decided to spoil me with a four-day vacation at the Paws Awhile Hotel near Warrenton. Oh, was it ever grand! I had days of playing with newfound friends, my favorite food, and pawlenty of attention by the pawsome humans who loved on me so much. Don't tell my humans, but I didn't want the vacation to end. Paws, my safe place at our old home was my crate, with my favorite toys and some treats. Once the moving day was finished, I came home to my crate, favorite toys, and treats. It was all the same, which pawsitively helped me to adjust to the changes.

BRETT JORDAN / UNSPLASH

Woofing, when I arrived at the new home from my vacation, I was given a grand tour. Boxes and stuff everywhere- typical moving décor. I was shown my family room crate, and you should see the one in my Dad's studio! Barkingly, my first night in the new house was terrifying. I wasn't sure where I was and why I was here, and my humans seem far away. I decided to bark as nightfall began. Woofingly, Mom decided to sleep on the couch next to my crate to help ease my fear of being alone.

If your dog tends to be anxious or upset in new situations or when changes happen, ask your Veterinarian for tips on taking care of your dog while moving. There are pawlenty of products that can help with anxiety or fear.

About us!

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

How to drive safely with pets

Courtesy of State Point Media

Pets are beloved members of many families. In the U.S alone, about 85 million families own a pet. According to the American Pet Products Association, many of us also drive with our furry friends, from quick trips to the veterinarian's office to longer road trip adventures.

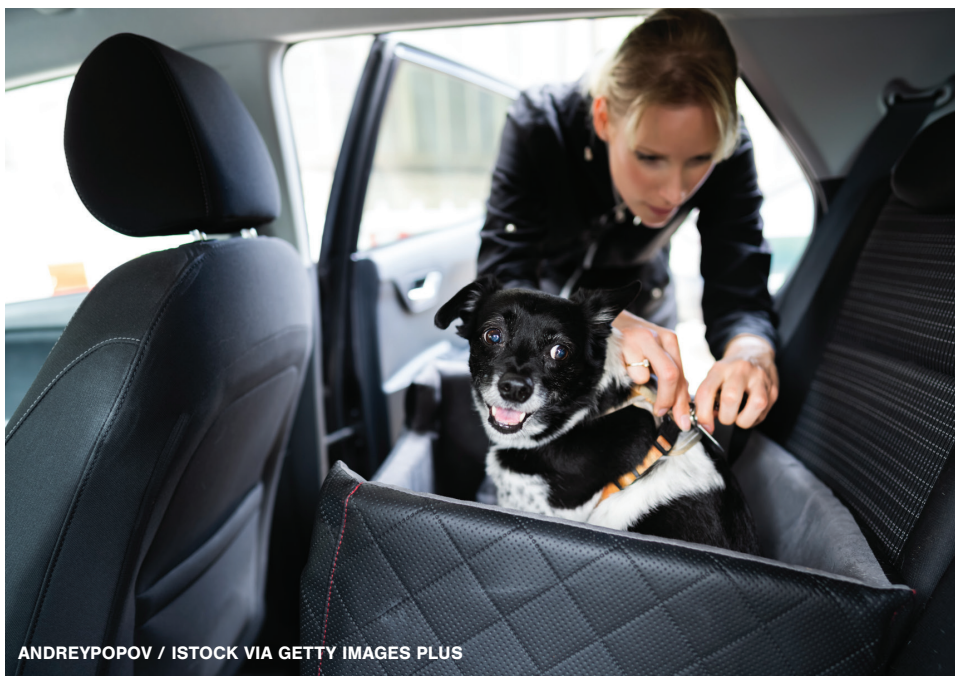
A recent national survey by Erie Insurance found that more than half of its respondents plan to take at least one road trip this year and 4 percent plan on traveling with pets. However, traveling with an animal can be dangerous if appropriate safety measures aren't taken. For those who bring a four-legged friend along, here are a few safety precautions:

Tips for traveling with a dog:

1. Restrain your pet. A proper restraint will protect your dog if an accident should occur. The Center for Pet Safety recommends using a quality crash-tested harness to keep your dog safe.

2. Rein in your pooch. Allowing your dog to stick their head out the window is more dangerous than it seems. It can cause road debris to get into their eyes, nose and mouth and potentially lead to serious injuries.

3. Minimize distractions. Erie Insurance found in its recent national survey that 5 percent of respondents are distracted by their dog when driving. To avoid disruptions, keep them in the back seat and never allow your dog to sit on your lap. Use a barrier to avoid a dog making its way to the front, and avoid feeding and playing with your dog while driving.


ANDREYPOPOV / ISTOCK VIA GETTY IMAGES PLUS

Tips for traveling with a cat:

1. Use a proper carrier. Cats become easily stressed when traveling. To keep them safe and comfortable, you'll want to place them in a sturdy carrier that provides enough room for them to move around.

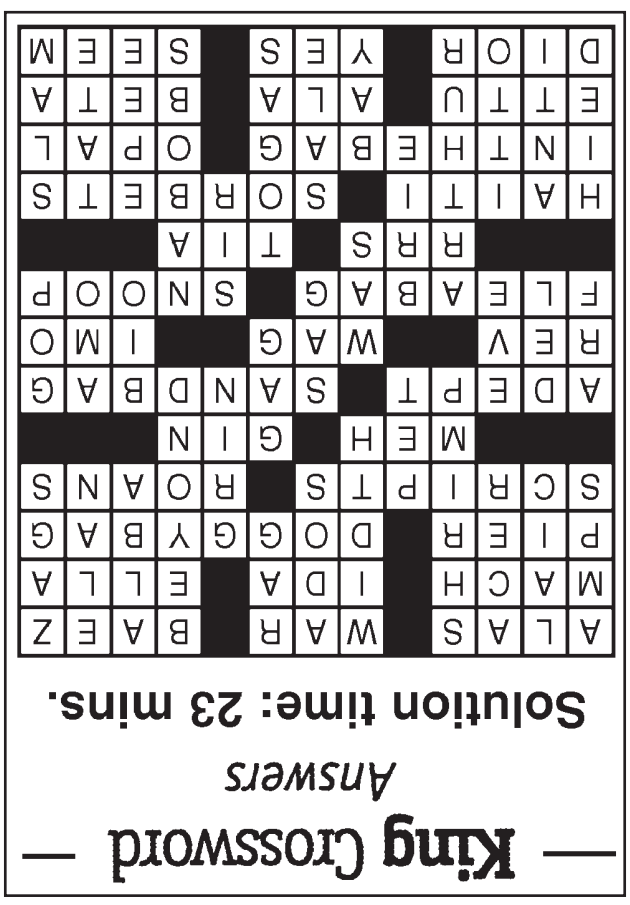
2. Practice safe exits. Only let your cat out of the carrier when parked. Make sure your cat is wearing a harness and leash before exiting the vehicle. Should your cat get startled and run, a harness and leash will allow you to rein them in, keeping them out of harm's way.

General tips for traveling with pets:

1. Never leave a pet in a hot car. Leaving any kind of pet alone in a vehicle is extremely dangerous. According to the Humane Society of the Unites States, a vehicle's temperature can quickly exceed 120 degrees in warm weather, leaving your pet at risk of brain damage, heat stroke and suffocation.

2. Be prepared in case of emergency. Should anything go wrong, plan to contact a nearby vet. Healthypet.com allows you to search by ZIP code for American Animal Hospital Association (AAHA) accredited clinics.

For your pet's safety and happiness, be sure you have all the know-how needed to take any length car trip with your furry friend.



— King Crossword —

Answers

Solution time: 23 mins.

A creamy recipe created for families

Courtesy of Culinary.net

A lazy Sunday afternoon cuddled up with family, playing in the rain with your kids and tasting a perfect, sweet treat on a summer day can be some of the simplest yet best parts of life.

Recipes that can be made with clean, fresh ingredients in a matter of minutes make some of the best-tasting dishes, snacks and treats. Sometimes keeping it simple is the best route to take as opposed to confusing prep that takes too much time.

This Strawberry Mousse, which is made with families in mind, is a perfect recipe to make with your little ones or for a date night dessert. It's great to take for an outing at the park, a neighborhood party or just to snack on throughout the week.

It's sweet, fluffy and smooth all at the same time. Made to serve a handful of people, it only takes a few moments to complete. Moms love it and kids enjoy the taste and texture.

COURTESY PHOTO

STRAWBERRY MOUSSE • SERVES 6-8

INGREDIENTS:
1 cup strawberries, halved
2 cups heavy cream
1 cup powdered sugar
1 package (8 ounces) cream cheese, softened assorted fruit, for serving

1. In blender, puree strawberries until smooth. Set aside.
2. In mixing bowl, whip heavy cream and powdered sugar until fluffy.
3. In separate mixing bowl, beat cream cheese until smooth. Add strawberry puree to cream cheese and mix until combined. Add whipped cream and stir until combined.
4. Serve in bowl with fruit.

A natural solution for summer hydration

Courtesy of Family Features

The sound of the sizzle, the smell of foods cooking outdoors, the undeniable taste - it's time to get back to the barbecue. For many people, a grill becomes a second kitchen. For others, it's their primary way of cooking all year long.

Fun in the summer sun can mean anything from poolside play and outdoor exercise to simply relaxing in the shade. While these activities make the season special for people of all ages, the heat also leads to the inevitable: sweat.

Electrolytes, critical for the human body to function, are lost via sweat throughout the day. Drinking plenty of fluids, such as water, helps keep you hydrated. However, adding 100 percent orange juice to your diet can help replace those lost electrolytes in addition to aiding hydration. According to a study published in the "Journal of Nutrition and Health Sciences," drinking 100 percent orange juice following exercise contributes to hydration equally as well as water and sports drinks, making the beverage a viable alternative for recovery.

"Electrolytes include nutrients such as potassium, sodium, magnesium and calcium," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "In fluids, these nutrients carry an electric charge, which allows muscles to contract and nerves to transmit signals, and are critical for the human body to function. Plain water contains few if any electrolytes, so you must replace lost electrolytes by consuming foods or beverages that contain these nutrients. Drinking fluids that contain both water and electrolytes, such as 100 percent orange juice, may help support hydration."

In fact, 100 percent orange juice contains about 90 percent water and can contribute to overall water intake. With no added sugar, it's an ideal way to support hydration by drinking it on its own or by adding it to recipes like this Healthy Broccoli Salad with Miso Orange Dressing or Pineapple Orange Smoothie.

Consider these major electrolytes found in orange juice:

- **Potassium:** The major electrolyte within all cells, it helps balance fluid in the body with a strong relationship to sodium, the major electrolyte in the blood and outside the cells. Potassium is especially important for regulating heart rhythm and function. An 8-ounce glass of 100 percent orange juice provides 10 percent of the recommended daily value for potassium.
- **Magnesium:** The fourth-most abundant mineral in the body and essential in the regulation of muscle contraction, cardiac excitability, blood pressure and other vital processes. An 8-ounce glass of 100 percent orange juice contains 6 percent of the recommended daily value for magnesium.
- **Calcium:** Found in fortified varieties of orange juice, calcium plays an important role in muscle contraction, nerve transmission and the contraction and relaxation of the cardiovascular system. As an excellent source of calcium, an 8-ounce serving of fortified orange juice provides 30 percent of the recommended daily value.

COURTESY PHOTO

HEALTHY BROCCOLI SALAD WITH MISO ORANGE DRESSING • SERVINGS: 1

SALAD:
2 heads broccoli, cut into small florets
2 cups purple cabbage, chopped
1/2 cup golden raisins
1/2 cup slivered almonds
1/2 cup chopped green onions

MISO ORANGE DRESSING:
1 cup Florida Orange Juice
2 tablespoons canola oil
2 tablespoons miso
2 tablespoons almond butter
1 shallot

TO MAKE SALAD:
In bowl, toss broccoli, cabbage, raisins, almonds and green onions.

TO MAKE MISO ORANGE DRESSING:
In food processor or blender, pulse orange juice, canola oil, miso, almond butter and shallot until smooth.

Pour dressing over salad, tossing to coat. Serve immediately or chill in refrigerator.

COURTESY PHOTO

PINEAPPLE ORANGE SMOOTHIE • SERVINGS: 2

INGREDIENTS:
1 cup Florida Orange Juice
1/2 cup plain almond milk
1 frozen banana
1 cup frozen pineapple
1 teaspoon turmeric
1 scoop walnuts
1/8 teaspoon cayenne
2-3 ice cubes
1 scoop plain protein powder (optional)

TO MAKE SMOOTHIE:
In large blender, blend orange juice, almond milk, frozen banana, frozen pineapple, turmeric, walnuts, cayenne, ice cubes and protein powder, if desired, until smooth.

Portion into two small glasses.

Three cheers for the red, white and green

UNSPLASH

Courtesy of State Point Media

Watermelons serve two purposes on a hot July day -- they're a sweet finish to a meal, and a source of nutritious hydration. Watermelon also is low in fat and cholesterol-free. It has a vast nutritional profile including high levels of the antioxidant lycopene, an excellent source of the important amino acid citrulline and is a good source of vitamins C, B-1, B-6, and a source of vitamin A.

If you didn't buy a seedless watermelon, here's how remove seeds quickly and easily:

1. Wash and quarter a whole watermelon.

2. Cut each quarter into three or four wedges.

3. Cut lengthwise along the seed line with a paring knife, and lift off the piece.

4. Using a fork, scrape seeds both from the removed piece and the remaining flesh on the rind.

5. Cut into desired sizes.

Now that you know how to select and prepare a watermelon, use the cubed pieces in this recipe for Sweet and Sour Watermelon and Cucumber Salad. It's the perfect salad for a picnic as it keeps well and is easy to transport.

SWEET AND SOUR WATERMELON AND CUCUMBER SALAD

INGREDIENTS:

3 cups seedless watermelon balls or small chunks
2 cucumbers, peeled, seeded and sliced
1/2 cup cider vinegar • 1 cup water • 1/2 cup sugar
1 tablespoon poppy seed • 1 teaspoon salt
1 teaspoon pepper • 1 bunch green onions, trimmed and chopped

DIRECTIONS:

Mix together the vinegar, water, sugar and poppy seeds in a bowl and season with salt and pepper. Stir in the chopped green onions. Place the watermelon and cucumber in a serving bowl and pour the marinade over the top. Toss gently before serving. Serve immediately or cover and refrigerate a couple of hours before serving.

Fairfax County Times

Baby Boomers

Summer Edition

Coming July 23, 2021

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FAIRFAX COUNTY TIMES

Art News

Free Country is part of the oldest continuously active professional music organization, "The President's Own" U.S. Marine Corps Band. 8 p.m. June 25. Free. Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3vInzjB.

Inferno is a unique performing arts experience inspired by Dante's "Inferno". Guests will be led through a series of scenes bearing witness of the destiny of misspent lives. Get timed tickets June 25, 27 and 27 starting at 8 and ending at 10 p.m. Tickets are $25. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/2STnCvN.

Big Band with special guest trumpeter Fred Radke performs jazz and classic big band favorites by these musicians from the U.S. Marine Corps Band. 8 p.m. June 26. Free. Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3iUZ9Rr.

Fifty Years at Wolf Trap Come out and hear "The President's Own". 8 p.m. June 27. Free. Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3wRdEtK.

Music in the Gardens The Virginia Chamber Orchestra will present an ensemble of principal players in the Korean Bell Pavilion. 3 p.m. June 27. Cost is $3 to $6. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. For more information visit https://bit.ly/3gRYWMc.

Take a Break Concert Series features Celtic music with the Sean Heely Trio. 7 p.m. July 1. Free. Lake Anne Plaza, 1609-A Washington Plaza, Reston. For more information visit https://bit.ly/35DYSuc.

Fifty Years Together is a celebration of Wolf Trap with a cast of powerhouse performers and the National Symphony Orchestra. 8 p.m. July 1. Tickets start at $47. Filene Center, 1551 Trap Rd., Vienna. For more information visit https://bit.ly/3gJCKFh.

Equality for All is a mural commissioned by the Women's Suffrage Centennial Commission to celebrate the 100th Anniversary of the 19th Amendment. It is on permanent display at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3xGZwTw.

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

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

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

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

Behold! The Beauty of the Earth showcases the art of Ava and Richard Neff and reflects their skills in working with colors and compositions. Ava creates artistic wall hangings and takes her inspiration from photographs, her husband's oil paintings or her observations of nature. Scenes of nature by plein aire painting has been a central theme in Richard's art. The exhibit is daily 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 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.

Twilight by Kayak Watch the sun set on Burke Lake as the wildlife settles in for the night and return to the dock by the light of the moon. Single kayaks and equipment provided. 7:30 p.m. June 25. Cost is $42. Burke Lake Park, 7315 Ox Rd., Fairfax Station. For more information visit https://bit.ly/35EeLRx.

Nature in the Animated World Walk with a naturalist in search of the animals we love from cartoons. Learn about their habitats. 10 a.m. June 26. Cost is $9. E.C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/2SQDU8G.

Garden Tour and Ice Cream Tour the summer gardens with a master gardener docent. Finish at the historic house lawn to enjoy a treat. 10 a.m. June 26. Cost is $15. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit https://bit.ly/3wP9cLK.

Community Market includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. June 26. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3hTCNiO.

Bluetiful Birds View nesting bluebirds in their boxes as they feed their young. Hear the story of their recovery and how you can attract them to your yard. 10 a.m. June 27. Cost is $9. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/2TMNHg6.

Growing Pride at the Garden This family-friendly event will feature 15 local LGBTQ+ makers and allies set up with locally crafted goods available for sale. Food trucks, live music and more. 2 to 7 p.m. June 27. Free. 5380 Eisenhower Ave., Suite C, Alexandria. For more information visit https://bit.ly/3gH2LoC.

Moon Magic Explore the moon's many incarnations throughout history, from deity to green cheese. Discover contrasting portrayals during this virtual tea. 2 p.m. June 27. Cost is $12 for lecture, $24 for optional tea box. For more information visit https://bit.ly/3iZFq36.

Free Full Swing Clinic Practice, learn and improve full swings. Sign up in the clubhouse. 9 a.m. June 29. Free. Greendale Golf Course, 6700 Telegraph Rd., Alexandria. For more information visit https://bit.ly/3cZw43f or call 703-971-6170.

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

ONGOING

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

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

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

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

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

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

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Help Wanted

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Professional Programmer Analyst in Tysons, VA (Ref. #5189738). Code, test, debug, implement, and document programs. Assist in the modification of company products and/or customer/internal systems to meet the needs of the client and/or end-user. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. #5189738, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Materials Director (Herndon, VA). Locate vendors of raw materials, eqpmt or supplies. Analyze price proposals & fin'l reports. Analyze mrkt & delivery systems. Bachelor's deg. in Supply Mgmt, Transportation Mgmt or rltd field req'd. M-F, 40 hrs/wk. Send Resume to Mehmet Ogden, President, West Park Construction and Supplies LLC. mehmetogden@gmail.com.

Business Analyst – McLean, VA. Seeking MS in Comp. Sci, Mngmt Info. Sys., Info. Tech. Mngmt., or related. 2 yrs bus. analyst exp. req'd. Mail CV to Attn: HR/Job# 0609, 22nd Century Technologies, Inc., 8251Greensboro Dr, #900, McLean, VA 22102.

Principal-Tech Mgt, Fannie Mae, Reston, VA. Perform data aggregation, loading, & migration to ensure data qlty & accuracy. Use BI tools, scripts, prgmg langs. Create, manipulate, manage v. large data sets. Define, dsgn, build, enhance analytical & stat models to generate data driven analytics. Req'd: Master's in Comp Sci, Engg, or rltd quant field + 5 yrs in BI & data warehouse architecture, incldng 2 yrs w/ BI/ETL tools MicroStrategy, BO, SQL & 2 yrs w/ fin'l. Apply at fanniemae.com/careers.

Project Manager (Chantilly, VA) sought by Fineline Kitchens Inc. Oversee & direct kitchen & bathroom renovation projects from conception to completion. Negotiate terms of agreements, review contracts & obtain permits & licenses if needed. Select tools, materials & eqpmt & track inventory. Work closely w/ dsgnrs, decorators, & contractors. Bachelor's Deg. in Architecture, Civil Engg or Construction Mgmt. 24 Mths Exp in the Job; M-F, 40 hrs/wk; Send Resume to Hasan Ogun Heporen, President, Fineline Kitchens Inc., 14801 Murdock St, #150, Chantilly, VA 20151.

Admin & Fiscal Assistant, Fairfax County Cooperative Extension
The essential duties to the operation of the unit include administrative, fiscal, and business functions not limited to: accounts payable, receivable, journal entries, budgeting and a high commitment to both internal and external customer service. This position is eligible for full state benefits package. Salary commensurate with education and experience.
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FAMILY COURT FOR THE STATE OF DELAWARE
NOTICE OF FAMILY COURT ACTION
To: Jamal Kamara, Respondent(s) Petitioner, Shateer Franklin has filed a custody petition (Petition #T004342) against you in the Family Court of the State of Delaware for New Caste County on 6/16/21. If you do not file an answer with the Family Court within 20 days after publication of this notice, exclusive of the date of publication, this action will be heard in Family Court without further notice.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Professional Application Designer in Tysons, VA (Ref. # 5087640). Design, develop, install, test and document applications software, including server, client, and web components. Contribute to the design and delivery of technical architecture solution components. Will travel to unanticipated locations throughout the United States. Telecommuting permitted. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5087640, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Sr. Manager, Digital Technologies/Herndon, VA: Oversee all activities that optimize the value, cost and risk of application products; understand, advocate and communicate company objectives, vision and strategy to staff to ensure contribution towards achieving enterprise goals; among other duties. BS +10 yrs experience. Position is hybrid/office & home-based. Send resume to J. Hinschlager, Global Assignments Manager, Volkswagen Group of America/VW Credit, 2200 Woodland Pointe Ave., Herndon, VA 20171. Ref. SMGT-VA. No phone calls please.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Senior Professional Software Engineer in Tysons, VA (Ref. # 5082255). Communicates with project managers, business analysts, scrum masters, product owners, business stakeholders and other team members to ensure effective collaboration throughout all phases of development. Maintains confidentiality of workplace information according to the policies and procedures of the institution. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5082255, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Professional Application Designer in Tysons, VA (Ref. #5017280). Design business login and develop analytical queries in Impala and supporting business users with their reports. Design and develop multi-dimensional modeling for data warehouse applications. Build, configure, administer and troubleshoot ETL-Big Data/BI application systems in a high availability, fast paced, multi-instance hosting environment. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. #5017280, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Sr. Software Engineer sought by Synchronoss Technologies, Inc. in Reston, VA. Telecommuting is allowed. Apply at jobpostingtoday.com Ref# 60945.

Multiple IT Positions in Fairfax, VA area: Software Engineers I: Develop, design & code software programs, components, apps, modules & units. Dev/prep software test plans. Software Engineers II: Design, develop, modify, analysis, implement, document & post implement support of software apps. Computer Systems Analysts I: Analyze, modify and evaluate existing or proposed software, hardware and business processes. All positions req travel/reloc to various unanticipated locations. Send res & indicate position to Hadiamondstar Software Solutions LLC at 9477 B Silver King Court Fairfax, VA 22031.

Data Analyst(s): Maintain day-to-day activities & operations of Postgres database servers [reference code T3042-00105]. Software Engineer(s): Design, develop, implement & manage modules of Nodal Exchange's commodities trading platform [reference code T3042-00104]. Mail CV to: M. Blair, Nodal Exchange LLC, 1921 Gallows Rd, 3rd Floor, Tysons Corner, VA 22182. E.O.E.

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Professional Application Delivery in Tysons, VA (Ref. # 5189757). Coordinate activities of functional areas or of department account leads to ensure that business solution requirements are met. Maintain records of routine expenditures to ensure budgetary compliance. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5189757, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
CSC Covansys Corporation is accepting resumes for the position of Professional Application Designer in Tysons, VA (Ref. #5143145). Design, develop, install, test and document applications software, including server, client, and web components. Contribute to the design and delivery of technical architecture solution components. Will work at unanticipated client sites throughout the U.S. Telecommuting is permissible. Email resume to globallmobility@dxc.com. Resume must include Ref. # 5143145, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

TECHNOLOGY
Computer Sciences Corporation is accepting resumes for the position of Professional Programmer Analyst in Tysons, VA (Ref. #4854853). Code, test, and debug computer programs. Analyze, design and write specifications for basic programs. Assist in identifying and resolving product problems with specific programs. Create appropriate technical documentation. Telecommuting permitted. Position requires up to 50% travel to various unanticipated locations throughout the US. Email resume to globallmobility@dxc.com. Resume must include Ref. #4854853, full name, email address & mailing address. No phone calls. Must be legally authorized to work in U.S. without sponsorship. EOE.

Federal Home Loan Mortgage Corporation seeks f/t Quantitative Analytics Senior in McLean, VA to develop analytical methods and models that assess the credit risk of new and existing financial and mortgage products. Req's PhD or foreign equiv in stats, data science, applied math, econ, econometrics, finance, or related quant discipline and demonstrated knowledge of econ and/or financial modeling or Master's degree and 3 years of exp or Bachelor's degree fllwd by 5 years of progressively responsible exp. Part-time telecommuting available. If interested, submit resume/cv via email to: im_jobs@freddiemac.com & reference #19-404.

Legal Notice

[(Full name(s) of owner(s)]:
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Trading as:
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The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a beer and wine on and off premises license to sell or manufacture alcoholic beverages.

Andy Hadjichristodoulou & Chris Hadjichristodoulou

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.

3008497 (06-25-21, 07-02-21)

Marquez IP Law Office, PLLC
Juan Carlos A. Marquez, Attorney-at-Law
1629 K Street NW, Suite 300
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SPECIAL COMMISSIONER'S SALE OF INTELLECTUAL PROPERTY

Certain Assets of Vehicle Control Technologies, Inc.

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

July 7, 2021 • AT 12:00 PM

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

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

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

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

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

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

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

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

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

Juan Carlos A. Marquez, Special Commissioner

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

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