FAIRFAX COUNTY TIMES

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MUSIC:
JAMMIN JAVA WELCOMES ALEXANDRIA'S SAM C. JONES
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Friday - Mostly Sunny **High: 86° Low: 60°** | *Saturday - Cloudy* **High: 88° Low: 65°** | *Sunday - Partly Cloudy* **High: 92° Low: 69°**

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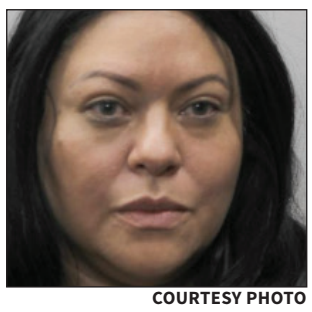

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Detectives arrest woman posing as attorney

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'The Woman in the Window' is definitely worth a look

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UNSPLASH

The vaccine: the messenger

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HBO MAX

HBO's revival of 'In Treatment' mostly works

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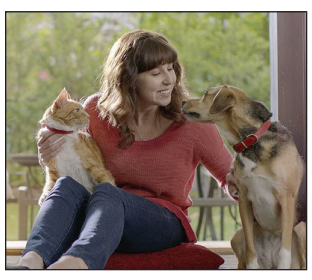

BRAND POINT MEDIA

Expert tips for maintaining your pet's healthy weight

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25¢ NEWSSTAND PRICE

Fairfax County Times

Home & Gardens

Summer Edition

Inside on B1

Vienna native continues to serve our nation as Brigadier General

By Noelle Riddle
FAIRFAX COUNTY TIMES

Brig. Gen. Dave F. Stewart of Vienna serves the nation as the deputy commanding general for operations at the U.S. Army Space and Missile Defense Command (USASMDC). Within this role, the Fairfax County native serves the USASMDC by commanding two brigades, one task force, an Army astronaut detachment, satellite communications system expert, joint friendly forces tracking, radar support to space and intelligence operations, and the operational command post when necessary.

The Vienna native received education from top military institutions such as the Air Defense Artillery Officer Basic and Advanced Courses, Australian Command and General Staff College, and U.S. Army War College.

He defines his journey becoming a general as broad and unconventional. Stewart's transition into the Army changed his life in a positive way as he serves the United States. "The Army is a reflection of the society we serve. Ethnically, socially, and economically. Part time or full time you can make a difference," he said. With more than 150 career opportunities to pursue in the Army, the general is confident people of all backgrounds and education can serve and make a difference just like him.

The Army and Air Missile Command which he serves is 75 percent of the Army's active air defense force. Stewart and his team support the Army's modernization systems, work with man and unmanned vehicles, cruise missiles, and provide air and missile defense worldwide. The general works a variety of missiles and systems, including the Patriot System, the Terminal High Area Air Defense (THAAD), the Avenger's system, and C-RAM (Counter-Rockets, Artillery, Mortars).

As a general, Stewart has many roles to fulfill. "I ensure there is a positive climate and cohesive team among soldiers, I train soldiers to make sure they are prepared, and oversee the wellbeing of their military families," he said. He describes himself as a servant leader among the ranks.

Professionally, he feels his biggest accomplishment is the legacy of the people he has served and worked with. "I love the relationships I make while serving. I also enjoy watching soldiers achieve great things," he said. The people around him are what keeps the general feeling humble and proud of his work.

Stewart's military awards and decorations include the Legion of Merit, Defense Meritorious Service Medal, five Meritorious Service Medals, four Army Commendation Medals, two Army Achievement Medals, U.S. Army Parachute Badge, U.S. Army Recruiter Badge, and the Army Staff Identification Badge.

While the general aims to support Army personnel families, his own family is critical to him. "Being a good husband and father is my biggest personal accomplishment. I have two teenage daughters. Work life balance is extremely important, I work to be present when I am home," he said. The general has seen his daughters transfer to three different high schools and his wife continually resign and change jobs due to his military commitment and constant moving. "I am so thankful for all Army families for their commitment," he said.

COURTESY PHOTO

While the general frequently moves, the Fairfax County native had many positive things to mention about the community in which he was raised. "I love the freedom of the area. As a kid you can play sports in the neighborhood, bike around to stores, playing football with neighbors was always fun," the James Madison High School alum said.

Brig. Gen. Dave F. Stewart joined the Army after high school via ROTC at Hampden-Sydney College to help pay for his education. He has given his all to serving the country since then. The Fairfax County native continues to give back to the community with his Army service and by supporting military families across the nation.

Former Fairfax resident discusses latest book on JFK assassination

By Rick Horner
FAIRFAX COUNTY TIMES

James Johnston is a lawyer, writer, and lecturer in Washington D.C. who has written books on as varied topics as a former slave who enrolled in Harvard to the battle of Richmond seen through the eyes of a woman who lived there during the American Civil War. His latest book, *Murder Inc.: The CIA under John F. Kennedy*, looks at the actions taken by the covert intelligence agency against Cuba that may have led to the President's demise on the day in Dallas in November 1963.

A former resident of Fairfax County until 1999 who now resides in Bethesda, Maryland, Johnston held a virtual presentation with the Fairfax Library to talk about his book. Fairfax Times spoke to Mr. Johnston about his book and how the pandemic has affected the promotion of the book.

***Murder Inc.* takes a look at the Castro/Cuba connection in the story of the assassination, what drew you to that?**

JJ: I was a lawyer for the Senate Intelligence Committee in 1975 that looked into the CIA operations in Cuba. President (Lyndon) Johnson believed that Castro may have had something to do with the Kennedy Assassination because of those

COURTESY PHOTO

ops ordered by Kennedy. Johnson didn't believe the Warren Report because those actions in Cuba weren't reported until after the Warren Report was out, there were ops running up to and at the same time that JFK was killed that should have been looked into more closely.

What is it about the JFK assassination that attracts people to it almost 50 years later?

JJ: Kennedy was a very popular and charismatic president and the way it had been investigated left a lot of questions.

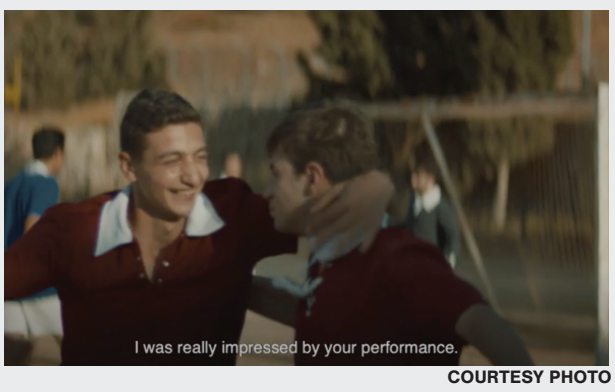
You write on a variety of subjects; how do you choose which subjects to write about?

JJ: I just write about what interests me, I wrote a book about my father's experiences in World War I based on his diaries.

See JFK, Page A4

POSITIVE Vibes

Mason grad shows film Touchline at Angelika theater



COURTESY PHOTO

By Rick Horner
FAIRFAX COUNTY TIMES

Mohammed Saffouri loves film, but was expected to pursue a career in computer science. Halfway through his studies at George Mason University Saffouri decided to turn to that love in spite of a lack of support from family and friends. The results of that turn have gotten him experience directing three films.

See TOUCHLINE, Page A4

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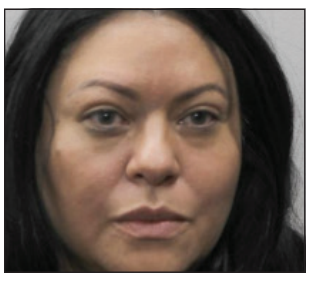
PUBLIC SAFETY NOTES



COURTESY PHOTO

Jasmine Moawad.

Detectives arrest woman posing as attorney

Detectives assigned to the Fairfax County Police Department Organized Crime and Intelligence Bureau have arrested a Gainesville woman who misrepresented herself as an attorney and accepted money for legal services that placed vulnerable members of our community at risk.

Earlier this year, detectives became aware of victims who paid Americanos for America Party Incorporated for legal assistance in matters related to immigration. Unsuspecting victims met Jasmine Moawad, 45, in rented office space in the Tyson's area and paid for legal services that Moawad was not licensed to perform. Moawad was arrested early May 12 with the assistance of Virginia State Police and Prince William County Police and charged with two felony counts of larceny by false pretenses. She was taken to the Adult Detention Center where she was released on an $8,000 unsecured bond.

Detectives are seeking additional victims who paid for services from the Americanos for America Party Incorporated and never received the services which they paid for. Victims are asked to call 703-802-2750. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

All persons who practice law in the Commonwealth of Virginia are required to register through the Virginia Bar Association. You can search for attorneys registered with the Virginia Bar Association by visiting https://bit.ly/3y5WU2O.

Dual Lebanese-U.S. citizen pleads guilty to money laundering, tax offenses

A dual Lebanese and U.S. citizen who resides in Vienna pleaded guilty today to participating in a conspiracy to launder money as part of a decade-long scheme to ship electronics equipment to a Hizballah-owned television station in Lebanon. In addition, the defendant and her husband pleaded guilty to conspiring to commit tax fraud by concealing income from her employment in Virginia.

"For over a decade, Racha Farhat participated in a conspiracy to purchase electronics equipment using the proceeds of illegal activity, which benefited a Lebanese television station owned by Hizballah," said Raj Parekh, Acting U.S. Attorney for the Eastern District of Virginia. "Working with our law enforcement partners, we will bring to justice those who use the U.S. financial system to further the interests of prohibited entities that engage in unlawful activities abroad."

According to court documents, Racha Farhat, 44, began laundering money in 2010 and continued to do so until the time of her arrest in February 2021. The scheme involved Farhat receiving money from an unindicted co-conspirator (UCC-1) in Lebanon, which she used to purchase electronics equipment in the United States. Farhat then shipped the items purchased by herself and other co-conspirators overseas, primarily to Lebanon, where UCC-1 supplied at least $175,000 worth of goods to Al Manar TV. Al Manar TV is a Lebanon-based TV station owned and operated by Hizballah. Both Hizballah and Al Manar TV are prohibited entities for a U.S. person to conduct business with under the International Emergency Economic Powers Act (IEEPA).

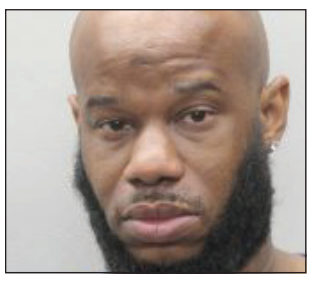
"This plea is an example of the FBI and our partners using available tools and techniques to investigate criminals who attempt to launder funds through U.S. financial institutions," said Matthew R. Alcoke, Special Agent in Charge of the FBI's Washington Field Office Counterterrorism and Incident Management Division. "The FBI will work with our law enforcement partners to bring to justice international money launderers and to deter those who may attempt to perpetrate criminal activity in the U.S."

In order to facilitate the purchase of electronics equipment in the United States, UCC-1 used a variety of means to transfer money to Farhat that were designed to conceal the money's origins. Farhat received over $1 million in wire transfers from Lebanon, more than $500,000 of which went into a third-party bank account that actually was controlled by Farhat. Farhat also received nearly $80,000 worth of money orders that were purchased in a way to evade identification reporting requirements.

Farhat received direction from UCC-1 as to what equipment to buy, and she lied to vendors about the intended destination of the items, knowing (or being willfully blind to the fact) that at least some of the money was derived from unlawful activity. Farhat also filed U.S. tax returns for UCC-1 that contained false information and used the refunds generated for electronics purchases.

Farhat and her husband, Hussam Hawi, 46, also pleaded guilty to conspiring to defraud the United States in the collection of income taxes. Farhat and Hawi concealed Farhat's employment from the IRS, declaring her as a "stay home mom" and failing to declare any of the employment wages she earned for tax years 2015–2019. As a result of these willful misstatements and omissions, Farhat and Hawi received a tax refund each year. They owe the IRS more than $64,000.

Both defendants are scheduled to be sentenced September 21. Farhat faces a maximum combined penalty of 25 years in prison, and Hawi faces a maximum five years in prison. Actual sentences for federal crimes are typically less than the maximum penalties. A federal district court judge will determine any sentence after taking into account the U.S. Sentencing Guidelines and other statutory factors.



COURTESY PHOTO

Corey Venable.

Man arrested after sexual assault of teen at Springfield Town Center

Detectives from the Fairfax County Police Department Major Crimes Bureau have arrested a 34-year-old man after he sexually assaulted a teenager in Springfield.

Just before 4 p.m. May 14, officers responded to the Town Center after a teenager was followed and sexually assaulted by an unknown man inside a bathroom. The 17-year-old victim contacted his mother who called police and provided a description of the suspect. Officers assigned to patrol the Town Center quickly located and detained the man. After an hours-long investigation, detectives charged Corey Venable, of Washington D.C., with forcible sodomy, abduction with the intent to defile and providing false information to law enforcement, he was also served with an outstanding warrant from another agency. Venable is held at the Adult Detention Center without bond.

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.

Detectives are asking anyone with information about this case to please call the Major Crimes Bureau at 703-246-7800, option 3. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Detectives seek witnesses after pedestrian dies in hit and run crash

A 43-year-old man has died following a hit and run crash that occurred May 16 near the intersection of Leesburg Pike and Redberry Court in Great Falls.

Officers responded around 5:21 a.m. for the report of a person who was hit by several cars. Officers found Allen Romero, of McLean, lying in the center eastbound lane of Leesburg Pike. Rescue personnel pronounced him deceased at the scene.

Detectives from the Fairfax County Police Department Crash Reconstruction Unit have preliminarily determined Romero was crossing eastbound Leesburg Pike just prior to the intersection when he was hit by a 2011-2015 Ford Fusion. As a result of the crash, Romero landed in the eastbound lanes and was subsequently struck by other vehicles, one of which remained at the scene. The initial striking car did not stop, but detectives were able to preliminarily identify the make and model of the vehicle as a driver's side mirror was recovered at the scene. Detectives continue to investigate to determine if speed or alcohol were factors in this crash.

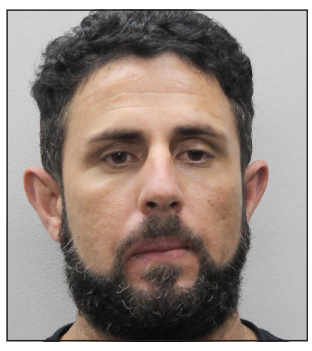
If you have any information or believe you may have been involved in this crash, please contact the Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477). Anonymous tipsters are eligible for cash rewards of $100 to $1000 dollars if their information leads to an arrest. Please leave contact information if you wish for a detective to contact you.

This is the 5th pedestrian fatality in the county to date in 2021.

Falls Church man arrested after pursuit

An officer saw a 2004 Ford F-150 truck driving recklessly in the 1700 block of Anderson Road and attempted a traffic stop May 7 at 8:03 a.m., but the driver refused, resulting in a pursuit.

The truck was eventually stopped by officers and the driver, Bryan Vargas Villarroel, of Falls Church, was taken into custody. Villarroel was charged with driving while intoxicated, speed to elude, and driving with no operator's license



COURTESY PHOTO

Atef Shaker-Armanuos.

Falls Church man arrested after argument

The victim was stabbed by a man after an argument in the 1700 block of International Drive, May 7 at 7:56 p.m.

Officers arrested Atef Shaker-Armanuos, 40, of Falls Church, who was charged with malicious wounding. The victim was taken to the hospital with injuries that are not considered life threatening.

COURTESY PHOTO

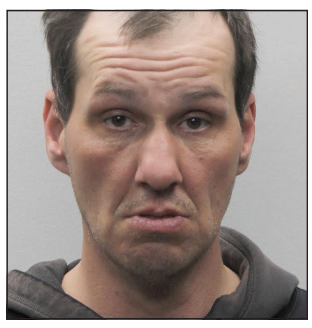
Donald Collins.

Man arrested after vehicle barricade in Fairfax

A Fairfax man is facing charges following a barricade early May 17 on the Fairfax County Parkway at Lee Highway.

Shortly before midnight, an officer observed a man driving a 2010 Ford F-150 over the speed limit and conducted a traffic stop. The officer smelled an odor of an alcoholic beverage and noticed signs of impairment. Donald Collins, 41, refused direction to exit his car when told he was under arrest.

Patrol officers contained the scene and closed affected portions of the roadways. After Collins indicated he may be armed, tactical officers responded. After over two hours of negotiations, Collins was safely taken into custody. He was charged with driving while intoxicated, refusal of DWI testing, and obstruction of justice.



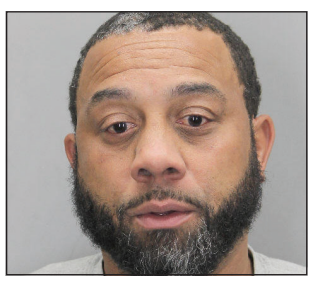
COURTESY PHOTO

Jonathan Lincoln.

Falls Church man arrested after harassing community members

A man was harassing community members near the entrance of the DAR Al Hijrah Islamic Center May 8 at 2:55 p.m. When staff attempted to intervene, the man threatened them with a knife then left the area.

Detectives later identified the man as Jonathan Lincoln, 41, of Falls Church. He was arrested that night for two counts of assault and disorderly conduct.



COURTESY PHOTO

George Smith.

Ashburn man arrested after traffic pursuit

An officer saw a 2012 Dodge Ram 1500 truck driving recklessly at Old Ox and Little Ox roads and attempted a traffic stop May 7 at 8:03 a.m., but the driver refused, resulting in a pursuit.

The truck was eventually stopped by officers and the driver, George Smith, of Ashburn, was taken into custody. Smith was charged for possession of cocaine, driving while intoxicated, speed to elude, and driving on revoked operator's license.

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PEOPLE AND PLACES

COURTESY PHOTO

South Run landscape volunteers.

South Run landscape volunteers win Volunteer Fairfax Award

South Run RECenter's Volunteer Landscape Team has been honored with the 2021 Volunteer Fairfax Environmental Sustainability Group Award. The volunteers are credited with beautifying the entrance and grounds at the 195-acre South Run Park by weeding, edging, mulching and planting 25 garden plots, border areas along the entrance roads and two pollinator gardens.

This 12-member team, led by volunteer **Sally Berman**, is dedicated to natural resource stewardship at South Run. All of the team members are excellent gardeners, and some are certified master naturalists or master gardeners. In 2020 alone, team members contributed 718 hours of work and supervised 27 volunteers who contributed an additional 426 hours of landscaping duties.

The volunteers teamed up with NOVA Natives, Earth Sangha and other local garden experts to develop plant lists and create gardens that favor perennials and local native plants. These require less maintenance, benefit local wildlife, and are timed to bloom throughout the growing season to assure there is always something to admire in the gardens.

In addition, the Landscape Team has spread its stewardship message and love of nature by working with students seeking community service. They have also helped people ordered to perform community service to develop a sense of giving back to the community, which has inspired some to become regular volunteers once their court-ordered hours were complete.

Team members completed one of their biggest projects last year while working under COVID-19 safety restrictions. Working outdoors and socially distanced, they removed invasive plants, poison ivy and dead trees from a knoll by the entrance road, amended the soil and planted hundreds of native plants. It has become a beautiful sight that has drawn praise from visitors and attracts butterflies and local animals.

Six honored with presidential medals for faculty excellence at GMU

George Mason University President Gregory Washington has announced the recipients of the 2021 Presidential Awards for Faculty Excellence honoring the contributions of six Mason professors to the university, Mason students, and the greater community.

Established in 2017, the presidential medals are awarded for excellence in research and scholarship, teaching, social impact, and diversity and inclusion. A fall celebration is planned to honor the recipients as part of the Mason Vision Series.

The Presidential Awards committee review team, which solicits nominations each year, is made up of faculty representatives, including prior award winners, and senior leaders.

The Beck Family Presidential Medal for Faculty Excellence in Research and Scholarship: The recipients are **Amarda Shehu**, a founder and co-director of the Center for Advancing Human-Machine Partnerships in the Volgenau School of Engineering, and **Jagadish Shukla**, University Professor in the College of Science and director of the Center for Ocean-Land-Atmosphere Studies (COLA).

COURTESY PHOTO

Amarda Shehu.

In Mason's Department of Computer Science since 2008, Shehu's research bridges the fields of artificial intelligence, machine learning, and the biological sciences. As one of the founders and co-directors of the Center for Advancing Human-Machine Partnerships, she uses computer science to promote scientific discoveries in other fields, with application to real-world problems. She has developed algorithmic frameworks that shed new light on the molecular dynamics behind the mutations that lead to biological disorders, such as cancer, cardiomyopathy, and, most recently, COVID-19. Her honors at Mason include the OSCAR Mentoring Excellence Award; the Emerging Researcher, Scholar, Creator Award; and the Teaching Excellence Award. She serves as a program director in the Computer and Information Science and Engineering Directorate at the National Science Foundation.

COURTESY PHOTO

Jagadish Shukla.

Shukla, in the Department of Atmospheric, Oceanic and Earth Sciences, has transformed the field of climate science. At Mason since 1994, he established the Center for Ocean-Land-Atmosphere Studies. He has challenged assumptions by examining how air-land and air-sea interactions influence climate variability, and his work includes studies of global deforestation, desertification and monsoons as examples of phenomena in which interactions between the atmosphere and the land surface play a critical role. The recipient of the highest awards from two international meteorological societies, Shukla has formed prominent centers and research groups and chaired several World Meteorological Organization programs. He was lead author on a chapter of the Fourth Assessment Report by the Intergovernmental Panel on Climate Change, which, together with Al Gore, received the 2007 Nobel Peace Prize.

COURTESY PHOTO

Melissa Broeckelman-Post.

John Toups Presidential Medal for Excellence in Teaching: Melissa Broeckelman-Post, hired in 2013 in the Department of Communication in the College of Humanities and Social Sciences, innovatively redesigned a required communication course using a combination of online instruction, in-person lab-style workshops, and discussions taught by graduate teaching assistants. The National Communication Association (NCA) awarded this course the Program of Excellence Award in 2016. The redesign also involved the creation of a Communication Center where students practice their communication skills and receive individualized coaching. Broeckelman-Post has co-authored three textbooks on communication instruction, one of which received the Textbook of Distinction Award in 2015 from the NCA.

COURTESY PHOTO

Padmanabhan "Padu" Seshaiyer.

Earle C. Williams Presidential Medal for Faculty Excellence in Social Impact: Padmanabhan (Padhu) Seshaiyer, at Mason since 2007, is a professor in the Department of Mathematical Sciences and associate dean for academic affairs in the College of Science. In his research he develops analytical techniques and computational algorithms in an effort to understand and solve a wide range of problems, including the physiology of the human vascular system, the mechanics of brain aneurysms, the motion of micro-air vehicles, the spread of the Zika virus, and drone-based efforts to prevent elephant and rhino poaching in Tanzania. Seshaiyer has initiated and directed a variety of educational outreach programs and received many high-profile awards for his teaching, research and outreach.

United Bank Presidential Medal for Faculty Excellence in Diversity and Inclusion: The recipients are Christy Pichichero, an associate professor with a joint appointment in the Department of Modern and Classical Languages and the Department of History and Art History, both in CHSS, and Gerald Weatherspoon, associate professor in the College of Science.

COURTESY PHOTO

Christy Pichichero.

At Mason since 2011, Pichichero in 2018 took on a dual role as a Provost Faculty Fellow for Diversity, Equity, Inclusion, and Well-being in Faculty Affairs and Development and as the CHSS coordinator of college diversity and global education. She researched best practices for recruiting and retaining a diverse faculty and curated an extensive set of online resources to help departments model those practices. In 2020 she was named the CHSS director of faculty diversity. She is currently writing a book about Chevalier Joseph Bologne de Saint-George, a mixed-race musical composer and military commander in 18th-century France, through the lens of critical race studies. Pichichero is president of the Western Society for French History.

COURTESY PHOTO

Gerald Weatherspoon.

In 2002, Weatherspoon was the first African American faculty member to be tenured in a STEM field at Mason. He joined Mason in 1996 and is chair of the Department of Chemistry and Biochemistry. In this role he has sought opportunities to hire women and faculty members from other underrepresented communities and mentor and prepare them for leadership positions. He has taken similar steps in graduate student recruitment and retention. Weatherspoon serves as chief diversity officer for faculty in the College of Science and is faculty advisor for the Mason chapter of the National Society of Black Engineers.

Nine Fairfax County restaurants receive Door Dash grants

The Virginia Restaurant, Lodging & Travel Association (VRLTA) announced that nine Fairfax County Restaurants were recipients of the 2021 Door Dash Restaurant Operator Relief Grant program. These restaurants, along with the thousands of other businesses in Fairfax County have been hard hit by the pandemic shutdown.

"Due to social distancing and business and office closures, we lost big chunk of our business, specially lunch time business," said Quaiser Aziz of Spice Town Inc. located in Herndon who lost nearly 30 percent of its revenue.

Each business was awarded $3500, which they will use to pay down debt, purchase new equipment, fund salaries and enhance their marketing efforts. Eight of these restaurants were also recipients of the Fairfax RISE grant that Fairfax County offered in summer of 2020.

Grant criteria included businesses with no more than three locations with 50 or fewer employees and annual gross revenue of $3 million or less for the location applied for, with a brick-and-mortar location, that experienced a reduction in revenue, financial stress, or disrupted operations from March 2020 through December 2020. More than 690 restaurants in Virginia applied for the grant.

The sentiment of DC Steakholders owner Gurpreet Kaur, represents many of these restaurants feelings about the pandemic and their place in the community. "DC Steakholders is not only a restaurant, but for many people, it has been a sanctuary, a second home, a community meeting place, and a family," he said. "We are determined to stick around so that me and my team can continue learning and serving our community…"

2021 DoorDash Restaurant Operator Relief Grant Recipients

(* indicates RISE recipient)

Pho 2000, Herndon*

Spice Town, Herndon*

Sully's Pour House, Herndon*

Sprout Café, Reston*

Crepe Amour, Vienna *

Herndon Donuts, Herndon*

Meaza Ethiopian Restaurant, Falls Church*

DC Steakholders, Falls Church*

Mazadar Restaurant, Fairfax

OBITUARIES

In loving memory

Alice Caroline Doley Sinks

Alice Caroline Doley Sinks of McLean, VA died in Nashville, TN on May 11, 2021. She was born on July 2, 1922 in Galatia, Illinois to Clyde Doley and his wife Hilda VanCleve. She taught English and Latin near the end of World War II. She married L.E. Sinks, Jr. on 11 April 1945 after he returned from the Pacific where he was a naval aviator. She is survived by her five children, John (Marguerite) of Arlington, Thomas (Marian) of NC, Jeffrey (Christine Loveman) of TN, Jane of Fairfax, and Brian (Joanne Herrman) of Fairfax, her six grandchildren, Louise Sinks of Arlington, James Sinks of Arlington, Emily Noe (Will) of NC, Maribeth Prosser (Blake) of NC, Abigail Jackson (Michael) of PA, David Sinks (Scott Farrell) of Fairfax, and one great-childchild, Chani Jackson. She was preceded in death by her husband of over 50 years. She was very interested in family history and was a member of the Veitch Historical Society. Alice was also a past president of the Woman's Club of McLean, a member of the Freedom Hill Chapter, Daughters of the American Revolution, and Trinity United Methodist Church of McLean. In lieu of flowers contributions can be made to Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, VA 22101. A memorial service will by held by Trinity via zoom on May 25 at 2:30 PM.

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TOUCHLINE

CONTINUED FROM PAGE A1

Saffouri's latest film is Touchline, a short film about his grandfather who as a child was invited to play on the Palestinian National Soccer team in 1948. That dream was halted when conflict broke out between Palestine and then then new state of Israel, a conflict which has raged to this day. But in his way, Saffouri has taken on his grandfather's mantle in pursuing his dream even as his grandfather was denied his.

Fairfax County Times spoke with Saffouri about Touchline, filming during the pandemic, as well as its parallels to ongoing strife between the two nations.

You just had a showing of Touchline at the Angelika Film Center here in Fairfax, what was that like compared to other showing of your films?

It was a private screening, the only difference between this and the others is that this was a private screening. All my previous films were part of the George Mason Film Program so I was doing them for classes or class requirements and we were participating in their showcases and film festivals at the end of the semester.

The film will be making the rounds of the film festivals and they prefer to have the film to themselves and not playing elsewhere, so the showing was a private thing for friends and family.

How was it to film this movie during the Coronavirus pandemic?

COVID was the biggest challenge because we were filming in Jordan. I wanted to go there in June but everything was shut down, nothing was moving and everything was under quarantine. I had to go there in August once Jordan opened back up but we had to quarantine for two weeks before we started shooting, which was delayed until October.

I was the only one who couldn't get in because all the cast and crew were from Jordan.

We had to test everyone for COVID, especially after it was found one of the actors had COVID during a rehearsal. That was an extra cost for the budget.

What was the inspiration for Touchline? Was this based on a true story or a story inserted into real events?

We called it Touchline for two reasons, one is because of the lines around the soccer field. The story is based on my grandfather who was invited to play for the Palestinian National Soccer Team in 1948. The other meaning is that imaginary line that separates a war. That line in warzone that divides both sides is called a touchline in Arabic. The film is placed in 1948 during the Israeli occupation so that's another reason for the film's name. My grandfather was forced to leave with his family to Lebanon to escape the conflict, they thought they'd be able to return but never did.

Do you feel that the second definition of the film's title applies to current events going on between Israel and Palestine? Any parallels?

No, I think it's a one-sided war. Israel has all the power while the Palestinians defended themselves with rocks. I know that President Biden referred to Hamas but they don't speak for everyone, they're a small group in Gaza. And they're throwing homemade rockets against Israel's iron dome.

You can see the big difference in the casualties on each side to see who has the power.

So, what's next? The Film festival circuit? A new movie?

I'm focused on Touchline and the film festival circuit, once that cycle is finished, I'll see where we go from there.

This interview was edited for length and brevity

JFK

CONTINUED FROM PAGE A1

I wrote Yarrow Mamout because I saw a portrait of him that I thought was interesting.

***Murder Inc.* was released in 2019. How did the pandemic affect your ability to promote the book?**

JJ: It affected it a lot, before the pandemic hit, I had five appearances lined up to promote Murder Inc. and they all got canceled when it started. I did a virtual meeting last year just like the one I did at the Fairfax Library and it's a good way to get it out there.

Interview has been condensed for length and brevity

SPORTS

South County coach talks recognition, coaching philosophy

By Rick Horner
FAIRFAX COUNTY TIMES

Tynan Rolander is the coach who has brought the South County High Varsity Football team to contention in two consecutive state championships, winning one against Oscar Smith High School in 2019. Rolander was part of the school's first graduating class in 2007 and returned in 2011 to begin coaching after graduating from the Citadel.

Since 2016, Coach Rolander has led the team on a 24-game win streak over the course of two seasons which got himself and the South County team recognition from the Fairfax County Board of Supervisors. Fairfax County Times spoke with the coach about this attention from the county as well as his philosophy on coaching, and maintaining the streak during the coronavirus pandemic.

How did it feel to be honored by the County?

CR: Having the county recognize your achievements is always a humbling experience and there is no one person or thing responsible for that kind of success. It is always a complete team effort that leads to that success.

Who are the influences on your coaching philosophy?

CR: I credit my high school coaches: Coach Pete Bendorf, Jon Shields, and Adam Neff, along with my time at The Citadel, and the most recent Gerry Pannoni as influences on how I approach coaching. All of those people and places have had a profound impact on my coaching career.

How did the pandemic affect the season?

CR: Aside from the protocols we had to follow in order to practice and play games our players seemed to be relatively unaffected by the pandemic once the season actually got started. It certainly tested everyone's ability to stay focused on the goal of playing and being in a position again to compete for a championship.

Since you're aiming for state again, what are the strengths that you and your team continue to develop and what are some spots you're looking to shore up?

CR: The hope is we are able to put ourselves in a position to compete for that kind of success again, it will take quite a bit of hard work and commitment from our players and coaches to make a reality.

As for strengths, we return a majority of our skill players offensively, with the exception of Charlie Miska, our QB, and Keshawn Toran, our RB. We have a wide-open battle for the starting QB spot so the best player will get the start come the fall.

In much the same vein we return 8 of 11 players off of our defense this fall, including every defensive lineman. But just as with QB every position is wide open for competition. Complacency is the enemy of greatness and we cannot afford to be complacent as we only have 9 weeks to prepare for the fall season.

In terms of places, we need to shore up, our defensive front, while returning all 4 starters, was inconsistent in their play last year. Finding the right 4 players that will consistently compete at a high level is imperative to our success. I can say the same for our Sam and Will linebacker positions where we will replace a 3 year starter and have a returning Sophomore starter respectively.

Lastly, we must find 3 quality players to replace the Senior offensive lineman we graduated this year. If we can shore up our fronts on both sides of the ball, we can give ourselves a good opportunity to compete at a high level again.

Interview has been edited for length and brevity

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A tale of two college freshmen football experiences

Former Centreville and Chantilly High Schoolers detail differing next-level debuts

By Grant Johnson
SPECIAL TO THE FAIRFAX COUNTY TIMES

On October 24, 2020, a preferred walk-on had the game of his life against the No. 19 team in the country.

With multiple upperclassmen injured and by beating out others that were initially higher on the depth chart, freshman safety Nick Andersen — a Centreville High School product — played extensively during the abbreviated 2020 college football season for Wake Forest. However, no performance of his, or of many freshmen across the country, rivaled what he did on the late-October Saturday in Winston-Salem, North Carolina, against ACC foe Virginia Tech.

Andersen tallied 11 tackles — nine solo — and three interceptions in a Demon Deacons victory over the Hokies 23-16. His first pick came with nine seconds left in the first half with Virginia Tech driving into scoring range while his last came with 16 seconds left in the game and sealed the Hokies' fate.

This was the first time a Wake Forest player had three interceptions in a game since 1987. After the game, Wake Forest head coach Dave Clawson announced Andersen would receive a scholarship in the spring, and he was featured on NBC Nightly News' "Inspiring America" segment with Lester Holt.

Andersen said it was the week's preparation and the coaches that put him in position for his break-out performance. He said his defense knew Virginia Tech wanted to run the ball — the Hokies were averaging 312 rushing yards per game coming into the contest — so they had a lot of players in position to stop the run, which forced Virginia Tech junior quarterback Hendon Hooker to throw in precarious situations.

"It was a great team win," Andersen said. "Getting a scholarship was great, it was what I worked for, but I just thought of it as stepping up and filling my role on the team."

In the on-field, post-game celebration, Andersen was hoisted on his teammates' shoulders while they chanted, "Scholly! Scholly! Scholly!" This supportive atmosphere, Andersen said, was what he loved about Wake Forest when he visited during the 2019 North Carolina game his senior year at Centreville.

Before the season, however, it was uncertain if the ACC, let alone the NCAA, would allow for college football to be played in fall 2020 amid COVID-19 fears. The ACC ended up having a slightly delayed season that started Sept. 12 rather than the first Saturday in September or the last week of August during normal years.

"It was just important to keep the mindset that we will have a season, and we were going to play and to train like we were going to have [a season]," Andersen said. "[I had to] block out the noise of what people outside our team were saying about [COVID-19] and if we were going to play … I spent a lot of time in the safety room watching film and getting ready."

Andersen's Sept. 12 introduction to college football was against none other than perennial powerhouse, No. 1 Clemson. He played sparingly, logging four tackles.

Anderson graced the same gridiron as a plethora of 2021 NFL draftees, including Clemson's star junior quarterback Trevor Lawrence and senior running back Travis Etienne, the 1st and 25th overall picks in the 2021 NFL Draft, respectively, both to the Jacksonville Jaguars. In Wake Forest's week seven 59-53 loss to North Carolina, the Tar Heels sported a running back duo of Javonte Williams and Michael Carter. Williams was drafted in the second round — 35th overall — by the Denver Broncos and Carter was drafted in the fourth round by the New York Jets.

The Tar Heels' passing game was headed by junior wide receiver Dyami Brown, a third-round selection by the Washington Football Team and sophomore quarterback Sam Howell, a consensus 2022 projected first-round pick. Andersen would've also gone toe-to-toe with Louisville junior wide receiver Tutu Atwell — a second-round selection of the Los Angeles Rams — but Atwell opted out of the remainder of the season four days prior to the Dec. 12 matchup between the Demon Deacons and Cardinals.

"Going up against guys that were 22, 23 years old and have been in their programs for a while in the weight room was a big challenge," Andersen said. "Obviously [quarterback Trevor] Lawrence and [running back Travis] Etienne were tough, but also going against the UNC running backs — [Michael Carter and Javonte Williams] — were some of the biggest challenges for me."

Coming into his second freshman campaign — as no players lost eligibility during the 2020 season — Andersen said his main goal is to get bigger, stronger and faster by using the weight room. During spring practices, Andersen said he's getting better by going against the Wake Forest's wide receiving core every day, which includes Westfield High School product Taylor Morin — who's heading into his junior year campaign.

"I've known Taylor since I've been a little kid, and we're just so competitive against each other," Andersen said. "I'd put our WR's up against any group in the ACC. Everyone, even the new guys, are such good route runners and are fast."

Andersen appeared in all nine of Wake Forest's games and finished his freshman campaign first on the team in solo tackles (47), second in total tackles (63) and first in interceptions with four. After finishing the season 4-5 and falling to Wisconsin in the Duke's Mayo Bowl 42-28, Andersen said the team's going to take each game one at a time in 2021.

"We don't just want to be a middle-of-the-pack ACC team this year," Andersen said. "So we need to go out every week and make a statement."

While Andersen's first-year college experience was unique, Salisbury freshman running back Pierre Johnson's was skewed even farther from the norm. Not only was Johnson's season moved to the spring, but he transferred from 13-time Division III national champion Mount Union (OH) right before the season.

Johnson, a former Chantilly Charger, said he didn't enjoy being five hours away from his Chantilly, Virginia, home in Alliance, Ohio, at Mount Union. After coming home from Mount Union, Johnson had a change of heart.

Phil Dolinger

Johnson breaks into the open field for Chantilly High School in 2019

"Originally I was just not going to play football anymore," Johnson said. "Then I was like 'Actually you know what, I should play football.' So I reached out to my high school [head] coach [Sean Curry] and he texted a few other coaches, and then that same day one of the coaches from Salisbury reached out to me. I just started talking to him and like pretty much the process went on like that, in a day or two — it was pretty quick honestly."

Salisbury — a Division III school on Maryland's eastern shore in the New Jersey Athletic Conference (NJAC) — only played two regular-season games this past March. The Sea Gulls played against Wesley (DE) on March 13, followed by the NJAC Championship Game against Christopher Newport (VA) on March 21. The Sea Gulls won both and were crowned NJAC champions after a 30-5 victory over the Captains. A third game scheduled against Kean (NJ) on March 28 was canceled.

Johnson played sparingly in both games, heading the kickoff return duties and logging a few offensive plays. Johnson said the experience was valuable because he got to play a little, and the season was essentially a "free year," as it didn't count against his freshman eligibility.

While the year was free, the experience was different. Playing in the spring versus the fall provided a new dynamic for FCS, Division II and III players across the country.

"The weather was definitely weird," Johnson said. "Usually when you play football, if you're going to play in the cold, it's toward the end of your year, but we started out playing in the cold. When you're used to playing football in the [fall] your whole life [and then] it switches up, you notice things like that."

The other obvious obstacle, COVID-19, didn't affect Johnson's first year at Salisbury to the extent of some of his teammates, who took the brunt of the force when the fall 2020 season — while Johnson was still at Mount Union — was postponed to spring 2021. During the fall, Johnson's teammates had to lift weights outside in order to maintain social distancing guidelines. The spring season was still affected by the virus, Johnson said, as he and his Sea Gull teammates had to get tested before and after games and wear a mask underneath their helmets.

Coming from Chantilly High School, Johnson ran an offensive scheme that used triple-option principles but in an unconventional way: from the shotgun. Salisbury sports a traditional option attack from the wing-t formation, but the similar scheme hasn't necessarily helped Johnson's transition to Salisbury's offense, he said.

Since Johnson transferred from Mount Union, learning a whole new playbook in a short amount of time was the biggest challenge for him, he said, despite Salisbury's and Chantilly's offenses having similar concepts. Since 2019, Johnson has had to learn three different playbooks dating back to his senior year of high school.

"I know as soon as I get these plays down I'm going to play … there shouldn't be a question," Johnson said. "But the way some of our formations and blocking schemes [are, they] worked better while I was at Chantilly. But I don't know, that could be because I was there longer, so I'm not really sure to be honest."

Once he gets the plays down, Johnson said his goal is to either start or at least get a substantial amount of reps not only at kick returner, but also at running back next fall. Johnson is confident, he said, because of the message his coach left him with after the season.

"The last thing my coach said to me when I left to come home for the summer was 'Stay in touch this summer, we got some big things for you next year.'"

The vaccine: the messenger

By Hanan Daqqa
SPECIAL TO THE FAIRFAX COUNTY TIMES

A shot. A wonder.
It feels like a flight, but where?
To the future...come!

This was the haiku I wrote for a contest by the Fairfax County Health Department, and I won.

As you can tell, I am really excited about mRNA technology and I believe it is taking us to the future. How and why?

It is taking us to the future because it is part of our response to COVID-19 and COVID already changed our lives forever: education is blended, jobs are remote, shopping is online, meetings and job interviews—even doctor appointments—are virtual. Using mRNA technology in medicine is part of this futuristic package.

Don't be fooled by the speed at which the mRNA vaccine can be prepared. It is true that it takes a few minutes to produce the new vaccine while it takes a few months to produce traditional ones, but this new technology has been in the making for at least 20 years. Two professors from the University of Pennsylvania, Drew Weissman and Katalin Karikó, developed a breakthrough technology to allow mRNA to enter our cells. You can read about their work at Penn Medicine News.

Speaking of our cells, are you wondering what is in the vaccine? Does it affect our DNA?

The Center for Disease Control and Prevention (CDC) assures us that the mRNA in the vaccine never enters the nucleus of the cell where the DNA is located. The mRNA just delivers the message to the cell and then the cell gets rid of it. This is why we call it "the messenger."

What is in the vaccine? The vaccine is made up of mRNA and coating materials that allow for access to the cell. The mRNA is a code that tells the cell how to produce parts of the virus. Instead of injecting dead viruses as we do with traditional vaccines, we tell our cells to make a specific protein from the virus. This way our body can recognize the virus when it actually infects us.

The idea probably started in an imaginative scientist's mind 20 years ago who saw humans as walking computers and realized that our cells are programmable. This scientist probably asked, "Can we extend the information age to medicine?" Scientists were afraid, but COVID answered "yes" and paved the way for this technology to survive and thrive, and serve us.

Another reason this technology is taking us to the future is that not only do humans advance, but viruses do, too, and we need advanced weapons to fight them.

STEVEN CORNFIELD / UNSPLASH

This technology will open new doors in the medical field that could lead to treatments for untreatable diseases like cancer. For example, we may be able to inform our cells how to react to cancerous cells and save our immune system.

When I think of how COVID freed this technology, I can't help but remember Genie from the film "Aladdin" and how he was freed by Aladdin's touch… I can hear the mRNA saying, "Twenty years will give you such a crick in the neck!" May God bless your soul Robin Williams. (Don't you miss him?)

What amazes me the most about this technology is that it is a witness of our resilience as humans and our ability to imagine, envision and believe in the unseen, and I want to be part of this achievement. Fellow readers, would you like to join me on my journey to the future? I am fully vaccinated.

Weight loss resistance

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Weight loss is a complicated and tricky feat to accomplish. Sometimes it comes off fairly easily and sometimes not at all. Our weight should not be the first marker we use to rate our health, but maintaining a healthy body weight can have many long-term benefits on our overall health, including healthy cholesterol levels, normal blood pressure and brain health.

Here are 8 reasons you may experience some weight loss resistance:

1. You're not eating enough protein. Protein is a very important nutrient for weight loss and for detoxification. Eating 25-30% of your calories as protein can boost your metabolism and help diminish cravings. Protein has an effect on our appetite regulating hormone – ghrelin. So start your day with a high-protein breakfast like a 2-egg omelet with greens and a healthy fat, like avocado.

2. You may be eating too many calories or too much of one macronutrient. Search online for a calorie calculator to get a rough estimate of how much you should be consuming on a daily basis. It's not necessary to always count calories or weigh your food – just do it for a few days to get an idea of how much you should be eating. Conversely, some folks may not be eating ENOUGH calories and the result can slow your metabolism.

3. You may be eating too many processed foods with chemicals that can hinder weight loss. Make sure your diet is full of nutrient-dense whole foods like fresh vegetables, lean protein, fatty fish, nuts, seeds, fresh fruit and healthy fats. Become an avid label reader of boxed and packaged foods and look for and avoid hydrogenated oils, soybean and canola oil, high fructose corn syrup, BHT, BHA, MSG, artificial sugars such as sucralose, aspartame and acesulfame potassium and nitrates.

4. What about exercise – what's the best? One of the best forms for weight loss is lifting weights. Now you don't need to join a gym – you can use your own body weight and perhaps a set of dumbbells for some overhead presses, bicep curls, tricep kickbacks and chest presses. Then some lunges, squats, pushups and planks – and you're done! Resistance training can also prevent metabolic slowdown and keep your body toned. Cardiovascular exercise such as walking, cycling, swimming or even dancing is a great form of movement to help burn fat, especially around your midsection.

5. Watch out for sugary beverages. Tea, lemonade, sodas and even drinks marketed as being "low or no-sugar" can impact insulin levels. Try to stick to plenty of filtered water throughout the day.

6. You're not sleeping well. Good quality and quantity sleep has a big affect on cortisol levels (our stress hormones) and ghrelin – our appetite control, the next day. Poor sleep is one of the biggest risk factors for obesity. Make sleep a priority for your physical health, as well as your mental health.

7. You're not eating mindfully. One of the newest, yet most powerful tools in our health arsenal is a technique called mindful eating. It requires you to slow down, chew your food slowly, savoring each bite, taking breaks in between bites and most importantly, listening to the cues from your brain when you are full. Try to eat while sitting, without distractions, the TV, or work. Focus on your meal, the taste, the colors and your surroundings. When you begin to feel full, pack away the leftovers and relax while your food digests.

8. Lastly, it's important when we are trying to lose weight to shift our focus away from a "diet mindset" to setting a health goal of lowering your blood sugar, improving your cholesterol ratios or getting 8 hours of sleep every night. Focus on nourishment and enjoyment to make this journey a pleasant one.

If you need extra support, consider Nutritional Therapy to help you reach your health goals. I can be reached at www.UnlockBetterHealth.com.

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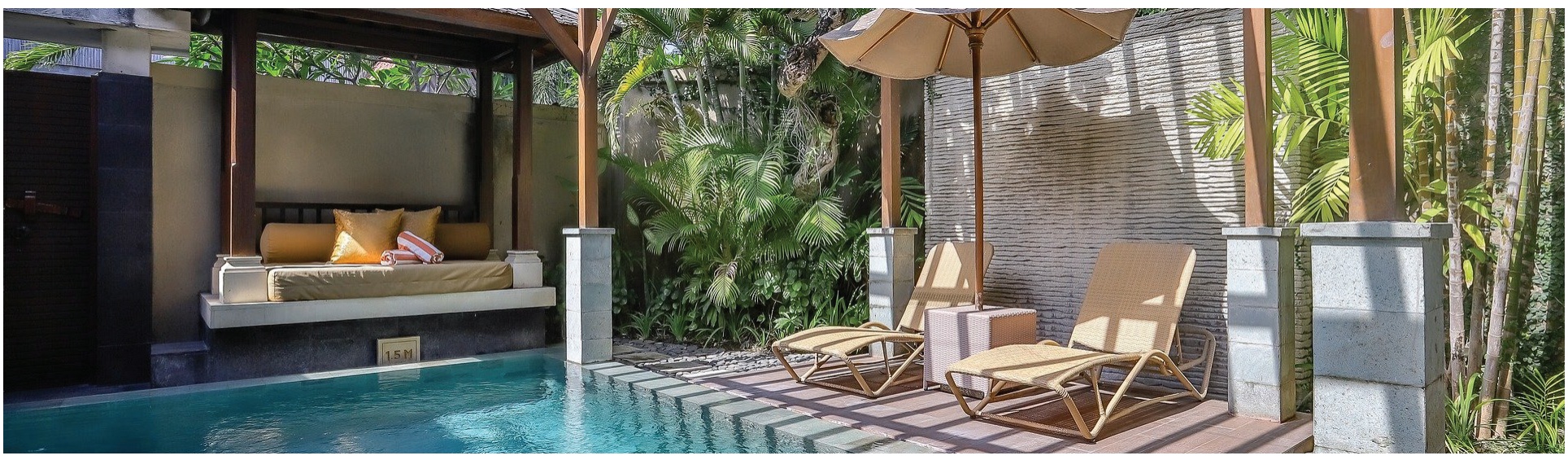

Tips for designing your *dream* deck

COURTESY OF BRAND POINT MEDIA

Designing your dream deck doesn't have to be daunting. An easy way to get started is by asking yourself how you'll primarily use your deck. Whether you are looking to create the ultimate entertainment hub, a picturesque setting for al fresco dining, or a relaxing retreat for weekend rejuvenation, envisioning your space is a great first step in the process. From there, you can focus on the smaller details, such as color choice and traffic flow. To get some fresh ideas and bring your dream deck to life, follow these 10 tips from the experts at Decks.com.

Plan for the Way You Live

Design your deck around your passions and personality. If you fancy yourself the host with the most, emphasize entertaining and gathering spaces. If you're an avid foodie, consider adding an outdoor kitchen to your plan. For ultimate relaxation, factor in a fire pit, water feature or container garden.

Consider Function and Traffic

Once your priorities are set, plan a deck that allows enough space for the activities you enjoy, along with comfortable traffic flow across the deck. Be sure to allow ample clearance for dining chairs, rocking chairs, hammocks and porch swings, as well as room for end tables, plants and accessories.

Choose Materials Wisely

When it comes time to select decking materials, do yourself a favor and consider composite. Extremely durable, eco-friendly and more affordable than ever, high-performance composite decking, such as Trex®, never requires sanding, staining or sealing, so you can spend more time enjoying your new outdoor oasis, rather than maintaining it.

Equip Your Deck with Entertaining Essentials

As the foodie phenomenon continues to thrive, outdoor cooking areas have evolved from stand-alone grills to fully appointed spaces with everything from full-size appliances to smokers, pizza ovens and integrated wine coolers. If you love to cook, plan accordingly for a lifetime of al fresco entertaining.

Frame Your Space

Railing adds safety and style to a deck. Optimize a great view with glass, cable or rod rail. Thin balusters finished in black also will optically blend with natural surroundings. To enhance privacy, opt for railings with thicker posts and tightly spaced balusters to visually obstruct sightlines.

Bridge the House and the Yard

Whether your deck is attached or separate from your house, make it an extension of your home by incorporating complementary colors and design elements. Use natural materials, such as stones, pavers or bricks to seamlessly transition between indoor and outdoor spaces.

Throw in Some Shade

A relatively easy addition to any deck or yard, a pergola creates the look and feel of an outdoor room while adding a distinct architectural element. Of course, its main purpose is providing shade - essential for offering cool relief on hot, sunny days.

Take Advantage of Free Tools and Resources

As you plan your dream deck, be sure to check out the library of resources on Decks.com, including hundreds of free deck plans, online deck designer, materials cost calculator, and more. The site also offers a wide range of deck images for endless design inspiration.

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Perfecting your imperfect pantry

Tips to achieve inner calm through an organized space

COURTESY OF BRAND POINT MEDIA

When you open your kitchen pantry, is it streamlined and tidy or more cluttered and chaotic? The state of your home impacts your state of mind, so getting better organized in the kitchen can help you feel calmer in other parts of life.

Cleaning and organizing our homes gives us something we can control when we can't control much of the rest of the world - even with a space as small as a pantry. Stylist, interior designer and TV host Emily Henderson has a few tricks for keeping her pantry clean and user-friendly. As a mother to two small children, she knows clean cupboards are key to keeping her family life from getting too chaotic. Here are her favorite ways to refresh and rearrange pantries and cupboards, to maximize space no matter its size and give your kitchen a more beautiful look:

Buy in bulk: This saves on packaging waste and offers a better glimpse of what foods you have and how much. Plus, this helps prevent last-minute runs to the store for a missing ingredient when you're in the middle of cooking a meal. Try keeping pantry staples like flour, sugar, pasta, coffee and cereal fresh in secure, space-saving containers such as Rubbermaid Brilliance® Pantry that fit in the pantry or cupboard. Airtight, clear and stackable containers like these keep you organized and on task.

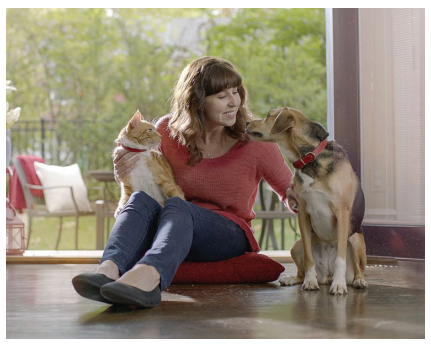
Create a hierarchy: Organize shelves based on ease and accessibility. Keep snacks like pretzels, cookies and bars at a lower height, as they're easier to reach. Everyday cooking items like rice, pasta and dry beans should be placed a bit higher, followed by baking ingredients - and anything else used less often - up top. Remember, every household functions a bit differently, so adopt a hierarchy system that works best for you.

Decant: Decanting means moving pantry staples from their original packaging into a different, labeled container, usually a clear one like Brilliance® Pantry. These containers feature StainShield™ plastic so containers stay looking new, 360-degree crystal clarity, a two-latch lid for a secure seal and a variety of sizes to accommodate any amount of food you need to store. Being able to see what and how much is inside a container makes cooking, packing lunches and baking more efficient - plus, it makes the pantry appear more luxurious.

Adapt to your space: If you keep a system, it doesn't matter if you have a walk-in pantry or only a few shelves to work with. Choose containers that are modular and stackable to maximize vertical space, then designate sections for certain tasks. Baking might be in one section, breakfast items in another, snacks in a separate space, and so on.

Taking time to organize pantry and cupboard spaces now will have long-term benefits. Not only does it make the kitchen more pleasing to look at, but a pantry that's perfect for you helps save time, reduces potential food waste and frustration - but most importantly, it inspires a more positive state of mind.

Fairfax County Times' Guide to
Arts & Entertainment



PETS: EXPERT TIPS FOR MAINTAINING YOUR PET'S HEALTHY WEIGHT
Page B5

Jammin Java welcomes Alexandria's Sam C. Jones for outdoor performance

The theatre vet has a new Americana band behind him

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

When he was growing up in Alexandria, Sam C. Jones fell in love with music, singing, playing different instruments and even writing songs at a young age. His mom played piano for a local theatre, so Jones joined the company, building sets and running crew. Eventually, he would hit the stage himself, and discover a love for theatre at T.C. Williams High School.

Jones earned a degree in musical theatre and dance from Christopher Newport University and has performed as both Elvis Presley and Carl Perkins in the hit musical "Million Dollar Quartet" on tour. Other credits include "The Legend of Georgia McBride," "A Midsummer Night's Dream" and "Ragtime."

"Before the pandemic, I was doing a different theatre contract every week, and I had released my first EP, 'Call Your Friends,' and I organized a little 12-stop tour in California, but after two shows, everything was cancelled because it looked like the world was ending," he said. "I moved back home to be closer to my family and

See JONES, Page B4

STAY TUNED

HBO's revival of 'In Treatment' mostly works

Uzo Aduba stars in the revival of "In Treatment." [HBO]

By Melissa Crawley
MORE CONTENT NOW

There's something for everyone this week from adult animated comedy, to music, art and sports documentaries to a Biblical treasure hunt. On the drama side, HBO brings back a series that offers plenty of emotional fireworks.

Dispatches: Weekly TV news

Fox has given a straight to series order to **"Accused,"** a drama based on the BBC's award-winning anthology. Told from the defendant's point of view, each episode begins in a courtroom. The twist is that viewers don't know the crime or how the accused ended up on trial. It is set to debut in the 2022-2023 broadcast season.

Contenders: Shows to keep on your radar

In case you missed it, UK police procedural, **"Line of Duty"** (May 18, BritBox), stars Kelly Macdonald ("Boardwalk Empire") as a Detective Chief Inspector whose unconventional conduct in a high-profile murder case raises the suspicions of a police anti-corruption unit. The series' finale in the UK set a modern-TV viewing record.

Watch **"Inside The Met"** to see how the largest art museum in the Americas gets ready to celebrate its 150th birthday (May 21, PBS, 9 p.m. ET).

Hulu's new adult animated comedy series, **"Marvel's M.O.D.O.K."** (May 21), features Patton Oswalt as the voice of the Mental Organism Designed Only for Killing. M.O.D.O.K.'s dream of conquering the world hits a snag when he runs his evil organization into the ground.

Follow P!NK on her 2019 **"Beautiful Trauma"** tour in "P!NK: All I Know So Far" (May 21, Amazon).

New half-hour comedy, "Flatbush Misdemeanors" (May 23, Showtime, 10:30 p.m. ET), is about two long-time friends trying to thrive in Flatbush, Brooklyn.

The fourth season of HBO's **"In Treatment"** (May 23) is reimagined with a diverse trio of patients who seek the advice of Uzo Aduba in the role of Dr. Brooke Taylor. Some stories are better than others but all pack an emotional punch.

One of the Bible's most sacred religious artifacts, the Ark of the Covenant, has also been one of its most mysterious. In **"Secrets of the Lost Ark"** (May 23, Science Channel, 10 p.m. ET), a team of experts uses the latest science to search for answers.

"The Donut King" (May 24, PBS "Independent Lens," 10 p.m. ET) follows the journey of Cambodian refugee Ted Ngoy, who escaped genocide and built a multimillion-dollar donut shop empire.

In 1975, two New York City detectives were convicted of the murder of a Denver businessman. **"Between Black and Blue"** (May 25, Sundance Now/AMC+) explores their decades-long fight to clear their names.

Documentary series, **"Mike Tyson: The Knockout"** (May 25 and June 1, ABC, 8 p.m. ET) chronicles the fighter's highs and lows with archival footage and previously unaired interviews with Tyson.

New baking competition series, **"Crime Scene Kitchen"** premieres (May 26, Fox, 9 p.m. ET). The culinary guessing game features bakers who must recreate a recipe from crumbs, and a few clues.

Report Card: Ratings winners and losers

Winners: ABC renewed **"Grey's Anatomy," "Station 19"** and **"The Good Doctor."**

Losers: The CW's **"Legends of Tomorrow"** and **"Batwoman"** both dipped to new audience lows.

MOVIE REVIEW

'The Woman in the Window' is definitely worth a look

By Ed Symkus
MORE CONTENT NOW

NETFLIX

Anna (Amy Adams) spends her time watching the rest of the world go by outside.

When A.J. Finn's debut novel "The Woman in the Window" was published in January 2018, it rocketed to the top of the New York Times best-seller list. Before the year was over, the author's name was revealed to be a pseudonym for Dan Mallory, film rights had been secured and - hard to believe - principal photography on it had been completed.

There are multiple reasons for it not getting released until now, among them a pandemic, as well as studio folks calling for reshoots because some audience members were confused at test screenings.

That a number of folks were confused couldn't have been much of a surprise. The book is multi-layered and purposely baffling, with a classic "unreliable narrator" at its center. The film still has that going for and against it, which could translate as both good and bad news. But news stays on the good side that Tracy Letts, who has until now only adapted his own plays for the screen ("Killer Joe," "August: Osage County"), has done a great job turning the Finn book into a script, and Joe Wright ("Hanna," "Darkest Hour") is the director.

By the end of the film, the intricate plot comes together and makes (just about) total sense. I finished watching with a question or two, but that didn't take away from my involvement with or enjoyment of it.

The woman of the title is Anna (Amy Adams). She has agoraphobia, an anxiety disorder that keeps her in fear of leaving her New York brownstone, where she spends her days and nights staring out a window, keeping tabs on her neighbors and neighborhood. She also shoots photos of them through the glass and stares inside other people's windows (I found it odd that New Yorkers are portrayed as never using shades or curtains).

Anna's husband and daughter have split; she has a tenant, David (Wyatt Russell), in the basement who helps her with chores but is kind of shadowy; her psychiatrist, Dr. Landy (Tracy Letts) makes weekly house calls; she's on quite the regimen of prescription pills, which she swallows down with lots of wine; and she hasn't set foot outside for 10 months.

But that's OK, because a new family - Alistair (Gary Oldman), Jane (Julianne Moore), and their son Ethan (Fred Hechinger) - has moved in across the street, in perfect view. And she meets them all, separately, when they visit her, each for very different reasons. Still, she's content just to watch them from her own space. Things change, though, from casual peering to a laser focus when she sees - shades of Hitchcock - Alistair murder Jane with a large kitchen knife.

See THE WOMAN IN THE WINDOW, Page B4

Art News

Nature Photography for Beginners Explore a trail and photograph the hidden miracles of the park. Try a variety of techniques to compose creative images of animals and landscapes. 10 a.m. May 26. Cost is $24. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit https://bit.ly/2QthU2q.

Holy Happy Hour features LeeLee Hunter on classical guitar performing music of South American composers in this virtual concert. 6 p.m. May 26. Free. For more information visit https://bit.ly/3fwyPJQ.

Celebrate AAPI Month Through Poetry Tune in to this online event to hear poets as they share their own work, take questions and host an open mic for anyone identifying as AAPI. 7 p.m. May 27. Free. Preregistration is required. For more information visit https://bit.ly/3wlzhBH.

Those Spaces Between Us Target Gallery presents a digital and in-person exhibition that considers the distances between people and their surroundings and how that divide becomes its own character in art, history, memories and the stories people tell about themselves. Exhibition continues through May 23. For more information visit https://bit.ly/3tHqM2c.

Flourishing Forms Spring is in the air, flowers are flourishing and a legion of various forms fill the gallery this month to showcase their beauty. Exhibit continues through 5:30 p.m. May 30. Free. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit https://bit.ly/3xUF2aW.

Annual Needlework Show & Sale Hindsight 2020: Needlework Expressions of a Historic Year reflects the flow of emotions, observations and reactions of this unprecedented time. The show runs every day except Tuesdays through May 31 and culminates in a tent show on that day. Cost is $15. Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. For more information visit https://bit.ly/3un0Aeb.

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

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

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

Community Information

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

Lakeside Campfire Fridays A different topic and different area of the park will be explored each Friday. 8 to 9:30 p.m. May 21. Cost is $8 per person. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit https://bit.ly/3v0lQqy.

Nature Your Way in Spring Join a naturalist for a personal walking tour along the Old Oak Trail for up to nine members of your family group. 10 a.m. May 22. Cost is $45 per family. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit https://bit.ly/3otMNR5.

Life After Breath At age 3, Jacob contracted Pertussis. The symptoms worsened causing him to suffocate and leave his body. Learn about his experience in this online event. 2 p.m. May 23. Cost is $10. For more information visit https://bit.ly/2S3mWTV.

Private Matters Personal grooming was a public affair for centuries. Explore the history from medieval bathing habits to the ritual of the lady's toilette in this virtual afternoon tea. 2 p.m. May 23. Cost is $12 with an optional tea box for $24. For more information visit https://bit.ly/3wfG8fN.

Terrific Turtles Join a naturalist to meet and learn about the turtles that live in Fairfax County. Then hit the trail to search for them. 10 a.m. May 25. Cost is $10. Burke Lake Park, 7315 Ox Road, Fairfax Station. For more information visit https://bit.ly/3eUCYIC.

Partial Lunar Eclipse Join an astronomy naturalist to view the partial lunar eclipse before the moon sets. Bring your binoculars. 4 a.m. May 26. Cost is $10 per person. Burke Lake Park, 7315 Ox Road, Fairfax Station. For more information visit https://bit.ly/3hCjiL9.

ONGOING

Donation Drive Drop off new shoes, diapers and other donations to benefit Women Giving Back. Drive continues through May 31. Providence Community Center, 3001 Vaden Dr., Fairfax. For more information visit https://bit.ly/3eQ4xlh.

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

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

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

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

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

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JONES

CONTINUED FROM PAGE B1

I started a band in the middle of the pandemic."

So, the pandemic gave him a chance to do what he had thought he always wanted to do—become a touring singer/songwriter and play his own music.

"While this year has been so hard for so many of us, I decided to use this as an opportunity to do something that I wasn't giving myself time to do because I was chasing the theatre career," Jones said. "It's paid off pretty well."

Today, he fronts the country-rock fusion band known as the Sinners. Jones' latest album, "Overdue Confession" came out in March and two singles are already creating a buzz. "Pour Me Another" features Americana darling Hannah Jane Kile and is an old-school country homage to Willie Nelson and Johnny Cash, while his "I Don't Want to Be An American Anymore" hit song is a Woody Guthrie style protest song in reaction to the Jan. 6 insurrection in Washington D.C.

On Sunday, May 23, Jones will play an outdoor show for Jammin Java, starting at 6 p.m. Although he played the venue back with his high school band many years ago, this will be his first appearance since deciding to become a professional musician.

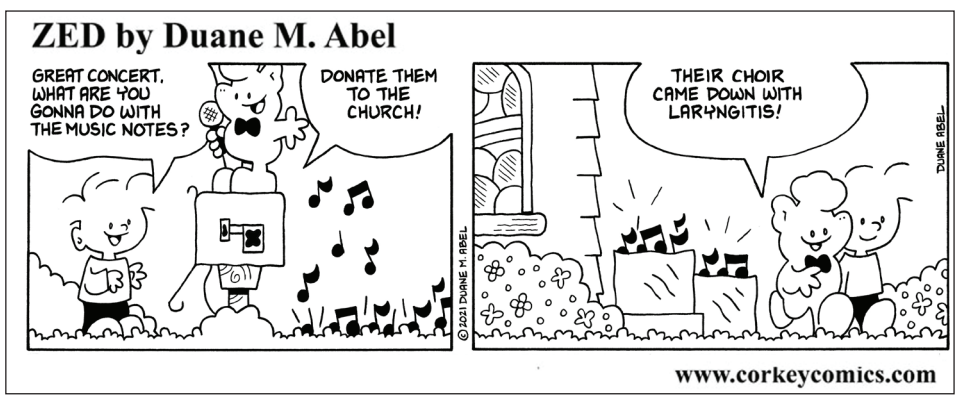
"We really wanted to do a gig where the whole band could play and people could come out and see us, so Jammin Java was one of the first venues I contacted," Jones said. "We have a lot of energy on stage, and I'm so excited for people to come to the show because we haven't played for a crowd as a full five-piece yet. We'll leave you with a smile on your face and wanting more."

Because Jones was raised on pop, punk and show tunes, the genre of his Americana-style music is a bit unique. His band, comprised of drummer Julian Berkowitz, keyboardist Steve Arnold, guitarist Connor Holdridge and bassist Dan Wolfe are what he calls the "best of the best" in the D.C. area.

"They are all great jazz musicians and we'll be playing these new Americana country tunes about love, loss, traveling, and the life of being a musician," Jones said. "We're hoping to play a lot more this summer and I know we're going to be busy. We're really big on the live experience and making it the most interesting it can be."

Even with his music career gearing up this summer, Jones will continue to do theatre and already has a gig lined up this fall in which he will play Johnny Cash in a show.

"I have been talking a big game about stepping back from it because I find that I am enjoying this life more, but as things start to open up, I am curious about what contracts are out there, as there are some shows on my bucket list I haven't performed yet," Jones said. "But I found a lot more validation performing my music and I'm able to present a more realistic version of myself."



THE WOMAN IN THE WINDOW

CONTINUED FROM PAGE B1

We see it, too (or do we?), and soon the police arrive, responding to Anna's hysterical phone call, at which point the film begins making leaps and bounds into unsolved mystery as well as fantasy versus reality territory.

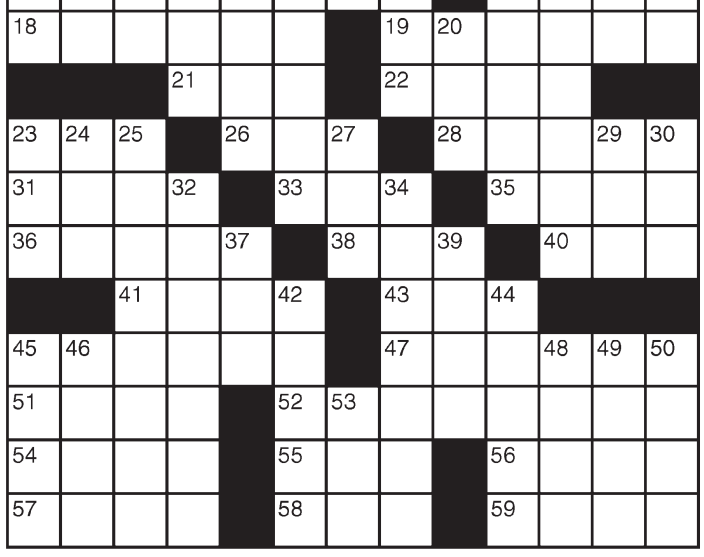
Anna is clearly a troubled soul who has left a happy life and a successful career behind, and is now plagued by secrets buried deeply within her. Other characters who enter her home also have a lot going on that they're not talking about, and all sorts of pasts are eventually brought into the light. Adams plays Anna without a lick of glamour, wearing a combination look of being tired and worried throughout the film. She convincingly presents a character who appears to be delusional but is convinced that everything she says to everyone around her is true. One of the joys of watching the film is that as her personal reality is turned upside-down and inside-out, viewers are as bewildered by it all as she is.

By the time things begin to enter into areas of psychological horror, the plot does get a little too complicated for its own good (that aforementioned question or two). And even though all is resolved, you keep getting the feeling on the way to it that even more is coming before you arrive there. And you'd be right about that. Why, this film even has the nicely played audacity to end things on a dark and stormy night!

"The Woman in the Window" premiers on Netflix on May 14.

Ed Symkus can be reached at esymkus@rcn.com

King Crossword



ACROSS
1 Green shade
5 Police officer
8 Achy
12 Last writes?
13 Coach Parseghian
14 Bard's river
15 Besides
17 Hatchling's home
18 Bagel choice
19 Aquarium favorites
21 Weir
22 Mediocre
23 Fan's cry
26 '60s war zone
28 Entrap
31 Coup d' —
33 "The Voice" network
35 "My Way" composer
36 Event location
38 "Eureka!"
40 Speck
41 Zwei follower
43 Literary rep
45 Move fast
47 Wiped out
51 Teen fave
52 Oliver Twist's request
54 Margarita garnish
55 Leading lady?
56 Buffalo's lake
57 "A Room of — Own"
58 Sailor
59 Grit

DOWN
1 May honorees
2 Bassoon's kin
3 Round Table titles
4 Lieu
5 Neanderthal
6 Raw mineral
7 Medicare section
8 "Evil Ways" band
9 Type of volleyball serve
10 Activist Parks
11 Tolkien creatures
16 Muscat's land
20 Overhead trains
23 Speed (up)
24 Devoured
25 Good-looking
27 CEO's deg.
29 "Top Hat" studio
30 Chow down
32 Swimming reptiles
34 Smooth talker
37 Shoe width
39 Malaria symptom
42 Map within a map
44 London newspaper
45 Hawaiian city
46 Tennis score
48 Asta's feeder
49 Ireland
50 Monopoly card
53 Eggs

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Expert tips for maintaining your pet's healthy weight

Courtesy of Brand Point Media

While many loving pet owners are unaware their pet may not be at their healthiest weight, the fact is that more than half of cats and dogs in the U.S. are indeed overweight or obese, according to the Association for Pet Obesity Prevention. Overweight pets tend to be less active, experience joint pain, groom less and develop more health conditions, so it's important to take a proactive approach to help your pets live a long, healthy life.

Two of Purina's pet experts, behaviorist Dr. Annie Valuska and veterinarian Dr. Callie Harris, help by answering frequently asked questions about pet weight concerns:

How can you tell if your pet is a healthy weight?

"A great way to start is to give your pet a 'healthy hug,'" advises Dr. Harris. This involves three steps:

1. Evaluate the ribs: Place your hands gently on your pet's sides. You should be able to run your hands down their chest and feel their ribs without having to "press" or "dig" in.

2. Evaluate the waist: Stand above your pet. You should be able to see a waistline or an "hourglass" shape.

3. Evaluate the abdomen: Stand to the side of your pet. Your pet should have a nice abdominal tuck.

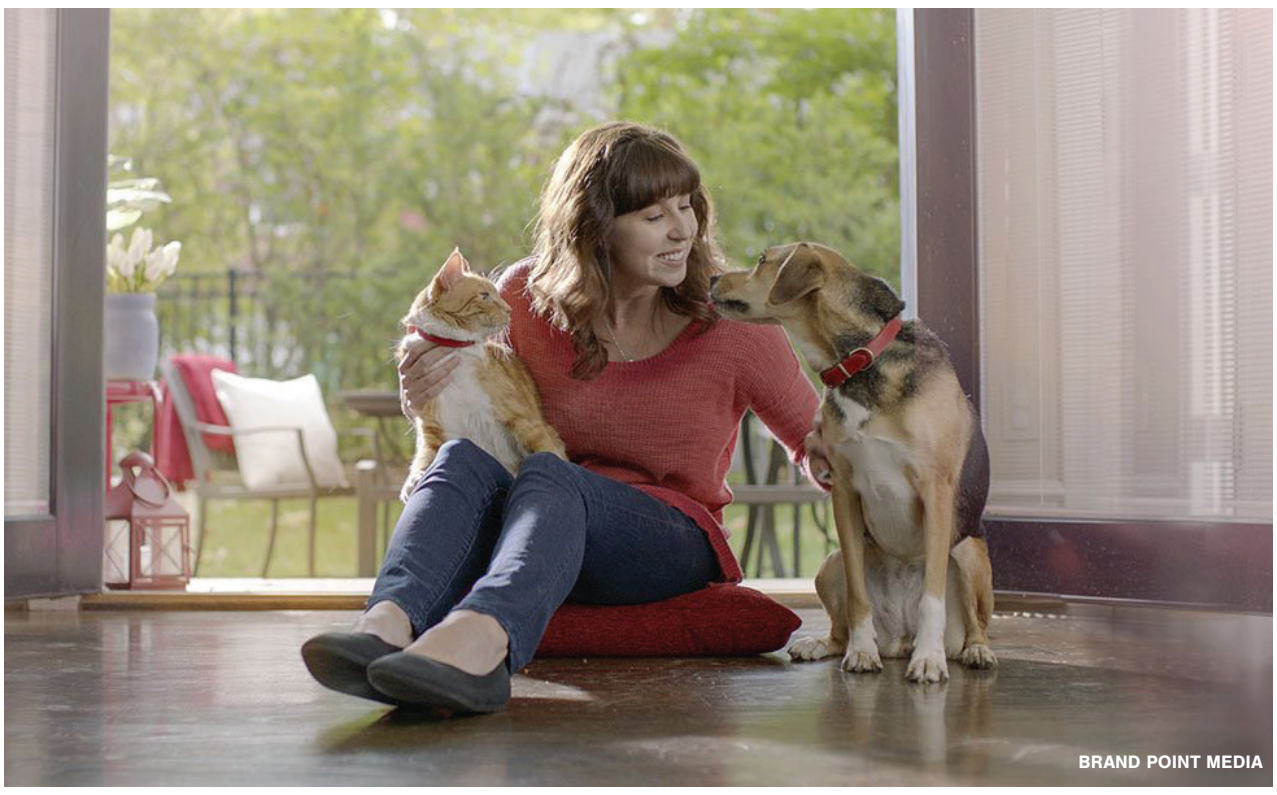
"If you suspect your pets are overweight, consider switching to a weight management food for adult dogs and cats to help them achieve and maintain a healthy weight," she says. "A few Purina formulas I'd recommend include: Beneful Healthy Weight with Farm-Raised Chicken Dry Adult Dog Food, which uses calorie-smart nutrition to help dogs maintain a healthy weight, Pro Plan Adult Weight Management for cats and dogs, which maintains muscle mass during weight loss, Purina ONE Ideal Weight High Protein for adult cats that helps spayed and neutered cats burn fat and maintain a healthy weight and Purina ONE Healthy Weight High Protein for adult dogs, which promotes lean body mass in your dog and helps maintain a healthy body condition even after a healthy weight is achieved."

Dr. Harris adds, "It's also always good idea to consult with your veterinarian to rule out potential medical problems that could cause weight gain."

How much should you feed your pet?

Dr. Harris says, "Be sure to feed your pet with the amount instructed on your pet's food labels. You can find specific directions for Purina products on each bag of food. However, if you are still concerned about over or under feeding, discuss with your veterinarian so they can evaluate your pet and make nutritional recommendations."

Dr. Valuska adds, "No matter how much your pets try to convince you otherwise, feeding them table scraps is never a good idea. Remove the temptation to give them a bite of your dinner by training them to spend meal time away from the table - in a crate, for example - and reward their good manners with pet-appropriate treats and praise."


BRAND POINT MEDIA

What do you do when your pet begs like they're still hungry?

Dr. Valuska asks, "Are you sure your pet is hungry? Our first impulse when pets start pestering us is to assume they want food, but pets may actually be asking for attention, exercise or playtime. Next time you think your pet is begging for food, try offering some ear scratches, a fun play session with a favorite toy or a walk outside instead.

"If your pet is still hungry, one way you may be able to help your pet feel fuller longer is to extend their mealtime. Try using slow feed bowls or puzzle feeders."

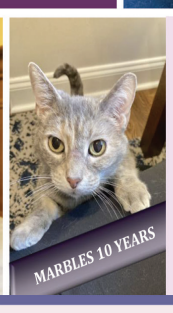
How do you incorporate exercise into your pet's routine?

Dr. Harris says, "One easy way for pet owners with dogs to exercise is to take them on daily walks. However, if outdoor walks are not obtainable due to weather, consider creating activities in the home with your dogs such as 'find the treat' using treat mats. You can even be strategic about where you place your food and water bowls to encourage your dog to get up and move."

Dr. Valuska adds, "Cats need exercise, too! Engage their instincts with a game of chase - this can be with a laser pointer, a ball or a toy on the end of a wand. Some cats prefer to 'hunt' toys along the ground, while others are more excited by trying to catch toys out of the air. Try different combinations with your cat and see what they like best. If you do use a laser pointer, make sure you always end the game with the laser on a toy that your cat can catch to ensure your cat doesn't end up feeling frustrated or anxious."

Helping your pet achieve and maintain a healthy weight is important to their overall well-being. For more resources and to see Purina's full portfolio of healthy weight formulas, visit www.purina.com/healthypets.

Adopt a senior cat!



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The Feline Foundation OF GREATER WASHINGTON, INC.

ADORABLE ADOPTABLES

THE FELINE FOUNDATION

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

Amara

Breed: Domestic short hair
Age: 2 months
Gender: Female spayed
Amara is a stunning kitten. She enjoys playing with other cats. Her current buddies are Kai and Ophelia. When she's not playing with them, she wants to hang around her humans and follow them around and then may plop in your lap after playtime with her fluffy balls and wand toys. Amara needs to go to a home with another friendly kitten.

Harriet

Breed: Domestic short hair
Age: 10 years
Gender: Female spayed
Harriet is a beautiful golden-brown tabby. Her human recently passed away and her and her sister Marbles were taken to the shelter where FFGW happily took them in to help find them a new home. Harriet can be a bit shy at first but once settled in she likes to take time exploring her new environment and seek out the best bird watching spots and soak up sun rays in front of the window. She is ready to be adopted with her sister Marbles.

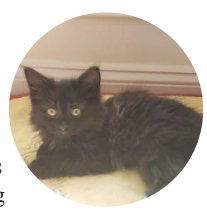
Kai

Breed: Domestic medium hair
Age: 2 months
Gender: Male neutered
Kai is a handsome black kitty with a patch of white on his chest. His favorite thing is running after his sister Ophelia. They are always next to each other. Kai likes to be near you and will follow you everywhere you go. His favorite toys are any type of balls to bat around. He and his sister have been in a home with older children and other cats. Kai and Ophelia are ready for a new forever home together.

Marbles

Breed: Domestic short hair
Age: 10 years
Gender: Female spayed
Marbles is a stunning dilute calico. Her foster mom said that Marbles is the 'gold standard of pets'. She's a good companion, but not needy, can entertain herself when she feels like playing, has good eating and litter box habits, and enjoys cuddling. Marbles has a great big purr to help sooth your soul.

Ophelia



Breed: Domestic medium hair
Age: 2 months
Gender: Female spayed
Ophelia looks like a fluffy little teddy bear. This adorable sweet girl enjoys playing and snuggling with her brother Kai. She also enjoys the company of people and will help you with your computer work by sitting and watching the mouse move on the screen. Her favorite toys are anything that has a string. Ophelia is ready for a new home with her brother Kai.

Snaggs

Breed: Domestic short hair
Age: 1 year
Gender: Male neutered
This tuxedo boy is curious, gentle, playful, and highly athletic when there's a toy around. He's incredibly good natured and irresistibly sweet. You may wonder about his name - he has a little snaggletooth that has been examined by a vet and is not an issue - it gives him a ton of character! Snaggs is looking for a home where there's a kitty buddy or a nice dog that he can be friends with. He seems to like company and making friends, but also likes his quiet time and cuddling time with his human.

— King Crossword —

Answers

Solution time: 24 mins.

D	N	A	S	■	R	A	T	■	S	E	O
E	I	R	E	■	E	V	E	■	E	M	L
E	R	O	M	E	M	O	S	■	L	O	D
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OPINION

In response to conservatives on climate

Dear Editor,

I read with great interest the guest column from Jordan Orris ("Conservatives on Climate"). I certainly agree that conservative engagement on climate solutions is critical to our national and global future. But I am concerned that conservatives are devoting more effort to fighting Green New Deal climate proposals than to proposing their own solutions.

In Congress, some conservatives have supported the Trillion Tree concept, and some in both the House and Senate, for example Rob Wittman, have sponsored the Growing Climate Solutions Act to reward farmers and foresters for efforts to sequester carbon in soil. These are good ideas, but without sharply reducing carbon emissions such efforts will simply be inadequate.

Carbon pricing is a real world measure that would sharply reduce carbon emissions. While it has garnered strong support from retired conservative figures, only a handful of current conservatives in Congress such as Romney, Murkowski, and Fitzpatrick are speaking up for it.

Conservative voters need to change focus from GND to carbon pricing. Like the car salesman said to me, "don't tell me what you can't do, tell me what you can do." If every conservative voter wanting carbon pricing were to pick up the phone, we would get meaningful laws to cut carbon this year. The only member of the Virginia Congressional delegation so far to sponsor HR 2307 the Energy Innovation and Carbon Dividend Act is Gerry Connolly. It would be great to see Rob Wittman's name, for example, on that list.

Sincerely,
Chris Wiegard
Chester, VA

Sounding the alarm about FCPS' anti-bias education attempt

Dear Editor,

I have two children. One in college, one in high school. My children have often told me, growing up in FCPS is not easy. There are many pressures to be well rounded and great at sports, music and academically. There are normal challenges navigating social dynamics from making new friends as a kindergartener to pressures as a teenager. Before COVID, I'd seen kids struggle with anxiety, I knew many kids battling eating disorders, and our own high school was impacted by suicides.

FCPS wants to introduce a curriculum designed to divide and label our kids into categories, label them inferior because they were born a certain color and coax them into denouncing a presumed bias. This on top of normal pressures. This is cruel, it is racist, and it ignores how everyone is unique. I can't imagine a more terrible idea!

This divisive curriculum resembles the tactics of dangerous dictators. If you are the wrong color, you are labeled a racist for simply being born. My family fled Hitler and the devastation of people because of how they looked. Yet FCPS shuts down parents who question these teachings which is totalitarianism. FCPS puts shiny labels on this curriculum to make parents question their own beliefs and feel bad for questioning it which is Marxism. FCPS' anti-bias education is dangerous. There is history for this type of indoctrination. If FCPS actually taught history, they would know the predictable outcome. This is disturbing and has no business being in our schools!

Kim Putens
Alexandria, VA

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Granules Pharmaceuticals (Chantilly, VA) is recruiting. Send rés w/code to HR at 3701 Concorde Pky, Chantilly, VA 20151.

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Software Developers (Vienna, VA) The web-based modules, mgmt system & Instructor-Led Training materials are being dvlpd & managed using various tools & s/ware specifically Tool Book, Articulate, SumTotal LMS, SharePoint, Java, Adobe Envrmt Mgmt (AEM), JavaScript, JAWS, Confluence, JIRA, Slack, JBoss, MongoDB, & Marklogic. Master's deg in Comp Sci, Comp Engg, Comp Info Systems or equiv. May also req travel to various unanticipated client sites nationally. Mail resume to Relis, Attn: HRGC, 301 Maple Ave West, Ste 220, Vienna, VA 22180.

Legal Notice

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[(Full name(s) of owner(s)]:
Leega Restaurant Corporation

Trading as:
Gogi Friends
6231 Little River Tpke
Alexandria, Fairfax, VA 22312-1716

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

Lydia Lee, President

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

3008370 (05-07-21, 05-21-21)

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

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

YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action for absolute divorce between the above named parties within Mecklenburg County, more specifically detailed in a full copy of the Complaint which is available from the below listed office and/or available from the Clerk of Court, Mecklenburg County, North Carolina; and said Complaint is herewith served upon you. You are required to serve a copy of your Answer to said Complaint on the Plaintiff or the Plaintiff's undersigned attorney at 2629 Central Avenue, Charlotte, North Carolina, within thirty (30) days after service hereof, exclusive of the day of such service, and if you fail to answer the Complaint within the time aforesaid, judgment by default will be rendered and the absolute divorce will be granted. Latorre Law Firm, P.A. /s/ Erik S. Pozek 2629 Central Avenue, Charlotte, North Carolina 28205; Telephone: (704)342-1111; Facsimile: (704) 344-0434 Attorney for the Plaintiff May 7, 2021 Charlotte, North Carolina.

Legal Notice

[(Full name(s) of owner(s)]:
Food Style USE Inc & Ramen Tyson LLC

Trading as:
Hokkaido Ramen Santooka
1636 Boro Pl
McLean, Fairfax, VA 22102-3612

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

Junichiro Kawakami, General Manager

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.

3008396 (05-21-21, 05-28-21)

[(Full name(s) of owner(s)]:
SMG Food and Beverage, LLC

Trading as:
Capital One Hall
7750 Capital One Tower Rd
Tysons, Fairfax, VA 22102

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

Adolphine Vogt, Authorized Representative

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.

3008395 (05-21-21, 05-28-21)

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

Trading as:
Monopolio
7201 Wimsatt Rd
Springfield, Fairfax, VA 22151

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

Claude Damian Wolos

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.

3008378 (05-14-21, 05-21-21)

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TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, June 1, 2021 at 7:00 p.m. and a public hearing on Tuesday, June 8, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

Ordinance, to approve and authorize the Mayor to sign a new five-year lease for space on the Third Street Water Tower and ground space at the site to New Cingular Wireless PCS, LLC d/b/a AT&T Mobility Corporation.

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish May 21 and May 28, 2021