

THIS WEEK INSIDE:



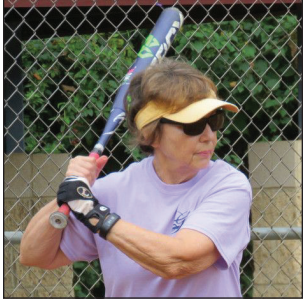
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25¢ NEWSSTAND PRICE



FCPS postpones extended school year services, leading to parent outrage

By Noelle Riddle FAIRFAX COUNTY TIMES FCPS was set to begin their Extended School Year (ESY) June 28, but due to a staffing shortage, have had to postpone many special needs students attending classes. While some students started their ESY June 28, about 1,200 will have to wait until proposed July 26 for their classes to begin.

ESY is critical for some students to not only maintain what they have learned, but to ease the stress of transitioning back into school in the fall.

With COVID keeping students at home the past year and putting many at risk of falling behind in their education, ESY is critical for students to keep up with learning. But FCPS said there were not enough teachers to accommodate the students four-week ESY session, and it needed to be split into two groups. Even with incentives for teachers to sign up, such as signing bonuses and offering a 50 percent increase in regular hourly pay, FCPS could not fill the teaching slots.

The president of the Parents of Autistic Children of Northern Virginia (POAC-NoVa) group, Susan Edgerton, is concerned about the fruition of the second session as they struggled to obtain enough teachers for the first session. "We have concerns



PHOTO COURTESY FCPS

about human resources and their ability to recruit effectively and efficiently. Getting the teachers should be the first thing they focused on," said Edgerton. "Why not tell the parents sooner? If you know it is going to be a problem, and clearly they knew, they should have told us earlier."

The delay of ESY leaves many children at home, and parents being forced to figure out what to do with their children for four weeks with just a five-day notice. Many are looking for camps, therapy or alternative childcare for their children, but are finding it difficult. "You cannot find developmentally appropriate places in a few days. It is impossible to turn

around finding something else in that time, our kids are hard to place," said Edgerton. "We want to be told if the second session will be cancelled at least two weeks in advance so we can find proper placement."

Edgerton and POAC-NoVa are not only pushing for more communication from the county, but for more transparency, as well. "If they are going to provide some sort of reimbursable services, they need to say who is getting them and what the services are instead of it being a secret case by case. If there is no policy, there is no equity," Edgerton said. "We want to spread the word and tell parents if they can get reimbursed, but no one knows

if they are eligible." Many parents are outraged and feel this push back of ESY is illegal under Virginia law. The Virginia regulations regarding ESY state that: "In implementing the requirements, a local educational agency may not: Limit extended school year services to particular categories of disability, Unilaterally limit the type, amount, or duration of those services; or Limit the provision of extended school year services to only the summer."

Cheri Belkowitz, a local attorney with her own practice, is taking the side of parents on this issue. "FCPS needs to educate its staff on ESY regulations. It needs to be a student-centered progress. It's not about what the school district chooses to offer, rather it's about what the individual student needs based upon unique circumstances," said Belkowitz. "If a student requires ESY services from June 11 through August 23, it needs to be made available. The teacher shortage this summer just magnifies the problem with a system that is already broken."

In terms of legal obligations of the county, Belkowitz thinks FCPS might be in violation of state law. "In my opinion, many school districts in Virginia, including FCPS, are

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Is GMU coercing students and staff to get experimental COVID-19 vaccine?

Faculty required to share status as prerequisite for future merit raises

By Heather Zwicker FAIRFAX COUNTY TIMES In a June 28 Mason Family Connection communique from George Mason University, President Gregory Washington invited students and faculty to share their vaccination status.

The difference is that students are required to be fully vaccinated while it is only strongly encouraged for faculty members. Vaccination status provided to the university by August 1 is a requirement for all. Appropriate medical and religious exemptions will be observed.

The White House and the U.S. Department of Education invited colleges and universities across the country to participate in the COVID-19 College Vaccine Challenge. The effort will build on a program announced by President Joe Biden May 11 to match certain

high-enrollment colleges with partners in the federal pharmacy program to provide vaccination opportunities, according to the website.

"Disclosure of vaccination status - whether vaccinated or not - will be a prerequisite for eligibility for any future merit pay increases" said the email. "Because these are not cost-of-living increases, the university has the discretion to decide who, when and how to aware merit raises," said Robin Parker, GMU interim associate vice president of Communications. She said the goal is to test unvaccinated community members - students, faculty and staff - at least once a week.

"Our requirements are consistent with guidance from the Commonwealth of Virginia, which includes an opinion from the Office of the Attorney General that

states Virginia's 'colleges and universities may condition the attendance of certain in-person events on having received an approved COVID-19 vaccine,' said Parker. She explained that unvaccinated students with a valid exemption may attend classes in person but must wear masks and participate in regular tests. "Students who take all of their classes online and do not come to campus are not required to be vaccinated," she said.

"There is no basis whatsoever for GMU's double standard of requiring students to take an experimental gene therapy vaccine, and making it optional for staff," said Vienna Attorney William J. Olson. "Medical experiments should never have been made mandatory for anyone. The scheme to withhold pay raises from those faculty who will not disclose their vaccination

See GMU, Page A4

POSITIVE Vibes BY NOELLE RIDDLE • Special to the Fairfax County Times

Local middle schoolers create a solution to help the environment

Rising eighth graders Veda Murthy of Rachel Carson Middle School and Varsha Gunda of Nysmith School knew that climate change was a critical issue. Armed with their passion about the environment and knowledge of biology, the students were ready to create a solution.

"We are all affected by climate change. Humans are the main contributors, as we use fossil fuels and have harmful actions on the environment," said Gunda. "We wanted to bring awareness to the issue and create a powerful solution to bring down carbon emissions. The next generation has to make a difference."

Murthy and Gunda came together to invent a way to reduce carbon emissions with the creation of their carbon sink pellets. "We looked into different solutions

See POSITIVE VIBES, Page A4

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PUBLIC SAFETY NOTES



COURTESY PHOTO

A second alarm was called because the fire was extending to an adjacent building.

Kingstowne condo fire caused by inappropriate lighter usage

Units from Fairfax County Fire and Rescue Department, the City of Alexandria Fire Department, and the Fort Belvoir Fire and Emergency Services responded to a condominium fire in the 6900 block of Mary Caroline Circle in the Kingstowne area of Fairfax County June 21 at approximately 5:06 p.m.

While enroute to the fire, a second alarm was requested due to the presence of a significant column of smoke and an additional report of fire extending to an adjacent building. Units arrived on the scene of a four-story, condominium building with fire showing from the second floor. Crews quickly brought the fire under control. There were no reported civilian or firefighter injuries.

Three occupants were home at the time of the fire. The occupants discovered the fire and unsuccessfully attempted to extinguish it. All occupants then self-evacuated and called 9-1-1. Working smoke alarms were present and activated after the fire was discovered. The building did not have a common fire alarm or fire sprinkler system.

Fire investigators determined that the fire started in the bedroom of the unit. It was caused by a juvenile using a lighter inappropriately to light ordinary, light-weight combustibles.

Five occupants were displaced because of the fire. Red Cross assistance was offered and accepted. In addition, one occupant of an additional unit was displaced due to associated hazards and damage. Red Cross is also assisting that displaced occupant. Damages as a result of the fire was approximately \$271,865.



COURTESY PHOTO

Frederik “Ben” Wolsak Jr.

Teen arrested for 2020 sexual assaults

A 19-year-old man from Fairfax Station has been arrested for two sexual assaults

that occurred in 2020.

Detectives were notified of the first sexual assault in February of 2020. The victim had attended a gathering that involved the underage consumption of alcohol. When the victim became impaired, she was sexually assaulted by two men. At that time, the victim did not wish for the case to go forward.

The following October, a second victim reported being sexually assaulted in September 2020 by one of the same suspects from the first incident, Frederik “Ben” Wolsak Jr.

In June 2021, the victim of the first assault decided she was ready to pursue charges. As detectives re-opened the investigative file from the first reported incident, they identified the commonalities in the actions of the suspect who assaulted two intoxicated women.

Detectives arrested Wolsak Jr. June 22 and charged him with two counts forcible sodomy and two counts intercourse with victim through mental incapacity or helplessness. He is currently being held at the County’s Adult Detention Center without bond. A juvenile teen was also charged with rape in relation to the first reported sexual assault. The teen was taken into custody and processed at the Fairfax County Juvenile Detention Center.

“The trauma that comes with being sexually assaulted transforms victims and survivors. It’s important for us as a society to remember that there is no one response to sexual assault to include when a victim of sexual assault is ready to report to law enforcement,” said Saly J. Fayex, director of the Victim Services Division. “A victim of a sexual assault’s decision to report their attack is theirs to decide and we want them to know if they are not ready to report is not only okay but it is a normal response. We want victims and survivors of sexual assault to know when you are ready to tell your story, there is help out there in the form of victim advocacy, information, referrals and most importantly support. If you are a victim of sexual assault, please know our sex crimes detectives and victim specialists want to hear from you and we want to support you no matter how many days, weeks, months or years have gone by.”

Detectives are seeking anyone with information about these cases or may have had inappropriate contact with Wolsak to please call the Major Crimes Bureau at 703-246-7800, option 3.

Unattended candle cause of Herndon house fire

Units were dispatched for a reported house fire in the 13000 block of Farthingale Drive in the Herndon area of Fairfax County at approximately noon June 25.

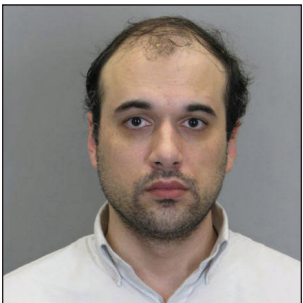
Firefighters arrived on

scene of split level, single family home with smoke showing from the second floor. Crews located a small fire in a bedroom. The fire was quickly extinguished. One occupant was transported to the hospital for an evaluation. No firefighter injuries were reported.

Three occupants were home at the time of the fire. One of the occupants was awoken by the smell of smoke. Upon further investigation, she observed a fire on the glass vanity in the bedroom. All three occupants self-evacuated and 9-1-1 was called. The fire was discovered prior to smoke alarm sounding.

Fire investigators determined the fire was accidental in nature and started in one of the bedrooms. The cause of the fire was an unattended lit candle.

Three occupants were displaced because of the fire. Red Cross assistance was offered but declined. Damages as a result of the fire were approximately \$20,000.



COURTESY PHOTO

Carl Calabrese

Centreville man arrested on multiple charges including impersonation of LEO

A man left his home in the 15000 block of Olddale Road after a domestic incident at 4:14 a.m. June 23 and attempted to force entry into two nearby homes while identifying himself as a police officer.

Officers arrived and located Carl Calabrese, 36, of Centreville, being held down by a homeowner. As officers attempted to detain Calabrese he fought with them until being arrested. He was charged with burglary, assault on law enforcement, two counts of destruction of property, simple assault and impersonating a law enforcement officer.



COURTESY PHOTO

CBP seized 85 counterfeit guitars from China.

Dulles CBP silences 85 guitars out of tune with U.S. laws

The reviews are in and critics are raving about the recent encore performance by U.S. Customs and Border Protection officers at Washington Dulles International Airport. Just five months after seizing 35 counterfeit guitars, CBP officers

recently picked another 85 counterfeit guitars to the tune of about \$260,000, if the guitars were authentic.

U.S. Customs and Border Protection officers seized 85 counterfeit guitars on June 9, 2021 that were shipped from China and destined to addresses across the United States.

CBP officers inspected and detained the latest suspected counterfeit cache from China March 31. Officers consulted with CBP’s Consumer Products and Mass Merchandising experts at the agency’s Centers for Excellence and Expertise who worked with trademark holders and confirmed May 28 that the guitars indeed violated guitar manufacturers’ trademark protections. Officers completed the seizure June 9.

The collection consisted mostly of Gibson models (72 guitars), but also included models from CF Martin, Fender, Kramer and Taylor. CBP officers silenced 13 acoustic guitars among the lot. The highest value model was a Les Paul ax supposedly autographed by Guns and Roses guitarist Slash appraised at \$8,000, if authentic. Other guitars bore autographs from renowned guitarist Les Paul and AC/DC’s Angus Young.

The entire lot of guitars would have had a manufacturer’s suggested retail price of \$258,707 if they were authentic.

The guitars were destined to addresses in 31 states, with California as lead with 10 guitars. Locally, four were destined to Virginia, three each to Pennsylvania and New Jersey, two to West Virginia, and one to Delaware.

This is CBP’s second significant seizure this year of counterfeit guitars at Dulles Airport. During January, CBP officers seized 36 counterfeit guitars in another shipment from China that had an appraised MSRP of nearly \$160,000.

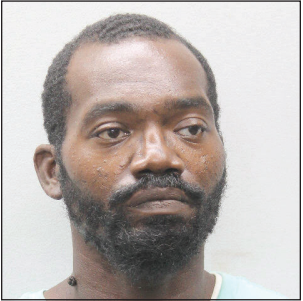
“The international trade in counterfeit and pirated goods threatens the competitiveness of American businesses and the livelihoods of U.S. workers while funding criminal activity,” said Keith Fleming, CBP’s acting director of Field Operations in Baltimore. “More importantly, counterfeit goods pose a serious health and safety risk to American consumers. Customs and Border Protection, along with our law enforcement and consumer safety partners, remain committed to making it difficult and costly for unscrupulous vendors to take advantage of unsuspecting American consumers.”

U.S. Customs and Border Protection officers seized 85 counterfeit guitars on June 9, 2021 that were shipped from China and destined to addresses across the United States.

CBP encourages consumers to protect themselves and their families by always purchasing safe, authentic goods from reputable vendors.

CBP protects businesses and consumers every day through an aggressive Intellectual Property Rights (IPR) enforcement program. Importation of counterfeit merchandise can cause significant revenue loss, damage the U.S. economy, and threaten the health and safety of the American people.

On a typical day in 2020, CBP officers seized \$3.6 million worth of products with Intellectual Property Rights violations.



COURTESY PHOTO

Donte Glenn

Alexandria man arrested after demanding entry

A man demanded entry into a business in the 6200 block of Richmond Highway while waving a knife at 11:07 a.m. June 24.

Officers arrived and located the man who ran from officers but was caught nearby. Donte Glenn, 36, of Alexandria, was charged with two counts of disorderly conduct and preventing law enforcement from making an arrest.

Fairfax Station man convicted in bribery and kickback conspiracy

A federal jury convicted two men June 24 for participating in a bribery and kickback conspiracy involving a contract for the U.S. Department of Defense’s Office of Inspector General (DoD OIG).

According to court records and evidence presented at trial, beginning in 2010 and continuing through 2015, William S. Wilson, 56, of Florida, was the owner of a small construction company based in Lake Butler, Fla. that paid numerous kickbacks and bribes to his co-conspirators. Among other things, Wilson paid tens of thousands of dollars in bribes to Matthew K. LumHo, 46, of Fairfax Station, then employed with the DoD OIG’s Information Services Directorate. In return, LumHo took official acts that benefitted Wilson’s companies, including steering work to Wilson’s company by placing fraudulent service orders through a government contract that LumHo controlled.

The evidence presented at trial further proved that, over the same time period from 2010 through 2015, Wilson also paid numerous kickbacks to Ronald Capallia and another employee for a telecommunications company that was a prime contractor to the government. Wilson

paid these kickbacks to Capallia and the other individual to cause them to steer work and provide favorable treatment to Wilson’s companies as subcontractors to the telecommunications company.

One of the key subcontracts steered to Wilson’s company related to a prime contract between the telecommunications firm and the DoD OIG, in which the telecommunications firm was supposed to supply various information technology-related services to the government. Wilson’s company was awarded this subcontract despite its lack of any relevant experience or expertise, and despite having no employees based in or near northern Virginia, where all the work was to be performed.

Wilson frequently disguised the bribes and kickbacks to Capallia, LumHo, and another individual through fake invoices for services that were never provided, or by masking the payments as payroll to relatives of Capallia and LumHo for jobs that did not in fact exist.

As the scheme progressed, the co-conspirators caused the government to submit numerous false and fraudulent service orders through the prime contract. The false service orders typically described the items being provided as specialized IT-related support services, when in fact the co-conspirators were simply buying standard, commercially available items, dramatically marking up the price, and billing the government as though it had been provided with the specialized IT-related services. The co-conspirators also used fraudulent service orders to conceal bribes in the form of high-end camera equipment and stereo equipment sent from Wilson to LumHo, thereby causing the government to pay for the very bribes that Wilson was sending to LumHo.

The evidence adduced at trial further demonstrated that the co-conspirators repeatedly sought to interfere with the criminal investigation by creating false documentation, making false statements to law enforcement officials, lying on a financial disclosure form, committing perjury during sworn civil deposition testimony, and tampering or attempting to tamper with a witness. In addition, Wilson threatened to murder Capallia and his family members by slitting their throats if Capallia ever testified on behalf of the government.

Co-conspirator Ronald A. Capallia, Jr., 40, pleaded guilty January 25, 2018 to his role in the conspiracy and will be sentenced September 14.

Wilson and LumHo each face a maximum penalty of 20 years in prison when sentenced October 15. 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.

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Publisher
Rich Whippen, 703-439-1867
rwhippen@wspnnet.com

Editor
Heather Zwicker
heather@fairfaxtimes.com

Arts & Entertainment
Jennifer Starr, 571-393-2933
jennifer@fairfaxtimes.com

Calendar Submissions
Heather Zwicker
ffxtimesevents@gmail.com

News Reporter
571-393-6910
news@fairfaxtimes.com

Positive Vibes Column
Noelle Riddle
Nriddle@fairfaxtimes.com

Production Administration
Melissa Turqman, 703-439-1767
mturqman@wspnnet.com

P.O. Box 8791
Reston, VA 20195
Main Phone: 703-437-5400
Fax: 703-437-6019

National Advertising
Simmy Murdock, 703-463-9228
simmym@wspnnet.com

Local Advertising
Marcia Patch, 703-994-4940
marcia@wspnnet.com

Simmy Murdock, 703-463-9228
simmym@wspnnet.com

Classified Advertising
Marcia Patch, 703-994-4940
marcia@wspnnet.com

Creative Services
Becky Sullivan, Creative Director
bsullivan@wspnnet.com

Angie Wyatt, Creative Designer
angiew@wspnnet.com

Circulation & Delivery
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Customer Service
Mary Ellen Pearson, 571-323-6203
mpearson@fairfaxtimes.com

Send letters to the Editor to:
rwhippen@wspnnet.com

Send event information to:
ffxtimesevents@gmail.com

ESY

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violating 8VAC20-81-100(J) which states that the school district ‘may not... unilaterally limit the type, amount or duration of those services...’ At IEP meetings, the IEP team always refers to the pre-determined in-building ESY session rather than looking at the

individual student’s needs,” Belkowitz said. “The FCPS website states that ESY dates are June 28 through July 23. In my opinion, that is limiting the type, amount and duration of ESY services.”

FCPS feels they are not breaking any laws. School Spokeswoman Lucy Caldwell told the Washington Post, “Services have not been curtailed; no child is being denied

of any service.” But many parents are still outraged and want answers.

FCPS parent of a special needs student Eileen Chollet disagrees with the county. “Every student with a disability has a federally-protected civil right (per Section 504 of the Rehabilitation Act of 1973) to have decisions made based on their individual circumstances,” she said. “A

one-size-fits-all solution which solely considers the needs of the school district, like the one FCPS is trying to impose, is a clear civil rights violation. FCPS should work individually with families. Potential solutions include paying for private services like tutoring or speech therapy, placing the student in a nearby school district, or placing the student in the FCPS general education

summer program with special education support.”

Chollet is also angered by the lack of use of federal funds to solve the situation. “FCPS has received nearly \$350 million in federal COVID relief funding, and special education services are listed under five of the 12 allowable uses for these funds,” Chollet said. “Yet FCPS has only allocated 0.2 percent of these funds for

special education supports and services, a mere \$27 per special education student in Fairfax County.”

With the tentative start date for the second session of ESY beginning July 26, many parents have their eyes on the school board as they fear their children may not get any ESY classes.

POSITIVE VIBES

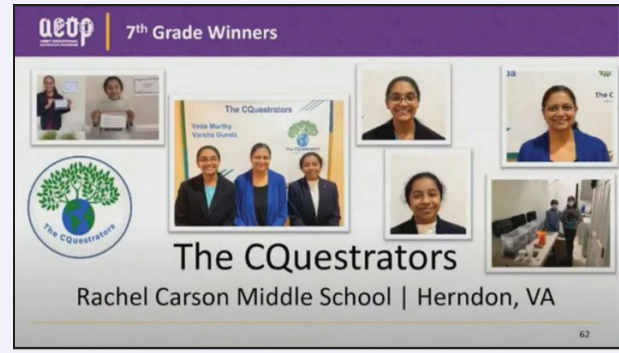
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for carbon emissions. We realized the ocean is a carbon sink but it’s in overuse, so we need another way to reduce carbon,” said Murthy. “So we set out to create a new carbon sink under our feet, our soil. We enhanced the soil capacity to absorb carbon with our pellets. The point is to use decomposing materials to help the soil.” Their pellets are placed in the ground and help the soil soak up more carbon, assisting the soil with its natural process of absorption.

The pair decided to enter their pellets in a science competition called eCybermission,

which is an U.S. Army-based competition geared towards promoting self-discovery and the real-life applications of STEM. Murthy had participated in the competition before, and this time asked her friend Gunda to join her. “We met through online classes and extracurriculars. We both enjoy debate and biology, we like the same topics,” explained Murthy. “COVID made it easier to collaborate virtually. I asked Varsha to compete with me this year since we both know how harmful carbon emissions are and we wanted to make a difference.”

Murthy and Gunda created their team the “CQuestrators” for eCybermission and



COURTESY PHOTO

competed against 1,295 teams in sixth through ninth grades. With only 2 percent of teams making it to nationals, the CQuestrators proved their idea was novel as they came in first in the Commonwealth of Virginia, advanced to regionals, and came in first in

the Northeast region in their category.

“We wanted to make a difference as our carbon footprint is too big, the Earth cannot handle it. It has a huge impact on Northern Virginia as it affects our health and people get more allergies and

asthma,” said Gunda. “The Chesapeake is getting more acidic as we are destroying our ecosystems. It also has been causing extreme weather events that can lead to mass destruction as natural disasters are a problem.”

The girls went on to compete with their carbon pellets at the national level of eCybermission at the end of June. “Veda and Varsha won the National Award for seventh grade. They also won the STEM in Action grant, which gives them \$5,000 to implement their solution,” said the team advisor, Sharmila Murthy. “They also won the Army Core Value award in the eCyber Competition. The CQuestrators are truly

honored and thrilled.”

The girls are now working with FCPS to implement the pellets around the county to reduce carbon. They are also focused on ensuring the pellets are thoroughly tested. The students want to be able to distribute their pellets so everyone can help make a difference. “Our next goal is to bring awareness to the community and next generations so they can have an impact and can stop the crisis,” said Murthy.

Murthy and Gunda are certainly students to keep an eye on as they implement their novel carbon sink pellets in the ground to help the community and the environment.

GMU

CONTINUED FROM PAGE A1

status is analogous to the ‘vaccine passport idea’ – that you become a second-class citizen if you are unwilling to risk your own health in an un-monitored medical experiment.”

In a June 17 letter to 30 Virginia colleges and universities, Olson told the educational institutions that their policy is out of step with noted experts in the field. “If coerced COVID-19 vaccinations were necessary as a matter of public health, it would have been adopted by the same federal government that granted the Emergency Use Authorizations (EUs),” he said. “However the federal government recently adopted a policy for its

employees which is completely opposite your institution’s policy.” Olson noted that the federal government does not require employees or contractors to be vaccinated, nor do the NIH, CDC or U.S. military mandate vaccines for their employees.

“As of June 14, 2021, George Mason University, the largest public university in Virginia with over 37,000 students, reported two student positives and zero employee positives in the past 14 days,” said Olson. “Indeed, it is our view that this coercive policy is contrary to law, contrary to science, and out of line with how other institutions are handling this issue, and therefore flawed from its inception.”

“It’s unfortunate that

George Mason University has chosen to use coercion and sanctions to deny students and faculty the human right to exercise voluntary informed consent to use of the still experimental, unlicensed COVID-19 vaccines,” said Barbara Loe Fisher, co-founder and president of the National Vaccine Information Center. The NVIC is a non-profit organization established in 1982 by parents of vaccine-injured children. NVIC does not make use recommendations, but rather encourages everyone to become fully informed of the risks and complications and to speak with one or more health care professionals before making a vaccine decision, she explained.

“There was a time that

colleges and universities looked out for the welfare of their students, but now it looks like they are willingly ignoring the risk to students, blindly following the guidance of the ‘experts’ at the CDC, when even that agency does not require its own employees to be vaccinated,” said Olson. He went on to point out that the CDC has confirmed 226 cases of myocarditis and pericarditis in people ages 30 and younger and are investigating 250 more reports. In fact the FDA added a warning to two of the vaccines June 25 stating that their administration can lead to heart inflammation and potentially be fatal. The letter also stated that as of June 16 the Vaccine Adverse Events Reporting System (VAERS) has received

reports of 326,239 adverse events of which 4,946 were deaths related to the vaccines. That number exceeds the 4,598 deaths for other deaths related to vaccines reported to VAERS as long as records are available up to Dec. 31, 2020.

“Amendments to the PREP Act passed by Congress in 2020 shields vaccine manufacturers and anyone who administers a COVID-19 vaccine from civil liability if a person is injured or dies,” said Fisher. “Is George Mason University prepared to financially support the students or faculty members who were coerced into getting one or two doses of COVID-19 vaccine in order to enroll or keep their jobs if they suffer vaccine reactions that leave them permanently disabled?”

The university is encouraging faculty, staff and students to share their documentation of having received a vaccination by offering a variety of incentives. Prizes include parking permits, professional development funding (up to \$5,000), \$500 Barnes and Noble gift cards, tickets to performances, lunch with athletic coaches, an autographed football, and Mason Money and a few other items.

“The colleges are doing nothing to obtain the ‘informed consent’ of its students based on a complete disclosure of the risk,” said Olson. “Their message is basically – get vaccinated or stay away. I think more and more students will take the second option.”



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Our gut is home to more than 100 trillion bacteria – our gut microbiome. Seventy percent of our immune system is located in our gut and 70-95 percent of our brain neurotransmitters are made and located in the gut. Brain neurotransmitters like serotonin, dopamine, and GABA – our calming neurotransmitters are located there. These play a key role in optimal brain functioning. There are several things that can interfere with proper gut health and disrupt the flora of the microbiome. Disruptors to gut health include:

- **Taking antibiotics (only take when absolutely necessary)**
- **GMO foods (crops from soybean, canola, sugar beets, corn and cottonseed oil commonly found in fast foods and processed foods)**
- **Artificial sugars like aspartame, acesulfame potassium and sucralose can destroy gut flora (make sure you read your ingredient labels)**
- **Mold & Mycotoxins**
- **Alcohol & smoking**
- **Stress & a lack of physical activity**
- **Excess sugar in the diet can create dysbiosis in the gut**
- **A lack of diversity in one’s diet – eating a diet rich in whole foods from various sources can help grow different types of bacteria, resulting in diverse gut flora**
- **A low fiber diet and low prebiotics, such as onions, leeks, lentils and asparagus**
- **Impaired digestion**

Improper digestion of our food and protein means the amino acids are not available to the brain to support neurotransmitter production, directly affecting mood, sleep, and cravings. The overuse of antibiotics, along with insufficient prebiotics in the diet to prepare the gut to grow healthy microbiota, impairs the production of neurotransmitters and subsequently causes mood problems like depression and anxiety. To improve your gut flora, eat a diverse diet of nutrient-dense whole foods, probiotic-rich foods or supplements, get quality sleep, work on stress management techniques and avoid GMO foods and excess sugar and alcohol. You may also need to supplement with certain vitamins, minerals and fatty acids if you avoid specific food groups, have numerous food allergies, eat vegan or have a gut disorder. One of the best tests I use with my clients is the Genova GI Effects Stool Profile, which looks at gut functioning and your microbiome. It offers fascinating information to help resolve gut issues.

Infuse bright, nutritional flavor into summer



Orange and Harissa Glazed Beef Kebabs

Prep time: 2 hours
Cook time: 20 minutes
Servings: 2

- 1/2 cup California Valencia orange juice, freshly squeezed
 - 2 California Valencia oranges, zested and segmented
 - 2 tablespoons harissa paste
 - 2 tablespoons honey
 - 2 tablespoons olive oil
 - 1 tablespoon fresh mint leaves, roughly chopped
 - 2 garlic cloves, finely chopped
 - 8 ounces beef tenderloin, cut into 2-inch cubes
 - 1 green bell pepper, cut into 2-inch squares
 - 1 red onion, cut into 2-inch squares
 - 16 broccoli florets, raw
 - kosher salt, to taste
 - black pepper, to taste
 - cooked couscous
 - mandarin chutney
1. In mixing bowl, combine orange juice and zest, harissa, honey, oil, mint and garlic; mix well.
 2. Add beef cubes and toss to coat; marinate 2 hours in refrigerator.
 3. Using long skewers, build kebabs, alternating beef, peppers, onions and broccoli on each.
 4. Heat grill to medium-high heat.
 5. Season kebabs with salt and pepper, to taste. Grill until vegetables are cooked through and beef reaches desired doneness.
 6. Serve over bed of couscous and top with mandarin chutney.

RECIPE AND PHOTO COURTESY FAMILY FEATURES

Special permit fees for flagpoles come in new zoning regs for Fairfax

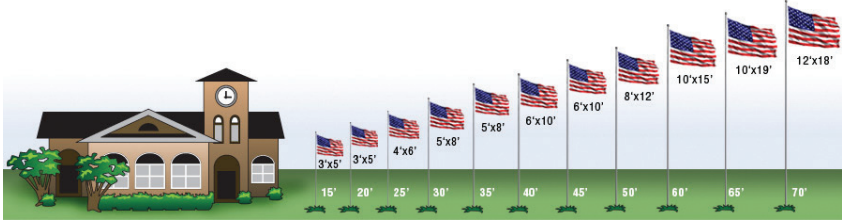
By Rick Horner
FAIRFAX COUNTY TIMES

Fairfax County has set new regulations for flagpoles which will set a new standard for their height, but if residents want their flagpoles to be taller then they’ll have to pay a fee.

The Fairfax County Board of Supervisors approved a decision to set new zoning ordinances setting the standard height of flagpoles and repeal the old regulations March 23. The height for residential lots was set for 25 feet while the height for lots that have other uses such as businesses have been set at 60 feet. The number of flagpoles allowable on a lot, which is three, will remain unchanged.

One aspect that the board left open for the county’s Planning Commission to work out were the fee rates for special permits since those fees had not been advertised when the regulations had been presented to the board. Those interested in purchasing a special permit to go beyond the heights set by the new regulations will have to go through a review of the applicant’s request and would pay a fee if that request is approved. The amount of the fee will differ depending on the situation.

“They are knowingly disrespecting veterans and veterans’ families’ memories, said Bill Denk, a 40-year Fairfax County resident and former chair of the Budget and Taxation Committee for McLean Citizens Organization. “A heroes flag or veteran’s flag is larger than a standard flag and therefore requires a larger pole.” These flags are the ones presented to a family member after the death of a military member or veteran.



COURTESY PHOTO

According to the Gettysburg Flag Works a heroes flag requires a 35 to 40-foot pole. Denk also noted that flag poles installed before July 1 are grandfathered in and the policy only applies to new flag poles.

The fee structure will be divided into four different categories, according to a report by the Planning Commission.

The first category allows for an increase in the height of a flagpole on a residential lot above the set height of 25 feet. This particular category also allows for increases on lots meant for non-residential purposes. The fee in these cases will be set at \$435.

The next category allows for an increase in the height of a freestanding accessory structure, this permit allows such structures on a lot of 36,000 square feet or less and developed with a single-family detached home to go above 20 feet. The fee for this particular permit is set at \$910.

The third category allows for the increase in the cumulative square footage of freestanding accessory structures. This permit allows for such structures to exceed 50 percent of the gross floor area on the lot’s main dwelling if it measures 36,000 square feet or less with a detached single-family home. The fee for this permit is set at \$910.

Lastly, the final category allows for

a special permit for accessory structures on through lots. This permit allows free-standing structures in the front yard that serve as a back yard for a through lot. The fee for this permit would also be set at \$910.

The new flagpole regulations are part of a package called the Zoning Ordinance Modernization Project that has been in the works since 2018. This package sought to update zoning regulations that had been on the county’s books since 1978. The goal was to streamline the regulations to make them easier to understand as well as removing inconsistencies, gaps, and ambiguities that made their way into the ordinances and made them confusing for residents.

A big concern about the new regulation from the public was that it would restrict the size of flags that could be flown, members of both the board and the Planning Commission assured that the new regulations did not affect flags.

“We have heard a great deal of testimony on several topics including the accessory housing units, home-base business units, and flags,” said Sully District Supervisor Kathy L. Smith who had been heading up the project since it began.

The proposed fees for special permits will go back to the Fairfax County Board of Supervisors July 13.

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Zionist organization accuses FCPS, school board member of anti-Semitism

By Hannah Parker
FAIRFAX COUNTY TIMES

More than a month since Israel and Hamas agreed to a cease-fire -- which ended the deadly conflict that lasted for more than 10 days -- The Zionist Organization of America is accusing Fairfax County Public Schools of “years of antisemitism.”

In its 10-page letter sent to FCPS Superintendent Scott Brabrand and to the school board June 21, ZOA said they had been alerted by community members of the “hate-inciting and divisive conduct” of FCPS school board member Abrar Omeish.

Omeish, the only Muslim woman FCPS school board member, tweeted May 13 in support of Palestians:

“Hurts my heart to celebrate while Israel kills Palestinians & desecrates the Holy Land right now. Apartheid & colonization were wrong yesterday and will be today, here and there,” she tweeted.

She received a mix of backlash and support for the tweet from community members. The following day she tweeted that she looks forward to “robust” and “empathetic” engagement with Jewish leaders, adding “People of all faiths deserve Holy Land peace.”

“I understand that many Jewish families share a deep and sacred relationship to Israel,” Omeish told the Fairfax County Times. “I have been grateful to constituents and neighbors who have reached out and with whom I continue to engage and dialogue alongside faith leaders countywide. We must not forget that we can fight both anti-Semitism and oppression of the Palestinians together at the same time.”

ZOA claims that FCPS’s “inaction in response” to Omeish’s tweets is a “pattern of official indifference” towards discrimination against Jewish students.

Brabrand released a statement May 24 in response to the Israel-Palestine conflict in which he stated support for Jewish and Muslim students, and denounced any form of “hate, exclusion, and marginalization.”

The national organization claims that Omeish used her platform as a school board member “to promote her partisan

political views.” Both her Facebook and Twitter profiles, where she made the posts about the Israel-Palestine conflict, are personal accounts.

“Solidarity with the Palestinians, and critique of Israeli human rights violations against them, is not anti-Semitic, just as Judaism and Zionism are not synonymous,” Omeish said. “Anti-semitism is a real and growing threat that must be addressed in our schools, county, and world. Conflating criticism of the Israeli government with antisemitism only harms those efforts by diverting our focus.”

ZOA -- which has no chapters in Virginia -- began to describe other claims of anti-Semitism five pages into its letter, after focusing much of it on Omeish. It wrote that students gave Jewish students heil Hitler salutes, threw coins at them and drew swastikas on Jewish students’ papers, among other claims.

The letter went on to describe anti-Semitic jokes about the Holocaust, as well as slurs, that were said to Jewish students. Additionally, ZOA wrote that “FCPS has failed to reasonably accommodate Jewish students (and teachers) who observe Rosh Hashanah and Yom Kippur.”

ZOA’s letter went on to address other claims of antisemitism at FCPS, including teachers “trivializing the Holocaust” and keeping an “anti-Semitic Nazi display” up.

The letter ends with recommendations for FCPS moving forward. Among the suggestions include requesting that FCPS condemn Omeish’s social media posts, instruct her to remove the posts and censure her if she fails to do so.

The Council on American-Islamic Relations -- a Muslim civil rights and advocacy group headquartered on Capitol Hill -- submitted its own letter to Brabrand and the FCPS school board June 29, defending Omeish’s social media posts.

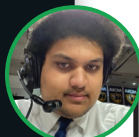
In the letter CAIR claims that ZOA is targeting Omeish.

“Any attempt to punish Ms. Omeish or restrict the free speech rights of employees and students within the school system would be legally untenable and morally wrong,” it said.

ZOA asked for a response from FCPS by July 2.

FAIRFAX COUNTY BREAKING FREE

BY SRAVAN GANNAVARAPU
SPECIAL TO THE FAIRFAX COUNTY TIMES



Working during COVID-19? Be creative, and it’s business as usual

Think back to March 2020, when everything as we knew it was about to change dramatically. Spring Break was coming, and soon afterward, seniors in their final semester of college would not only be studying but they would be living out their final moments on campus. The last parties, the nights of going out with friends, or even gathering and playing music, would all be to celebrate the end of four arduous, but exciting, years. Then, of course, while the workforce came next, you would at least have the satisfaction that you were able to make several lasting memories from your time in college.

COVID-19 laughed that off and made its entrance, and soon, no more fun; and for college graduates, it meant either moving back home and figuring out what to do with themselves or going out on their own and seeking employment in whatever field they can find.

Patrick Maercklein wasn’t one to get caught up in misery; he ventured forward with his classes and eventually graduated from James Madison with a business degree. However, he bears no hard feelings about how his college life suddenly ended.

“The virtual classes just weren’t ideal, especially having to pivot to that so fast,” said Maercklein. “It was difficult for everyone; then again, there was really no one to blame.”

There’s a valid point, and it’s one that Maercklein now uses in the business world. You will face obstacles, but the people who are creative are those who tend to thrive in adversarial situations. On top of that, try breaking into the business world without having entrepreneurs speak with you and give you tips on succeeding.

“Because of what all went down, as a college student, I was limited in my ability to make connections,” said Maercklein. “We didn’t have job fairs; in fact, we didn’t even have a virtual job fair.”

In the business world, there’s only so much you can do on the computer. Sure, you can plug in the numbers and create charts and monitor growth in sales and other



COURTESY PHOTO

various activities, but it always comes back to interacting with people. Maercklein learned this quickly as, during his internship, he had no face-to-face interaction.

“I never met in person, a single person that I worked with for my internship which was remote, never met one,” said Maercklein.

That alone is alarming. Not meeting a single person and establishing any rapport is hard to work with, especially in the business world. Additionally, how long can someone sit on a computer and constantly work without any interaction? Maercklein knows the feeling quite well.

“I felt isolated a lot of times. Plus, I had to learn everything online,” said Maercklein. “I couldn’t just walk over to my boss’s desk right next to me and ask for help. It was a big hassle.”

Maercklein has never been one to shy away from facing a challenge. Additionally, his creative mindset -- ability to think on the fly -- is something most of his friends from his childhood often swear by. Before attending JMU, Maercklein was a student at Westfield High School and a member of the Student Government Association. His creative mindset and willingness to think outside the box made it easier for his peers to help put together significant events such as rallies for sporting events and spirit days.

Like everyone else, Maercklein navigated

through the pandemic and, at some point, had questions about what was to come next. Still, he’s also fortunate to have maintained a good relationship with those he worked with as an intern before the pandemic, who offered him the chance to come back and work for them.

“I am lucky enough to have had a company that I had interned for before for a couple of years reach back out to me saying, Hey, we’re trying to rebound from the pandemic, we’ve had a hard year, but we think, you know, adding you to our workforce will help us,” said Maercklein. “I ended up accepting a position from a company that I’d worked for in the past.”

Maercklein’s ability and skill set makes him a viable individual for any field, regardless of occupation. However, he believes that some may have gone into a mode of panic without taking the time to sit down and examine their options because of what all happened. It’s not about what happens; it’s what you do when it happens, whether in business or any job; it’s how you respond to adversity.

“Myself and others, we’ve all adapted from the pandemic to a point where everyone can pivot their operations in the workforce so much better,” said Maercklein. “It does sound crazy that it took a pandemic for it to happen, but everything happens for a reason.”

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Mount Vernon resident nominated for SECNAV

If confirmed, he’ll be the second Hispanic to lead the Navy

Carlos Del Toro, a Mount Vernon resident, was nominated by President Joe Biden to be Secretary of the Navy June 11. The nominated was sent to the Senate June 17.

Del Toro, a retired U.S. Navy commander had a 22-year career in the Navy before founding SBG Technology Solutions, Inc. He has served as president and CEO of SBG Technology for the past 17 years and supported defense programs across a host of immediate and long-term Navy issue areas, including shipbuilding, AI, cybersecurity, acquisition programs, space systems, health and training.

“My friend Carlos Del Toro will make an excellent



COURTESY PHOTO
Carlos Del Toro

U.S. Navy secretary,” U.S. Sen. Mark Warner said in a statement. “There’s no one better qualified or better equipped, and I know he’ll do our country proud.”

Born in Havana, Cuba, Del Toro immigrated to the U.S. with his family as refugees in 1962. Raised in the Hell’s Kitchen neighborhood

of New York City, he attended public schools and received an appointment to the United States Naval Academy at Annapolis, where he earned a Bachelor of Science Degree in Electrical Engineering. He was the first Hispanic president of the White House Fellows Foundation and Alumni association and serves on the Board of Directors of the Stimson Center. He was recently appointed to the U.S. Naval Academy Alumni Association’s Special Commission on Culture, Diversity, and Inclusion. Del Toro is married to Betty Del Toro, with whom they have four children and a granddaughter.

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An Open Letter to Fairfax County School Board Chair Ricardy Anderson, School Board Members and Superintendent Scott Brabrand

Dear Dr. Anderson,

At the June 17 Fairfax County School Board meeting, a local parent told school board members that political careers should not be advanced on the backs of our children. Dr. Andersen pushed back against the comment, saying it was “disrespectful” and offensive to her

We take exception to that.

“Disrespectful” is the disregard the Fairfax County School Board has shown to parents and students, not listening to us for the past year and a half..

“Disrespectful” is completely ignoring the professional return-to-school health recommendation issued in October 2020 by Fairfax County’s Health Director, Dr. Gloria Addo-Ayensu, and the Centers for Disease Control

“Disrespectful” are the “Lucy and the football” moments we have experienced, such as the June 2020 return-to-school survey you sent us, when we expected Fairfax County Public Schools to

do one thing because board members and the superintendent told us you would and then you yanked the football out from under our feet.

“Disrespectful” is prioritizing teacher unions ahead of the legitimate needs of kids.

“Disrespectful” is turning a graduation into a political grandstand to stir up controversy rather than the celebration the students and families expect and deserve.

“Disrespectful” is putting political agendas, like changing school names in the midst of the COVID-19 return-to-school, pushing divisive ideologies and changing school admissions, ahead of our kids’ social, emotional and academic needs.

“Disrespectful” is forgetting who you serve – the voters, parents and students of Fairfax County.

At a recent community event, a City of Fairfax councilman recalled how his young daughter had seen a city worker and commented that her father was his boss. He thought about it and corrected her. He told her that it does not work that way

and that actually he works for that city worker and all the people in the City of Fairfax. He told her that, as an elected official, he was not only not the boss, but that he has 24,000 bosses – all the residents of Fairfax City. That councilman understands his position and role perfectly! We wish you all did.

You see, you are not the boss. We are! Perhaps you have forgotten that fact, but we have not. The recall we have organized to remove some of you from office is a means to hold you accountable because of concerns we have regarding fulfillment of your duties to the students -- and to us.

So, yes, there is disrespect. However, it is not coming from a concerned constituent to any of you. Instead, what is “disrespectful” is this board’s contemptuous responses to its constituents for months on end.

*Signed,
OpenFCPS Coalition
openfcpscoalition.org*

America: The Land of Freedom and Independence

Dear Editor,

July 4th embarks the day the 13 colonies gained independence from Great Britain. Since then, it has become a federal holiday in which Americans commemorate independence by attending parades, putting up patriotic decorations, and watching fireworks. Even with an abundance of diversity, we lack acceptance, understanding, and openness to others. The United States is known as “the land of the free ” and “the land of opportunity” as people can better their lives and ultimately have freedom. Many times, I am asked “Where are you from?” or “Where are you actually from?” because I don’t reflect the “ideal American” as I am a Muslim who wears the hijab. As an American Muslim, God commands us in the Holy Qur’an to “obey God, and obey His Messenger and those who are in

authority over you” (4:6). Islam teaches Muslims to abide by the laws of where they live and to respect authority. To me, the ideal American abides by the laws, helps others, is open-minded, and accepts those who come from an array of backgrounds and cultures.

The COVID-19 pandemic has caused us to ponder upon relationships, and countless people have had to face hardships. Although many will spend this day with parades, fireworks, and enjoying treats, helping others is the most patriotic way we can commemorate freedom and independence. No matter who you are or what you look like, go help others so that they too can enjoy America: the land of freedom and independence.

*Ujala Yousaf
Centreville, VA*



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COMING LATE 2021

Golden Girls adult softball league is *stronger than ever* post-pandemic

By Grant Johnson
FAIRFAX COUNTY TIMES

If anything, COVID-19 taught us to not take our social lives for granted and to enjoy company when its present. The Golden Girls' players didn't let the pandemic take their bonds with each other away, and instead returned to the field this spring with increased excitement.

The Golden Girls — founded in 1989 — is a Vienna-based slow-pitch women's softball league for those 40 and older with 146 active players on recreational and tournament teams alike. Built on the pillars of "fun, friendship and fellowship," 86-year-old Beth Hersey, one of the "Founding Mothers" and member of the 80s tournament team, said, the Golden Girls is the prime destination for senior softball players in Northern Virginia.

Many Golden Girls have been playing in the league for more than 20 years, while some — Hersey being one — have been involved since the league's inception 32 years ago. But Marilyn Mallery, 78, emphasized that the league prides itself on being "welcome to everybody." Mallery, the Golden Girls' membership chair, newsletter editor and creator of the organization's website, said the league isn't all about the game of softball — it's about the people.

"The Golden Girls are a very special bunch of women," Mallery said. "We have people from every background you can possibly think of — every profession."

There are four recreational teams among the Golden Girls that play each other on either Wednesday nights or Saturday mornings. It's for more casual players, Mallery said, but the tournament teams are more competitive. There are currently teams at different age groups — 50 plus, 55 plus, 70 plus and 80 plus — and they travel across the country to play against senior softball teams from Florida, California, Tennessee and Michigan, among other states.

A strong tradition and camaraderie among its members pushed the Golden Girls past COVID-19



COURTESY PHOTOS



Peg Moyer — 75-year-old player, manager of the 70s tournament team and Golden Girls president — said even though league games allow her to see everyone involved with Golden Girls at the same time, her participation with the tournament team has helped her forge relationships she otherwise wouldn't.

"I like being involved with the travel team because we've made friends with many of the players on all the other teams because we've seen them for so many years," Moyer said. "It's good competition, but it's also camaraderie."

Among other tournaments, the Golden Girls have travelled to The Huntsman Senior World Games in St. George, Utah, as well as tournaments in Canada. With no sponsors, Moyer said the Golden Girls will subsidize teams for a certain amount, but travelling to venues across North America is still too expensive at times. She said the team will drive to Saint Louis, for an upcoming tournament because they can't afford to fly this time around.

The recreational league play of Golden Girls caters to a different audience within the organization. Marie

Edwartoski, 58, said even as a former softball player, she just "enjoys being out there" and doesn't care about the game's end result. She said she doesn't want to be the "weekend warrior" who ends up in the emergency room, but rather wants to stay physically active in order to help not only her physical health, but her mental health as well.

Within league play, certain rules help make Golden Girls softball approachable for all. For example, new players can take six strikes when they're at-bat compared to the normal three, which all other players get. Rather than discriminating against new players, the league's philosophy is, "as long as one is able to play, one should be able to play," Edwartoski said.

However, no one in Golden Girls was able to play during the thick of the pandemic last year. When games were put on hold, the team had a winter conditioning program every Monday at Dulles Sportsplex, and Moyer ran hitting and fielding clinics with all the pandemic protocols intact for those who were "brave enough to come out" to practice.

When the team returned to play this spring, Mallery said it hasn't been all sunshine and rainbows for the players despite the excitement of playing again after a two-year hiatus.

"We've noticed differences in our bodies, of course," Mallery said. "I think there's been a few more accidents and pulled muscles than we normally have because we all sat out for a year."

One of those accidents happened to Hersey May 23. She broke her leg trying to jump over a ball that was in her base path while running from first to second base — she fell on her femur and hip and had surgery the next day. The 86-year-old said she's recovering better every day, and said she "plans on playing" when she's able — the September-October fall season is when she's shooting for.

The sacrifice that players like Hersey put their bodies through begs the question: Why do they still play softball?

"It is so important to me," Hersey said. "I've ... never had the chance to play softball [growing up], but it's always been in my mind that that's something I wanted to do ... I saw this ad in the paper [for

Golden Girls], and I just went with it."

Mallery said, at this age, many still play simply because "they love the game." For Moyer, she said it's her way to get female companionship because she didn't have a sister growing up. Living in a townhouse community, Moyer said she seldomly sees her neighbors, so Golden Girls has become her social life.

The social life that Golden Girls cultivates has helped form tight off-the-field bonds, Mallery said. She organized "Golden Girls and Friends," which is a group within the organization that goes on trips together — one in the winter and one in the summer. Mallery said she's been coordinating it for 20 years, and the group has gone on more than 30 trips by now. It started as cruises in the Caribbean, she said, but they've expanded and have since gone to South Africa, New Zealand and Peru, among other trips. Golden Girls and Friends is going to Italy this October.

Since the group is similar in age and interests, Moyer said it helps others feel sympathy for one another. Coming off the pandemic, it's

especially been heightened.

"It's a very supporting, loving, giving group," Moyer said. "If somebody has a problem, someone will always step in and help. We keep in-tune to who's sick, who's injured, who's had any kind of problem in the family, close deaths — any kind of emotional problems."

As someone who joined Golden Girls shortly before they shut down operations in spring 2020, Edwartoski said it's like she "changed schools, and everyone else is kind of established." In many organizations, this would create a social barrier, but Edwartoski said Golden Girls has been very welcoming to new players.

The Golden Girls' welcoming atmosphere was accentuated by how many watched JMU softball's run in the Women's College World Series (WCWS) together. Mallery said all the ladies would watch on Saturdays, and Moyer said JMU "was like our team." The ladies watch the WCWS every year, but Moyer said this year was different because "everybody" was completely dialed in to how the Dukes were doing in Oklahoma City. Edwartoski said JMU's run could have ripple effects in the state.

"I think it was great for [JMU] to get on that national stage," Edwartoski said. "It serves as an example for girls in Virginia to say, 'Look, there's a pipeline to that,' and might give them an opportunity. Even though you've got to be incredibly talented to get to that level."

Moyer, a 2019 National Slow Pitch Hall of Fame inductee, referenced a separate tournament in Charleston, S.C., during her Golden Girls' career where her travel team — and all four other Golden Girls teams — won the whole thing. Their prize? Watches — which serve as a reminder for the rest of the summer for who's back in action.

"[We] all got watches and... would say, 'What time is it? It's Golden Girls time,'" Moyer said.

Tips to embrace the healthy habit of bicycling

Courtesy StatePoint

Whether rediscovering the joy of riding a bike or taking a ride for the first time, cycling saw a boom during the pandemic, and many believe this trend is here to stay.

The summer is an excellent time to recognize the many benefits of this healthy habit, as well as outfit yourself with everything you need to embrace your inner adventurer. Huffy Bicycles is offering the following tips and insights to celebrate cycling.

Recognize the Benefits

Bicycling is a heart-healthy cardiovascular exercise that strengthens your lower body, yet is low-impact on joints, making it a terrific workout for adults of all ages, as well as kids and families. It's also great for the mind, and has been shown in studies to boost mood and improve cognitive function. But the benefits extend beyond the individual. Biking as a substitute for driving a car is good for the planet and your local community, cutting down on greenhouse gas emissions and air pollutants and improving traffic congestion.



COURTESY PHOTO

Find Time to Bike

Changing or creating a single habit can have unexpected and wide-reaching effects. Even with a jam-packed schedule, you can establish the habit of biking by seamlessly incorporating it into your current routine. Here are a few ideas for doing so:

- Pick one to two days a week to commute to work by bike.
- Swap out sedentary activities you do to unwind with your family,

such as watching TV, with bike rides.

- Are weekends the time you spend connecting with friends? Suggest your next meet-up start with a bike ride.
- Whether you're a runner, swimmer or love working out at home, swap at least one workout a week with cycling. Cross training emphasizes different muscle groups and helps build out a more well-rounded fitness routine.

Go Electric

Electric bikes are great alternatives for all adult riders, no matter your level of experience. An e-bike helps you get back on a bike if it's been a while since your last ride, if you have physical limitations that make riding a standard bike difficult, or if you want to keep up on a ride with more experienced friends. The pedal-powered boost can also provide a less intense alternative to traditional biking, especially for those

looking to commute without breaking a sweat. Whether it's to ease back into biking or you just want a cool bike, the e-bike offers the same joys as a conventional bike ride with a bit of a kick.

Get Equipped

Consider a one-stop brand, such as Huffy Bicycles to ensure each member of your family is equipped with the bike that best meets their needs. Whether you're an adrenaline seeker in need of a tough, durable mountain or gravel bike, or a day tripper seeking a cruiser or comfort bike, Huffy offers a range of models in every style. They have tricycles, bicycles, scooters and battery-powered ride-ons, for kids of all ages, from those still experimenting with foot-to-floor and first-bike fun, to active kids seeking adventure. Finally, if you're an RV-er or plan to regularly commute by bike, they also offer fun-to-ride electric bikes that make it easy to ride more miles and power up hills. For more information, visit www.huffy.com.

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**LIVE THEATRE
RETURNS TO
NEXTSTOP**
Page **B4**

The demon barber of Fleet Street comes to Wolf Trap

*Stephen Sondheim's Sweeney Todd will
be performed this weekend with the NSO*

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

After a year with an empty stage, Wolf Trap's Filene Center will offer a summer full of great performances in 2021, and this weekend will present Stephen Sondheim's infamous "Sweeney Todd: The Demon Barber of Fleet Street."

Directed by Emma Griffin, and under the baton of Roberto Kalb, conductor of the National Symphony Orchestra, the musical tells the tale of the notorious Sweeney Todd, an unjustly exiled barber who returns to London seeking vengeance against the lecherous Judge Turpin, who framed him and ravaged his young wife.

His taste for revenge finds Todd in cahoots with Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which, he opens a new barber practice. The barber's thirst for blood inspires a secret ingredient to Lovett's meat pies and they soon become the talk of the town.

"Sweeney Todd is undeniably one of the greatest pieces of sung theatre written in the 20th century," said Griffin, who is directing at Wolf Trap for the first time. "It is extraordinarily both entertaining and moving and sophisticated and musically, a very thrilling evening in the theater. It has been a joy to work on."

Nicholas Newton, a bass-baritone member of the Wolf Trap Opera, takes on the role of Judge Turpin and believes the audience will have a grand time seeing this production.

"People will definitely be walking away singing some tunes," he said. "We've all spent the last year watching virtual things, but there's nothing like live theater, and this is truly special and it touches you in a way that no other medium can."

Newton has been a part of the Wolf Trap Opera summer season for a few years, and enjoys coming back to Vienna to perform. He last performed here in "The Orpheus Project" in 2020.

He's spent the pandemic as a Young Artist member of the Houston Grand Opera Studio, performing virtually.

"We put on two virtual productions a month, and in May, I was able to do my first live, outdoor show with an audience, so I've been really privileged to be able to continue my training," Newton said.

Preparations for "Sweeney Todd" began in early June, and he noted the show is magnificent and he's having a lot of fun taking on the villainous role.

"It's been a few years since I've played a villain," he said. "The thing about Judge Turpin is that he cares about himself the most. And he likes to hear himself talk and is used to things going his way. He enjoys his life because of that."

Newton is happy to be back with colleagues from all over the country, many of whom he's worked and collaborated with before.

"As young artists, getting to perform lead roles at such big institutions and on such



COURTESY PHOTO

a big stage, these opportunities are not necessarily abundant," he said. "They really take care of you here and I really feel like they want the best for their artists. Wolf Trap brings in really great people to collaborate on with both sides—on and off the stage. And I just always have fun when I come here."

This is Newton's first time performing in "Sweeney Todd" and he feels it's an excellent show for people to kick off their Fourth of July weekend.

"I'm not sure how many live performances people in

Virginia have been able to see thus far, but I'm excited about the possibility that this will be someone's first production since the pandemic; I think that's really special," he said. "It's a privilege to be performing at this moment and I'm so happy that I get to enjoy what I love so much to do."

"Sweeney Todd" also stars Wolf Trap Opera's Thomas Glass as Sweeney Todd, Megan Esther Grey as Mrs. Lovett, Alexandra Nowakowski as Johanna Barker, Jonathan Bryan as Anthony, Wayd Odle as

Beadle, Conor McDonald as Tobias, Christopher Bozeka as Adolfo Pirelli and Shannon Jennings as the Beggar Woman.

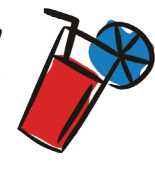
"Our cast is so good; to hear these voices unleashed on this music, telling this story, it's so satisfying," Griffin said. "I really think the audience who comes to this is lucky."

"Sweeney Todd" will run July 2 and 3 at 8 p.m. For more information and to purchase tickets, visit wolfttrap.org

Fairfax County gears up for the



Fourth of July



By Noelle Riddle
FAIRFAX COUNTY TIMES

The Fourth of July is on a Sunday this year; and in light of the falling number of COVID cases, the Commonwealth is opening back up businesses and events. After a year of isolation, residents are ready to celebrate the Independence Day weekend with a bang.

Governor Ralph Northam reported that the Commonwealth hit President Joe Biden's goal of 70 percent of adults having received at least one dose of the COVID-19 vaccine by July 4, and residents are ready to get out again.

"It is so exciting to see things opening up again. It feels strange that a mask is not required anymore, it will take some readjusting to get back to normal life," said Herndon resident Diana Roe. "Being able to get out for the Fourth of July and spend time with family and friends is great."

Fairfax County has a variety of events people can attend to celebrate the holiday weekend. For residents looking to kick the weekend off on Friday night with fireworks, the Workhouse Arts Center in Lorton is having a family friendly event July 2 (9601 Ox Rd.). The tailgate begins at 6 p.m. where attendees can meet Uncle

Sam, pick up a balloon animal and watch a magic show followed by the fireworks at sundown.

To keep the holiday celebrations going, July 3, there is the 55th annual City of Fairfax Independence Day Parade at 10 a.m. The event will wind around downtown Fairfax and includes nine high school marching bands, floats, balloons, clowns and other fun sights for the family. The parade will leave from City Hall (10455 Armstrong St.).

For those looking to enjoy fireworks on Saturday night, Lake Fairfax will have a variety of food trucks during the day followed by the fireworks display at 9 p.m. There is an entry fee per car to get into the park and enjoy the show. Tickets can be purchased in advance or upon entry (1400 Lake Fairfax Dr.).

Sunday provides a wide variety of activities for Fairfax County residents to check out and enjoy outdoors. The return of celebrations is giving many people hope and a sense of normalcy. "I can finally see my family and friends again and be sure that I am keeping them safe," said Alejandro Garcia, a resident of Chantilly. "It's nice to get to be a part of family traditions again after not being able to last year."

One event residents can attend

on the Fourth is Mount Vernon's annual Independence Day event where there will be daytime fireworks, 18th Century hot air balloons and a performance by the National Concert Band for the family to enjoy starting at 9 a.m. (3200 Mount Vernon Memorial Highway).

For those who want to get some exercise in on the holiday, Reston Town Center is hosting the Fourth of July Firecracker 5k for the Troops presented by Leidos at 8 a.m. There will also be live music for everyone to enjoy after the race (11900 Market St.).

Great Falls will also get a running start to their holiday. The Great Falls Freedom Memorial Annual 5k begins at 8 a.m. It will be followed by a parade at 10 a.m. which will be full of firetrucks, horses, floats and antique cars (Great Falls Village Center, 754 Walker Rd.).

For those who want to stay in their car on the Fourth, the McLean Community Center is hosting a drive-thru Fourth of July event for Dranesville Small District 1A residents. Participants must sign up and can visit for one of the three hour-long timeslots. There will be ice cream and a DJ for the community to enjoy (1234 Ingle-side Ave.).

When the sun goes down,

there will be plenty of places to view fireworks around the county. One place to catch a show is Fairfax High School. There will be onstage entertainment starting at 6:30 p.m. followed by the fireworks display when the sun goes down (3501 Rebel Run).

The Town of Herndon's fireworks will begin at 9:30 p.m. They are being launched from the Herndon Centennial Golf Course and can be viewed from Bready Park (814 Ferndale Ave.). It is recommended viewers get to the park early to secure an area to sit.

Another place to view fireworks is Turner Farm Park. Revelers can first enjoy live music, games, contests and food trucks starting at 6 p.m. followed by the light show once it is dark (925 Springvale Rd.).

With so many options of things to do across the county, everyone is sure to find something to do. With the fall of reported COVID cases, people are feeling optimistic. "It's exciting to make up for lost time from last year and spend this holiday with friends in a manner that was not possible in 2020," said Centreville resident Adam Lee. "Not being able to see friends last year makes this year more special."



"In the Heights" (PG-13)

-- If you pick just one movie to see in 2021, this much-anticipated musical is THE highlight of summer films. Its high-energy music-and-dance numbers tell stories of love, family, community and dreams in the predominantly Dominican New York City neighborhood of Washington Heights. With music and lyrics written by Lin-Manuel Miranda (of "Hamilton" fame), every number is impassioned and exuberant. Brooklyn native and Broadway star Anthony Ramos is dreamy in the lead role of Usnavi, but the real delight of this movie is the relatability of the stories across cultures. This is a new generation of musical, and it is spectacular. (Theaters and HBO Max)

"Good on Paper" (R)

-- For those who like best-friend shenanigans, "Good on Paper" is a familiar story that speaks to any woman who's ever second-guessed a new love interest. Main character Andrea Singer, played by comedian and writer Iliza Schlesinger, meets a nice, smart, charming, nerdy guy, Dennis. They date. He says the right things. He's funny. Seems nice. Something must be wrong with him, right? Enter Andrea's

See **COUCH THEATER**, **B6**

Calamity Improv continues to offer shtick despite pandemic

By Rick Horner
FAIRFAX COUNTY TIMES

An improv group kept the show going while other forms of entertainment were forced to close down during the coronavirus pandemic. Calamity Improv has been hitting the stage since 2018, entertaining audiences with their brand of improv theater. The group has performed in different venues in Fairfax County such as the Grace Episcopal Church, the Dark Horse Theater and their birthplace at Arts Herndon. Since their inception the group has doubled in size from seven players to 14 with new performers rotating in and out every so often. The troupe’s philosophy on performance is to make people laugh and think. “They work to be smart and clever,” said Arts Herndon President Joanna Ormesher. “It’s a family show, no profanity or rudeness. It sets them apart from other groups. It’s why people keep coming back.” The subjects that the troupe take on

range from the topical to the random. They welcome suggestions and comments from the audience which could be as mundane as the art on the walls of the arthouse, which was one time the paintings on pizza boxes on exhibit. The pandemic changed things for the troupe and for Arts Herndon but they found a way to thrive not just in giving the players more material to work with but from the way they brought their performances to their local community. Shows were taken outdoors with the newly created Arts Herndon Lawn Stage since the Centers for Disease Control had recommended no indoor shows. The Lawn Stage made a difference since it meant the show didn’t have to close down completely and could carry on performing. In addition to the improv, the art house could host other performances such as Shakespearian plays and poetry slams that kept the entertainment coming. Even before the pandemic began the troupe gained a reputation which attracted players who wanted to share the stage with the group. The players are tied to the community though local theaters such as Dark Horse and some are also students from Herndon High School who join in on occasion since one of the troupe’s members is a drama teacher at the school. While the shows are able to go back indoors at Arts Herndon they are still performed outside. One of the troupe’s most recent shows brought in a large group of 70 people which according to Ormesher, is a big crowd for them. As life begins to get back to normal, the troupe will begin to branch out into new things. Ormesher mentioned that the troupe will offer team-building classes for businesses that look to improve their office culture. This isn’t out of the ordinary since the Second City Improv in Chicago has offered such classes for years. Calamity Improv performs at the Arts Herndon every second Saturday of the month.



COURTESY PHOTO

Community Information

Farmers’ Markets Visit a variety of vendors to purchase produce, pastries, bread, meat and more. 8 a.m. to noon. Fridays through Nov. 12. Lewinsville Park, 1659 Chain Bridge Rd., McLean. For more information visit <https://bit.ly/3fK9H2t>. 3 to 7 p.m. Fridays through Oct. 29. 5844-5862 Kingstowne Center, Alexandria. For more information visit <https://bit.ly/34IWuHG>. **Campfire Fridays** Explore the wonders of the natural world and cap the evening off with a campfire and s’mores. 8:30 p.m. July 2. Cost is \$12. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/3qEcdfS>. **Community Market**

includes themed activities including vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. July 3. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>. **Private Hidden Treasures Hike** Your naturalist pirate will guide your family group in finding nature’s treasures on water or land. 10 a.m. weekly July 3 through 31. Cost is \$45. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3wbSK7v>. **Night Kayaking** Enjoy the lake after dark in a kayak when many nocturnal animals come out. The view from a kayak is a great way to see

them. Bring a flashlight and dress for the activity. 7 p.m. July 3. Cost is \$42. Lake Accotink, 7500 Accotink Park Rd., Springfield. For more information visit <https://bit.ly/364Sood>. **Red, White & Blue Tournament** Teams alternate tees depending on score of the previous hole. Limited to the first 48 teams. 8 a.m. to noon July 4. Cost is \$75 per team. Burke Lake Golf Center, 6915 Ox Rd., Fairfax Station. For more information <https://bit.ly/2SwDc06>. **Twilight by Kayak** Watch the sun set on Burke Lake as the wildlife settles in for the night and return to the dock by the light of the moon. Single kayaks and equipment provided. 7:30 p.m. July 7. Cost is \$42. Burke Lake

Park, 7315 Ox Rd., Fairfax Station. For more information visit <https://bit.ly/3AhQaQy>. **History of Cains Branch** Hike the trails and learn the history of abandoned sites hidden from the view of most visitors. Learn about the life of early inhabitants. 11 a.m. July 8. Cost is \$10. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/3gZEp9v>. **ONGOING Active Aging Wellness** Classes focus on balance, coordination, stretching and improved mobility. Class meets on Zoom one hour once weekly for eight weeks. Wednesdays 10:45 a.m. through August 25. Cost is \$50. For more information

and to register contact Casey Tarr at 703-821-6838. **Forgotten Road Tours** these outside walking tours of the original outbuildings and representative slave quarters focus on the lives and stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. Friday, Saturday, Sunday, and Thursday through Oct. 31. Cost is \$20 to \$40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/34WkvFN>. **Virtual Mental Health Events and Support** Recovery Program Solutions of Virginia holds a variety of free online events and support groups each week. Meet new friends, stay healthy and fit, participate in art therapy and

more. For more information visit <https://bit.ly/3vokjut>. **Senior Womens Softball** Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit goldengirls.org. **Help Needy Children** through volunteer work with Assistance League. Learn more at <https://bit.ly/305C3gc>. **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>.

Art News

Darn Good Country Weekend Enjoy two days of live country stars, camping, food, drinks and more. Headliners will be Chase Rice and Dustin Lynch. 4 to 11 p.m. July 2 and 3. Admission starts at \$45. Bull Run Special Events Center, 7700 Bull Run Dr., Centreville. For more information visit <https://bit.ly/3x2fQ1z>. **Fab Fridays** Enjoy the Seth Kibel Band playing Swing, Klezmer and more. 7 to 9 p.m. July 2. Free. Parking is free in the ParkX parking garage with validation. Reston Station, 1901 Reston Metro Plaza, Reston. For more information visit <https://bit.ly/2UDaYkW>. **Southern Accents** is a tribute to Tom Petty and the Heartbreakers. Enjoy timeless melodies, sweet rhythms and wild rock music. Doors open at 7 p.m. Concert begins at 9 p.m. July 2. Tickets start at \$18. The State Theatre, 220 N. Washington St., Falls Church. For more information visit <https://bit.ly/3x1RCEE>. **Family Fun Entertainment Series** Come hear Williebob and Boogie Woogie Bernie, otherwise known as Rocknoceros as they play music for children

of all ages. 10 a.m. July 3. Free. Reston Town Square Park, 12034 Town Square St., Reston. For more information visit <https://bit.ly/2TeXD1Z>. **7 Deadlives** performs Jimmy Eat World’s “Bleed American” in this outdoor concert to celebrate Jammin’ Java’s 20th Anniversary. Doors open at 6 p.m. Show is at 7 p.m. July 3. Tickets are free but you must RSVP. Jammin’ Java, 227 Maple Ave. East, Vienna. For more information visit <https://bit.ly/35V5Sdf>. **123 Andres** is a Latin Grammy-winning music duo with catchy songs for kids in Spanish and English. 10 a.m. July 7. Free. Frying Pan Farm Park, 209 West Ox Rd., Herndon. For more information visit <https://bit.ly/3vX00UB>. **Watchhouse** acclaimed North Carolina duo of singer-songwriter Andrew Marlin and multi-instrumentalist Emily Frantz (formerly Mandolin Orange) bring their bluegrass, folk-filled music to stage. July 7 at 8 p.m. Tickets start at \$27. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3A4TmPb>. **Beethoven and Bologne**

Jonathon Heyward makes his Wolf Trap debut conducting the NSO in Symphony No. 7. 8 p.m. July 8 and 9. Cost is \$32. Wolf Trap, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3w2H5Yz>. **Equality for All** is a mural commissioned by the Women’s Suffrage Centennial Commission to celebrate the 100th Anniversary of the 19th Amendment. It is on permanent display at the Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3xGZwTw>. **Salon Series** Join Wolf Trap Opera for Intimate Evenings of Song streamed online. Each program is curated by the artists, providing a unique glimpse into how they interpret art songs and the world around them. 7 to 9 p.m. July 9 and 15. Free. For more information visit <https://bit.ly/3gjoxO4>. **Country and Western Line Dancing** Singles and couples are welcome. 6 p.m. Weekly through August 4. Cost is \$93 for the series. Frying Pan Farm Park, 2709 West Ox Rd., Herndon. For more information visit <https://bit.ly/2SkMJXU>.

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FCPS students build \$1 million home during the pandemic and learn life lessons along the way

Courtesy of FCPS Office of Communication and Community Relations

A “for sale” sign is now up outside a brand new, million dollar home in Springfield. Right away, prospective buyers will be drawn to the sparkling quartz countertops, designer bathrooms, and massive recreation room. But before it was a finished house, it served as an interactive classroom where Fairfax County Public School (FCPS) students learned to build a home from the ground up.

Shane Bhatti is a 2021 graduate from South County High School in Lorton, and is now working toward a career in carpentry. For the past year, he spent time installing hardwood floors, hanging drywall, and doing tile work at the 5,200 square foot home. It’s the tenth home in the Spring Village Estates to be built in part by FCPS students, with another home already under construction next door. This program is a partnership between FCPS and the Foundation for Applied Technical Education (FATE), and it’s been around for 40 years; but this year presented new challenges as COVID forced construction to shut down.

“It’s kind of hard to learn construction through a screen,” Bhatti said.

Career and Technical Education (CTE) classes were some of the first to return to in-person learning last fall, but they had to be put on hold again after winter break. Bhatti says once students were able to return this spring, he realized construction was something he wanted to pursue after graduation.

“This is something I could actually enjoy,” he said. “Something I’m not forced to learn. But something where I’m here because I



actually want to learn this.”

Bhatti’s mom, Michelle Munday, says her son thrives in interactive learning environments. That’s partly because he is a student with special needs and has a mild form of cerebral palsy, which impacts his hand movements. She said he’s worked hard to keep up, and even took advanced classes in high school. Munday says she watched with pride over the last year as her son discovered a new passion for building homes, and she credits instructor Ron Meinert for helping him along the way.

“Mr. Meinert wants to teach these kids everyday skills,” Munday said. “Just having that hands-on approach of somebody not judging, but teaching. And just diving in. He’s not just a teacher; he’s in it. And Shane therefore became more engaged, and more involved. And the more he learned, the more proud he became of his accomplishments and the things he was learning.”

Around 15 to 20 students, all over the age of 16, are involved in each house build. They work alongside subcontractors who do things

like dig the basement and install the roof. This year, students weren’t able to do as much hands-on work as normal due to limited in-person class time. But Meinert says students were still able to learn valuable skills, as well as “real world” lessons.

“I teach them to have pride in what they’re doing,” Meinert said. “I take students and I tell them what to do and I walk away. I don’t stand there and tell them ‘no no no’. I let them do it wrong. I come back and say ‘you didn’t listen’. And I make them tear it out. And I teach them to be on time. Very important to me. If you’re late, I’m gonna fire you. So that’s the kind of life stuff I teach them.”

The five bedroom, four bathroom house at 7425 Foundation Way is listed for \$1,080,000, and is now on the market. It’s built with Universal Design, meaning it has minimal steps and extra wide door openings, making it safe and accessible for everyone, regardless of age or physical ability. Realtor Greg Stiger has sold nine other student-built homes in Spring Village Estates. His company, Integrity



COURTESY PHOTOS

Top: Recent graduate Shane Bhatti practices his construction skills. Bottom: Instructor Ron Meinert reviewing building techniques with Bhatti at a home under construction at Spring Village Estates.

Real Estate Group, gives \$5,000 in scholarship money to construction students each year.

“One of the things that’s so rewarding about the program is seeing those parents, many who are not from means, come to the house, and see that their child helped create that beautiful home,” Stiger said. “That

makes it all worthwhile.”

These homes are funded through FATE, and proceeds are used to fund future projects. More information about the Residential Construction program can be found at <https://bit.ly/3xXKE3p>.



COURTESY PHOTO



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Entertain ideas for award-winning outdoor space

Courtesy Family Features

SOURCE: NATIONAL ASSOCIATION OF THE REMODELING INDUSTRY

Renovating your home’s outdoor spaces not only enhances the aesthetic but can also provide a host of recreational benefits. Taking a look at award-winning projects can help many homeowners draw inspiration while also identifying capable, reputable contractors to take on the project.

For example, selected by a panel of industry experts based on functionality, aesthetics, craftsmanship, innovation and degree of difficulty, these 2021 National Association of the Remodeling Industry National Contractor of the Year (CotY) Award Winners showcase a variety of ideas for upgrading your outdoor spaces. Find the complete list at nari.org/cotywinners.

Residential Landscape Design, Outdoor Living Under \$100,000

The clients wanted to upgrade a poorly draining, impractical backyard into an attractive, functional outdoor entertainment space that flowed from the renovated basement. The project included an outdoor area for entertaining, outdoor kitchen, spacious patio with a custom concrete fire pit, oversized ceiling fans, ample storage and landscaping complete with native plants around the perimeter.

“By working on this project, we learned how important it is to take a holistic look at what clients are trying to accomplish with their renovations,” said Thomas Boyce, president of Boyce Design & Contracting. “Often with outdoor living projects, designers and contractors look at the exterior of the home in isolation. We learned to look at how the interior and exterior of the home connect to each other to make sure the features and floor plan flow and work well together. By taking this approach, we were able to achieve a better finished product that is more functional and attractive for our clients.”

Residential Landscape Design, Outdoor Living \$100,000-\$250,000

A young, active family was looking to create a distinct outdoor living space with multiple entertainment spaces that tied in with the existing aesthetic and elevated the home amongst its neighbors. The low-maintenance backyard now features an outdoor dining area, sunken living room, entertainment area and additional storage space built with the home’s current architectural features while also maintaining a large enough yard for the kids and their friends to play.

“The aesthetic of the outdoor areas was designed not only for function but also to reflect the interiors and keep the inside-outside

living feeling continuous,” said Tim Johnson, owner and founder of Livit Site + Structure. “For example, the shiplap used on the fire table is the same shiplap featured inside the home. Likewise, the Douglas fir timbers used on the pergola are the same as the interior ceiling beams.”

Residential Landscape Design, Outdoor Living Over \$250,000

A 4,000-square-foot project built at four different elevations, this client wanted to include a safe way to move from the upper level to the backyard without coming through the house, a structure for shade and protection from mosquitoes and a pool with features that reflected the home. Adding a covered screen room with individually controlled wall panels, second-through fireplace, fountain, pool with sheer descent waterfalls, recycled rock walls and staircase from the upper elevation while enclosing it all within a stone wall met those expectations.

“A sound piece of advice for anyone building anything in the backyard: get a plan,” said Ken DePratt, owner of KD Pools, Ltd. “Have it match your expectations list. Then, and only then, will you know if it matches your budget. We would recommend doing your research when taking on a pool project of any size. It’s hard to push that hole around once it’s dug.”



ADORABLE ADOPTABLES

The Feline Foundation

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www.ffgw.org

Poppy

Breed: Domestic shorthair

Age: 11 months

Gender: Female spayed

Poppy is a young and loving little calico girl. She enjoys other cats and had a buddy at the shelter that she was split from before FFGW could get them both to keep as a pair. Poppy loves to give hisses and head butts. Poppy enjoys being carried around and rolling over on her back to show off her adorable calico belly.



Fred

Breed: Domestic shorthair

Age: 8 months

Gender: Male neutered

Fred is a super soft, sweet kitty who will come give you gentle kisses. He is buddies with Harmon. Fred loves being pet and chilling in his cat tree. Let us know if you have room in your home and heart for Fred and his sidekick Harmon.



Harmon

Breed: Domestic shorthair

Age: 1 year

Gender: Male neutered

Harmon is an energetic kitty with a super loud purr! He loves to rub against you, roll around next to you, and plop down beside you to hang. Harmon likes attention and has been caught laying on his foster mom's lap covering her book to demand attention. He enjoys some play time and then hanging in his cat tree with his buddy Fred. Harmon and Fred are looking for a home together.



Lenny

Breed: Domestic shorthair

Age: 3 months

Gender: Male neutered

Lenny is a handsome tabby kitten. He is very bold. He loves to run around chasing a ball. He also loves to carry around his toy worm with a bell. He plays well with all of his siblings and enjoys chasing them through the cat tunnel. Lenny always finds a cozy place to sleep and if you're sitting on the floor, he will be in your lap. Lenny is looking for a home with one of his siblings.



Marbles

Breed: Domestic shorthair

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.



Harriet

Breed: Domestic shorthair

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.



FROM THE DOG'S PAW

Observe fireworks safety for your pets



PHOTO COURTESY ADOBE STOCK



PHOTO COURTESY MIKE ENERIO / UNSPLASH

By Noah, Samson, and Abby!

SPECIAL TO THE
FAIRFAX COUNTY TIMES

“HISS! HISS!” “WOOF!”
What's wrong, Samson?”

“MEOWS! Noah and Abby, our LEAST favorite holiday is this Sunday.”

“GROWLS! RUFF!! Oh no! How fast time flies.”

“Barks? Noah, what are you and Samson pawing about?”

“HISS! HISS! It's the Fourth of July- the day when humans use fireworks to celebrate the country's birth. At night, it's really loud, pawractively deafening, and bright, colorful flashing lights; it scares the bejeebers out of all us dogs and cats. Paws, it is the one night of the entire year when more dogs and cats go missing from their humans. Hiss! Many pets never find their way back home either. Last year, it seemed like we were living in a war zone for many hours. GRRR's!

“Arf? Noah and Samson, isn't there anything that somebody can do?”

“Barks, well, we can't stop the fireworks, but there are safety tips which humans should follow to help make the evening less stressful for their pets. Paws, our humans, will not take us to the fireworks nor have any on their property or watch them from our yard. They will stay home with us all night. Pawsonally, I think they should provide us with the bestest-ever treats and new expensive toys, which should distract us, and play with us all evening while watching TV or listening to some music.”

“Meows! Mom prepares my room for me with extra treats, food, and water. She'll leave lights on, close

the window curtains, fluff my pillows and bankie, and pawssibly play some music. Doing that creates a safe room for me, so Mom and Dad know where I am. She will leave the bedroom door open to access other secure areas around the house that I would typically visit if I want. Shutting a cat in a room could cause it to injure itself, trying to escape.

Purrs, if your cat is typically an outdoor cat, pawlease bring them inside, so they don't run away and pawssibly get hurt. Pawlease them in a safe room or even their crate if they are happy there.”

“Woofs! Abby, humans should make sure their dog's ID tags/collars and microchips are updated with current information. This will make it barkingly easier for dogs to be returned to their humans should they get loose.

Barkly, you will notice Dad will take you and me on our walk earlier than usual and will not let us out in the backyard to create our 'gifts' without supervision. Pawingly, he will make sure your collar fits properly and the leash is latched securely. He might even leash you since this is your first July 4th Fireworks. Woofs, fireworks can frighten dogs which may cause them to escape a fenced yard!

“WOOF!” Humans should do their best to act normal around their pets during the fireworks.”

“You expect Dad to act normal Noah? Meows? That's not pawssible! Ask Mom, even!”

“Barks! I know, right? Humans need to do their best not to overreact to the fireworks lights and noises as it can cause their pets to be more frightened. Com-

forting their pets is fine by petting long slow strokes and using quiet voices to talk with them. Paws, avoid using higher-than-average pitch saying, 'It's Ok! It's Ok!' The voice pitch may cause your dog to think there is something to fear. Trying your bestest to remain calm to help reassure your pets.”

“Meows! I would like to paw, pawlease avoid picking up or trying to interact with your cat during the fireworks. Fluffy might be a bit anxious or stressed and could accidentally scratch and hurt you pawssibly, adding to their anxiety. Pawsly, it takes a cat more than a few hours to relax from a highly stressful event, allow them overnight to settle themselves.”

“Barkingly! (Meowingly!) If your pet has anxiety, pawlease, contact your veterinarian about pawproducts made to help, or if you notice the fireworks and noise may have adversely affected your pet.

If your pet goes miss-

ing, pawlease contact your animal shelter and neighbors immediately. Woofs, mention on social media too. The quicker you begin searching, the better chance you have of finding them.

About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at www.fromthedogspaw.com by email to enjoy our adventures! Noah, Samson, and Abby are Pawthors pawing about dog/cat care tips using facts and humor and entertaining stories about their lives with humans! Our human, Allen Pearson, is a Dog, Nature, and Railroad Photographer and Writer. Find us all at: www.allenpearsonphotography.com, www.allenpearsonphotographyjournal.com, www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.

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COUCH THEATER

CONTINUED FROM PAGE B1

best friend Margot -- the always perfect Margaret Cho -- who plants the seeds of doubt and then helps investigate who Dennis really is. Ryan Hansen smoothly portrays the boyfriend in question, keeping audiences guessing if he is legit or just another smooth talker. (Netflix)

“Rebel Hearts” (NR) -- This 2021 Sundance Film Festival documentary tells the story of the Sisters of the Immaculate Heart of Mary in Los Angeles in the 1960s. Labeled “blasphemous” and “uppity,” these nuns chose to become unlikely social activists pushing for equality and modernism within an organization based on antiquated, sexist norms. Attending freedom marches and placing themselves in harm’s way for justice, they ignite much criticism from the church and risk their own livelihoods in the process. But their continued legacy of selfless



Scene from “In the Heights”

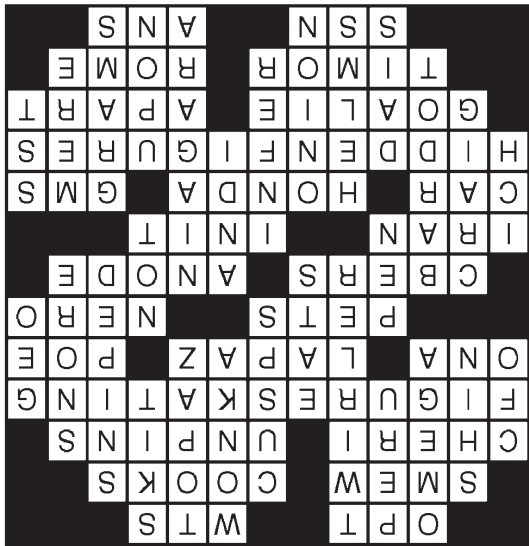
servitude is inspiring to both Catholics and non-religious viewers alike. (Theaters and discovery+)

“PJ Masks Season 4” (G) -- The children’s animated series continues following the adventures of 6-year-old nighttime superheroes Amaya, Connor and Greg. Their magic pajamas provide both identity protection and superpowers as they defend their fair city as Owlette,

Gekko and Catboy. Hidden messages are tucked into every episode, teaching things like patience and forgiveness, but your preschooler will love it nonetheless. (Disney+)

“False Positive” (R) -- Happy couple Lucy and Adrian want to start a family, but realize they’ll need medical help to make this happen. When a famous fertility specialist works his magic and Lucy finally becomes pregnant, it seems everything is falling into place. But when Lucy begins seeing unusual things, she becomes ever more suspicious of both her doctor and her husband. This light-hearted romantic story quickly transforms into a horror flick where nothing is as it seems. Is it just pregnancy hormones giving Lucy “mom brain,” or is something much more sinister at play? Justin Theroux and Ilana Glazer star as the couple, with Pierce Brosnan as their questionable doctor. (Hulu)

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Solution time: 24 mins.

Answers

King Crossword

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Help Wanted

Software Engineer – Reston, VA. Seeking MS in Comp. Sci., Sys. Engg, IT, or related and 1 yr. of softw. dev't/engg. exp. req'd. Alternatively, would accept BS in Comp. Sci., Sys. Engg., IT, or related and 5 yrs. of softw. dev't/engg exp. req'd. Travel and relocation, as req'd. Mail CV to Attn: HR/ Job #0615, Aware EON LLC, 12110 Sunset Hills Rd, #600, Reston, VA 20190.

SENIOR PROFESSIONAL PROGRAMMER ANALYST
Gainwell Technologies LLC has multiple openings in Tysons, VA for the position of Senior Professional Programmer Analyst. Code, test, debug, implement, & docs program. Will work at unanticipated client sites throughout the U.S. Telecommuting permissible. To apply, send resume to intlrecruiting@gainwelltechnologies.com w/ req# 5348456.

Financial Analyst sought by Tiber Capital Group (Washington DC) to oversee acquisitions of single-family properties, analyze fin'l data & work w/ brokerage team. Req. Bachelor's in Finance, Acctg, Real Estate & 36 mths exp. Seeking remote workers from DMV area. Send resume to Attn: HR, 4645 Hawthorne Lane NW, Washington DC 20016

Tagma Solutions, Inc. has multiple openings:

Software Developers. Gather & analyze user requirements, design & develop new software, modify & test commercial client server apps, evaluate existing & emerging software, full life cycle development to perform sophisticated software engineering jobs. Provide ongoing support for system modification, maintenance, optimization, & prepare documentation. Participate in system & database design meetings. Meet w/clients to resolve ongoing development issues.

Application Security Engineers. Analyze, define & prioritize business functional specifications; install, configure, upgrade/migrate IBM Security IAM Solution components; create Reverse Proxy for all onboarding apps, ACL & POP; create & modify Reverse Proxy (Web SEAL) instances configuration files for internal/external apps; Provide access for users & groups to apps; WebSEAL Logs & request logs; implement Multifactor Authentication, manage & troubleshoot LDAP; troubleshoot, investigate & provide resolutions. Travel & relocation possible to unanticipated locations throughout the U.S. Work loc: Fairfax, VA. Mail res, salary reqmt, position applied for to: Tagma Solutions, Inc., 10327 Democracy Lane, Suite B, Fairfax, VA 22030.

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Legal Notice

TOWN OF Herndon VIRGINIA
NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectorual Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, July 7, 2021, at 7:00 p.m. and a public hearing on Wednesday, July 21, 2021, at 7:30 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended, and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

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

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

APPLICATION FOR A BUILDING ALTERATION, ARB #21-009, to consider an application to modify a rooftop telecommunications facility and screen wall on an office building located at 575 Herndon Parkway, Herndon, Virginia, approximately a quarter mile east of the intersection of Worldgate Drive and Van Buren Street, and further identified as Fairfax County Tax Map 0164-10-0006. The property is zoned PD-TOC, Planned Development-Transit Oriented Core and consists of 205,041 square feet of land. Owner: Bristol Herndon Parkway, LLC. Applicant: Katherine Blackwood, Network Building + Consulting.

APPLICATION FOR A WALL SIGN, ARB #21-010, to consider an application to install a tenant wall sign on the multi-tenant office building located at 12930 Worldgate Drive, Herndon, Virginia, approximately one third of a mile east of the intersection of Worldgate Drive and Centreville Road, and further identified as Fairfax County Tax Map 0163-02-0028C. The property is zoned PD-W, Planned Development-Worldgate, and consists of 126,575 square feet of land. Owner: Monument III Owner, LLC. Applicant: George Marino, Service Neon Signs, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning July 2, 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. Wellershauss, Town Clerk

Note to Publisher:
Publish July 2 and July 9, 2021

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

Zorba's Grill LLC

Trading as:

Zorba's Grill
201 Union St.
Ocoquan, Prince William, VA 22125

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

Andy Hadjichristodoulou & Chris Hadjichristodoulou

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

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

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

7-Eleven Inc and Saiee Grace Inc

Trading as:

7-Eleven 10668B
10810 Fairchester Drive
Fairfax, VA 22030-4800

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

David Seltzer, VP, 7-Eleven Inc and Yogesh Guachan, President, Saiee Grace Inc.

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.

3008526 (07-02-21, 07-09-21)

Legal Notice

Marquez IP Law Office, PLLC

Juan Carlos A. Marquez, Attorney-at-Law
1629 K Street NW, Suite 300
Washington, DC 20006

SPECIAL COMMISSIONER'S SALE OF INTELLECTUAL PROPERTY

Certain Assets of Vehicle Control Technologies, Inc.

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

July 7, 2021 • AT 12:00 PM

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

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

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

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

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

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

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

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

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

Juan Carlos A. Marquez, Special Commissioner

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

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

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