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NEWSSTAND PRICE

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Let them die

By Asra Q. Nomani SPECIAL TO THE FAIRFAX COUNTY TIMES

Harry Jackson, the first Black president-elect of the PTSA at Thomas Jefferson High School for Science and Technology, stood before a crowd of parents here at Luther Jackson Middle School last week to oppose the divisive ideology of critical race theory that has put forward flawed policies in K-12 schools across the country, including separating students into racial “affinity spaces” and eliminating merit admissions to TJ, America’s No. 1 high school.

Across the circular driveway, outside the front doors of the school, the first vice president of the Fairfax NAACP, Michelle Leete, stood in a counter protest, extolling the crowd of about 100 people gathered before her with a very different message.

Reading from a speech printed out on papers in her hand, Leete declared, “Let’s deny this off-key band of people that are anti-education, anti-teacher, anti-equity, anti-history, anti-racial reckoning,

anti-opportunities, anti-help people, anti-diversity, anti-platform, anti-science, anti-change agent, anti-social justice, anti-healthcare, anti-worker, anti-LGBTQ+, anti-children, anti-healthcare, anti-worker, anti-environment, anti-admissions policy change, anti-inclusion, anti-live-and-let live people.”

Then she punctuated her protest with this proclamation: “Let them die!”

Behind her, videotaping her remarks, I stood stunned.

A single mother in Fairfax County Public Schools since my son was in kindergarten, I am a Muslim immigrant from India, and, like Jackson, I oppose the ideas of critical race theory because it is in America’s democracy and our public school system that I was able to go from being a 4-year-old in America, speaking no English, living in poverty with my family, to working as a staff reporter at the Wall Street Journal at the age of 23.

Do we need to correct injustices that exist in society? Of course. Is the new racism of critical race theory the answer? Absolutely not. At TJ,



IMAGE VIA TWITTER @ASRANOMANI SCREENSHOT

for example, from where my son just graduated, parents who are “anti-admissions policy change” are opposed to the racism of the new anti-merit admissions process that just purged the percentage of Asian students from 73 percent in last year’s admissions class to 54 percent this year.

Listening to Leete, what was as shocking as her remarks was the thunderous applause that followed from the almost all-white crowd – none of whom spoke out against her remark. Who were they? To my left, in a bright pink shirt, Bryan Graham, the chair of the Fairfax County Democratic Party, the organizers for the counterprotest, applauded Leete’s punctuation, “Let them die!” To his left, George Alber, a member of the Fairfax County Human Rights Commission, also clapped.

Across from them was Kimberly Adams, the chair of the teachers’ union, the Fairfax Education Association, a local chapter of the National Education Association. Nearby was Geofre Schoradt, a Fairfax County Democratic Committee leader and the event organizer. In the supportive crowd was also a member of the TJ Alumni Action Group, a lobbying group of alumni activists who have waged a campaign against merit admissions to TJ, and Democratic Virginia Sen. Jennifer Boysko. Ironically, when she spoke, Boysko heralded the group for standing up for “kindness, inclusion and love.” Boysko did not issue a statement about the event.

Standing at the doors to Luther

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Fairfax County Times

Inside NOW!

Baby Boomers

Summer Edition

Parents gather 5,100 signatures to oust school board member



COURTESY PHOTO

By Heather Zwicker FAIRFAX COUNTY TIMES

A group of Fairfax County parents announced at a press conference July 19 that enough signatures have been gathered to recall a Fairfax County School Board member. During the news conference, several parents stood by holding signs that said “Keep politics out of our schools.”

The FCPS Accountability Coalition collected more than 5,000 signatures to recall Elaine Tholen, the school board member representing the Dranesville District. Only 3,600 verified signatures were needed to proceed. The signatures were presented to a Fairfax County judge June 19. The judge will verify the authenticity of all the signatures and then decide whether to hold a special election to replace Tholen.

The group initiated petitions against three board members over their vote

against reopening schools despite evidence that it was safe to do so. Under Virginia election law, these petitions will request that a judge review the record of the school board members to determine if they were negligent or incompetent in the performance of their duties for failing to offer in-person education, especially for children with special needs, according to the coalition’s website.

“Today symbolizes the culmination and collective efforts of dozens of volunteers and thousands of parents to send a clear message to the Fairfax County School Board that our community must return to putting the education and wellbeing of children first,” said Zia Tompkins, a parent and member of FCPS Accountability Coalition. “Our mission from the inception of this effort has been, and remains, only to remove those school board members who have chosen to abdicate their

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POSITIVE Vibes

BY NOELLE RIDDLE • Special to the Fairfax County Times

Westfield graduate wins Congressional Award for her service in the community



COURTESY PHOTO

Yonnah Tinsley graduated from Westfield High School last month, and the 18-year-old already has a wide array of achievements under her belt. During her time at Westfield, Tinsley was an officer for the National Honor Society, a student government class officer, a captain of the track and field and cross-country teams and was a member of the Beta Club and the

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PEOPLE AND PLACES



COURTESY PHOTO
Matt Tarascio

Booz Allen hires senior VP to lead AI for DOD

Booz Allen Hamilton announced July 16 that **Matt Tarascio** has joined the firm as a senior vice president leading the analytics and artificial intelligence (AI) business in support of the U.S. Department of Defense (DoD).

Tarascio will spearhead Booz Allen’s efforts to accelerate the integration of analytics, data science, and AI capabilities in support of public and private sector missions.

“AI is advancing at a rapid pace. We pride ourselves on the strength of our team and our collective experience engineering and integrating AI solutions,” said Steve Escaravage, senior vice president and leader of Booz Allen’s analytics practice and AI services business. “Matt’s extensive domain knowledge, combined with his understanding of the unique needs of clients operating in the defense sector, make him a tremendous asset to Booz Allen and our clients.”

Tarascio brings deep expertise in AI and analytics. In his most recent role, he served as Lockheed Martin’s vice president of AI, developing the talent, tools, technology, and strategy required to rapidly deliver value across the enterprise through the ethical deployment of AI and machine learning (ML) at scale. He previously served as Lockheed Martin’s first chief data and analytics officer, establishing the function and organization for the enterprise focused on data strategy, analytics, and AI. Prior to Lockheed Martin, Matt held senior roles at Sikorsky throughout the Innovations, Engineering, Programs and Strategy departments.

“I am inspired by the groundbreaking work Booz Allen is doing in advancing the application of disruptive technologies to assist in real-world client mission execution,” said Tarascio. “I am excited to join the team—truly some of the best and the brightest in the defense industry. I look forward to developing strategic applications of AI/ML and related disruptive technologies for national defense, with a keen eye on the appropriate and ethical use of these technologies.”

Tarascio grew up in Australia and earned his bachelor’s degree in aerospace engineering from the Royal Melbourne Institute of Technology. He moved to the U.S. in 1999 to attend the University of Maryland’s Alfred Gessow Rotorcraft Center of Excellence, where he received a master’s degree in aerospace engineering.



COURTESY PHOTO
Sudiksha Kochi

Mason journalism student soon to be a published author

Through her internships for PolitiFact, Voice of America and USA Today, **Sudiksha Kochi** learned about the life of a reporter and the ins and outs of investigative journalism.

But the George Mason University senior also received a master class in misinformation—how to spot it, how not to spread it, and how to fight against it.

The experience prompted her to put what she learned into a book, “Unfiltered,” that will be published in December by New Degree Press.

“There are a lot of people out

there who don’t trust journalism. But they easily believe in the misinformation that is circulating on social media,” said Kochi, a communication major with concentrations in journalism and media production/criticism.

“I thought it’d be really helpful to offer strategies for early career journalists, for high schoolers and college students, and also for professionals who aren’t in the journalism field to combat misinformation on a daily basis,” she said.

For her book, Kochi spoke with psychologists to learn why people can easily fall into the dangerous trap of misinformation.

She interviewed fact checkers as well as journalists, including National Public Radio journalist Tonya Mosley, PolitiFact founder Bill Adair and others to outline specific principles for news reporting that she believes are vital to combating misinformation.

The strategies she developed center around the concept she branded as “perspective journalism,” which combines the principles of fact checking and news reporting.

Part of that perspective is the importance of bringing local journalism into national reporting, which makes space for unique perspectives, Kochi said.

“When journalists decide to engage with their local communities, they are helping combat misinformation,” she said. “A lot of times, misinformation occurs because we hear what people in higher positions have to say, but we often lose the perspective or the side of local community members who might have a different experience.”

Kochi is a staff writer for the Fourth Estate, Mason’s student-run newspaper, as well as president of the Mason chapter of the Society of Professional Journalists.

She recently worked on the USA Today investigative team covering the condo collapse in Surfside, Florida. She said she made more than 80 phone calls to condo tenants and relatives. The experience, she said, helped her understand the importance of compassion and putting yourself in other people’s shoes to create a society of informed individuals.

Also helping her become a stronger reporter was Mason’s journalism program, which Kochi said gave her the opportunity to learn from experienced communication professionals.

“In addition to intelligence, curiosity, and persistence, she had what many truth-finders lack—charm,” said Jack Curry, an adjunct faculty member and journalism instructor at Mason. “Sources will open up to her because she makes them feel comfortable.”

Kochi, who received the 2021 Excellence in Journalism Award from Mason’s Department of Communication, has already put that talent to good use as she researched her book.

She said she sees “Unfiltered” as “a tool that positively impacts a person’s life” and promotes more trust in journalism.



COURTESY PHOTO
Stella Pekarsky

FCPS elects new school board chair, vice chair

The Fairfax County School Board has elected **Stella Pekarsky** (Sully District) as chair and **Rachna Sizemore Heizer** (Member-at-Large) as vice chair for a one-year term. The chair and vice chair assumed office at the July 15 School Board meeting; they are elected by School Board members during the Board’s annual organizational meeting.

The Fairfax County School Board has elected Stella Pekarsky (Sully District) as chair and Rachna Sizemore Heizer (Member-at-Large) as vice chair for a one-year term. The chair and vice chair assumed office at the July 15 School Board

meeting; they are elected by School Board members during the Board’s annual organizational meeting.

Pekarsky began her term in January 2020 and was first elected vice chair last school year. Her professional career began more than 20 years ago as an educator. She taught English to Speakers of Other Languages (ESOL) for Fairfax County Public Schools in the Sully District, a career choice inspired by her own experience as a daughter of immigrants and former ESOL student. As a dedicated community volunteer and education advocate, Pekarsky has served on the executive board of the Fairfax County Council PTA, as PTA president for multiple schools in the Sully District, and was an appointed Sully District representative to the Fairfax County Library Board of Trustees. Pekarsky has also volunteered her time as a member of the Fairfax County Public Schools Student Health Advisory Committee, as an advisory Board member for BRAWS, as well as other local nonprofit boards and committees.

In 2018, she worked with other parents to champion passage of a Virginia state bill that increased the opportunity for unstructured recreational time for students in schools, aimed at developing teamwork, social skills, and physical fitness. Pekarsky holds a master’s degree in Multicultural and Multilingual Education and a bachelor’s degree in American Government and Politics, both from George Mason University. Pekarsky lives in Centreville with her husband and their six children.



COURTESY PHOTO
Rachna Sizemore Heizer

Sizemore Heizer is a college professor, lawyer, and a disability justice advocate. As a South Asian American daughter of immigrants, she understands the immigrant experience and hopes to use that experience to be a voice for our growing diverse population of students and families.

Sizemore Heizer brings a passion for strengths focused education, juvenile justice reform, arts education, and robust civics education to her role on the School Board. She was previously a criminal justice professor at George Mason University and received both her Bachelor of Arts in Political Economy and her law degree from the University of California at Berkeley. She currently oversees a Human Resource minor degree program and teaches college classes in employment law, diversity and cultural competency in the workplace and American government.

Her proudest achievement is to help champion a new statewide path to verified credentials needed to earn a standard diploma that will allow thousands to access college and federal student aid. Sizemore Heizer has previously served on the Advisory Committee for Students with Disabilities and on the board of the Falls Church-Fairfax Community Services Board, has provided free trainings to parent groups on effective advocacy, and presented to educational groups on “Strengths-Based Education for Students with Disabilities,” workplace organizations on “Cultural Competency and Workplace Accommodations for People with Behavioral Disabilities,” and political organizations on “Disability Inclusion across Political Movements.” In 2019, she received Fairfax County’s Martha Glennan Disability Inclusion and Equality Award. She lives in the Braddock District with her husband and son.



COURTESY PHOTO
Ying Wang

GMU student creates app to educate children about COVID

Ying Wang wanted to help kids protect themselves from COVID-19, so she designed an app to do just that.

Wang designed the augmented reality (AR) game as part of an independent study project in George Mason University’s Computer Game Design Program. She developed the concept and created 2D and 3D child-friendly animated characters.

“I did my research before creating this app, and there is no AR app that shows little kids how to protect themselves from the virus,” said Wang, who earned a BFA in computer game design in May from the College of Visual and Performing Arts.

“My goal is for kids, after playing my app, when they are wearing masks and playing outside with their friends, they will suddenly remember—this bear in the AR app told us not to touch our mask once I put it on,” said Wang.

Wang’s AR app helps children deal with COVID-19 by providing some instructions about practical things like social distancing, wearing masks, and practicing basic hygiene, such as hand washing.

Ying Wang created 2D and 3D child-friendly animated characters for the app.

“I try to support students’ creativity to utilize game technology to create a meaningful product,” said Sang Nam, director of Mason’s Computer Game Design Program.

Nam said parents are often hesitant to allow children to play video games because they feel some games can be harmful, addictive, and violent.

“We want to prove that if you use game technology right, we can actually educate our children with more highly engaging content,” he said.

Although the COVID-19 vaccine is available for those age 12 and older, it has not yet been approved for younger children.

“There are still things that we can do to for kids under 12 years old to be aware of how to protect themselves,” said Wang, who hopes to upload the app to Google Play.

Nam said that coronavirus can be a hard topic to approach, and people often avoid it because of the dangers associated with the virus.

“I look at this app as positive reinforcement that actually teaches them about the virus,” Nam said. “Ying has a bright future as an app developer and a game designer and developer.”

Wang, who was a student in Nam’s GAME 399 Augmented Reality and Virtual Reality Design course in Fall 2020, said she’s proud to see her app come to fruition, and she encourages children to do their own part to overcome this pandemic by following the simple steps featured in her app. A preview of the app is available for viewing.

Nam said there are many ways to educate children about this virus, but sometimes it can be boring. “But by using this type of interactive, highly engaging app, students can learn and obtain the knowledge about coronavirus easier, and we hope children will want to play more and more. Then they can sustain that knowledge longer.”



COURTESY PHOTO
Dolly Oberoi

Oberoi joins Mason Board of Visitors; three members reappointed

Virginia Gov. Ralph Northam last month appointed a new member to the George Mason University Board of Visitors and reappointed three others. All will serve four-year terms on the 16-member body.

The new appointee is **Dolly Oberoi**, of Vienna, chief executive officer of C2 Technologies. Oberoi has been affiliated with Mason for the past 25 years in a variety of roles, including on the Board of Trustees and as a member of the adjunct faculty and President’s Innovation Advisory Council.

Oberoi is a pioneer in online education, and through C2 Technologies has helped academic and professional organizations transition from traditional learning environments to online learning.

Oberoi fills the vacancy left by former Congressman and Visitor Tom Davis, who was appointed to the board in 2013 and served as rector from 2014 to 2020.

The three reappointed BOV members are **Horace L. Blackman**, of Falls Church, senior vice president of Consulting Services at CGI Federal; **Anjan Chimaladinne**, of Chantilly, chief operating officer of Anshultech; and **Nancy Gibson Prowitt**, of Arlington, president and chief operating officer of Alcalde & Fay.

Blackman, Chimaladinne and Prowitt were initially appointed to the BOV in 2017 by then-Gov. Terry McAuliffe. Blackman is entering his second year as the university’s vice rector.

Oberoi, who earned a master’s degree from Harvard in education technology and innovation, has received numerous honors in the business community, including the Greater Washington GovCon Awards executive of the year in 2011 and the Minority Business Leader Award in 2014 from the Washington Business Journal.

OBITUARIES

In loving memory
Carlysle (Carl) Arden Douglas

Carlysle (Carl) Arden Douglas was born on January 16, 1939 and passed away on July 16, 2021 and is under the care of Nelsen Williamsburg funeral home. He was born at Grand Junction, Colorado. Carl attended the University of Colorado after which time join the U.S. Navy and spent twenty years retiring as Lt. Commander. From Fairfax, Virginia, Carl moved to Williamsburg, Virginia in 2006. Survivors include son Scott, Kansas, brother Ralph, New York and sister, Betty of Portland, Oregon. Carl was predeceased by son, Barry and wife, Pearl, who passed away in 2012. Carl was a member of the Walnut Hills Baptist Church, Williamsburg. He was passionate about his Washington Redskins football team. Personal remembrances are welcome via the Nelsen Williamsburg funeral home.

In loving memory
Lena Margaretha Kennedy-Dale (nee Uitenbroek)



Lena Margaretha Kennedy-Dale, affectionately known to friends and loved ones as “Gurry,” died peacefully in her beloved home of sixty-five years in Fairfax, Virginia on Thursday, July 8th. Gurry was born in Rotterdam, Netherlands on February 13, 1925 and was fifteen years old when WWII broke out. The second to the youngest of nine children, she often spoke about the hardships her family endured over the course of the next five years. Rotterdam was heavily bombed, much of it destroyed due to its large harbor. Food was scarce and her brothers were ordered to German labor camps. Shortly after the war ended, a chance meeting on the outskirts of the city led to her meeting her future husband, Dr. Harold “Pat” Kennedy of Belfast, Northern Ireland, a decorated Major in the British Medical Corp who was stationed in Rotterdam with the United Nations Relief and Rehabilitation Administration assisting refugees return to their homeland. Following their marriage, Pat’s work would take them to Paris, France and then Geneva, Switzerland for positions with the World Health Organization. From there they immigrated to Saskatchewan, Canada where Dr. Kennedy assisted in the formation of the Canadian health care system and finally to the U.S. in the early 1950s, where they settled first in Martinsville, Virginia and finally in Fairfax, Virginia where Pat became Director of Fairfax County’s Health Department from 1952 to 1972.

It was in Fairfax where Gurry raised their three young children and cared for her husband who was paralyzed in 1963 after surgery for what was believed to be a spinal issue. It was later determined to be Multiple Sclerosis. Gurry became his sole caretaker, feeding, bathing and dressing him. At a time when handicap accessibility was nonexistent, she helped him navigate the next twelve years of his life so that he might continue the work he loved until he became too ill. He died in 1975.

After Pat’s death, Gurry happily found another chapter in life with her second husband Dr. Bron Dale of Guelph, Canada. Bron, originally from Poland, had become a good friend to both Pat and Gurry in Saskatchewan, having a shared past of war and immigration from Europe. Bron and Gurry enjoyed their mutual love of travel for five years until his death from heart disease. In 1982, she met her third love, Robert J. Crowell, of McLean, Virginia. Bob shared his passion for the Washington Redskins and they spent many fall weekends brunching at the Touchdown Club and attending games at RFK Stadium. They were inseparable until Bob’s death in March 2005.

Gurry’s strength and perseverance helped her to maintain a carefree spirit despite her life’s challenges. In 2010, at the age of 85 she bravely fought and beat Stage IV Lymphoma. Her love for her native Netherlands brought her tremendous joy and she returned home to her sisters and brothers when able and more frequently later in life. She adamantly opposed war and was a proud Democrat. She loved music, politics, learning French, playing bridge, swimming in her backyard pool and the joy of laughing. Friends who came to visit were always treated to fun conversation and shared laughter over a cup of tea, something sweet and a reminder that in the face of problems, “C’est la vie.” She will be greatly missed by her son, Robert of Fairfax, her daughter and son-in-law Cindy and Andrew Fenton of Middleburg, her daughter and son-in-law Caroline Kennedy and Michael Andrien of Alexandria, and two grandsons, Noah and Adam Fenton, both of Newport Beach, California. Gurry is survived by a sister, Elisabeth Verdugt of Schoten, Belgium.

Friends and family will celebrate Gurry’s memory at her cherished home in Fairfax on July 31 from 1-4 PM. In lieu of flowers, please consider donating to SmileTrain and So Others May Eat (Some.org).

In loving memory
Patricia (Hinkle) Wood



Patricia (Hinkle) Wood went home to the Lord on July 5th, 2021. She was a loving wife, mother, grandmother and a treasured friend to many. Born Tuesday, November 17, 1931, in Virden, Illinois, she was the daughter of the late William Hinkle and the late Bessie McLean Hinkle.

After high school she made her way to Washington, DC where she was hired into the secretary pool for the FBI and it was not long before she met the love of her life, the late Bernard “Woodie” Wood. They married on November 21, 1952, and quickly started a family. They eventually settled in Vienna, VA and she stayed until her husband’s passing in 1992.

Pat was a member of the Daughters of the American Revolution, The Eastern Star, and a volunteer with the Vienna Volunteer Fire Department Auxiliary. She was an avid crafter, and the fruits of her loving hands belong to countless friends and family members.

She is survived by her children: Mark Wood of Mineral VA, Nanci Clifford of Paso Robles CA, Dianne Wood of Lansdowne VA, Douglas Wood of Harpers Ferry WV, and her grandchildren Hannah Clifford of Centreville VA, Luke Clifford (Heidi) of Arroyo Grande CA.

The family will receive friends from 10:00 AM to 11:00 AM on Saturday, July 31, 2021. Immediately following the service will begin at 11:00 AM at Loudoun Funeral Chapel located at 158 Catocin Circle, SE Leesburg, Virginia 20175. Interment will be on a later date in Stonewall Memory Gardens, Manassas, VA. In lieu of flowers, donations can be made in Pat’s name to the Vienna Volunteer Fire Department Auxiliary, P.O. Box 1676, Vienna, VA 22183. Online condolences may be made to the family at www.loudounfuneralchapel.com

Student private information breached in Fairfax County Public Schools

By Rick Horner
FAIRFAX COUNTY TIMES

Fairfax County Public Schools has been releasing confidential student information for years without the permission from students to do so.

That was the claim made in a story on Special Education Action, a website dedicated to informing parents about their rights in public school systems such as Fairfax particularly in the area of special education. The article, written by the site’s editor Callic Oettinger, discusses how the school system may have violated rules under the Family Educational Rights and Privacy Act (FERPA).

The revelation came when Oettinger received a thumb drive from FCPS with documents that were in response to a FERPA request she had made. That drive contained 12 unredacted reports with personally identifiable information related to students and their families. Oettinger makes it clear in her story that she did not request these documents.

Of these documents, seven of them relate to almost 500 South County High School students belonging to the class of 2022. According to Oettinger, those breached documents include the student’s names, their FCPS identification numbers, their FCPS email addresses, the schools which they are enrolled in, the names of their parents and/or guardians, as well as said parents and/or guardians email addresses.

Along with the remaining



five reports, the documents contain the information of thousands of students from not only South County High School, but also Hayfield Secondary School, Edison High School, West Potomac High School, Lake Braddock Secondary School, and the FCPS online campus.

According to Oettinger, students within the FCPS system have the option to attend classes at other high schools if the classes the students are taking are not offered at the high school that they’re enrolled in. Oettinger, by her own words, makes the assumption that this ability to go between schools in the county to take classes is why students from South County are on the received reports.

Oettinger posted the first 20 pages, which she redacted herself, on the Special Education Action website along with acknowledging that she had informed the U.S. Department of Education’s Student Privacy Policy Office about the breach. According to regulations by the department such breaches are supposed to be reported by FCPS and implores parents who have children in South County to

report the breaches to the county.

A corresponding article on the website lists several breaches of FERPA rules referred to as the FERPA Violation Report Card for Fairfax County. The list of violations on the article go back to 2017 where county schools have released the information of students, including Oettinger’s own children who are students in the county. The list also contains information on breaches that were shared with Oettinger by parents whose children attend schools within the county.

In addition to the latest documents, the list also contains a timeline of other data breaches, internal documents, email correspondence, and FERPA requests.

“In response to a high volume FERPA request, an email was provided and attachments were not removed when they should have been,” said Julie Moul, FCPS media relations manager. “FCPS is in the process of tightening its processes and increasing training opportunities in the handling of data to ensure this cannot happen again.”

CRT

CONTINUED FROM PAGE A1

Jackson Middle School, I uploaded the video to my Twitter account to share my witness with the world. I later uploaded the entire live-stream downloaded from the Fairfax County Democratic Committee’s Facebook page. The video has ricocheted around the world because it struck a nerve.

There is a war being waged against parents from Beaverton, Ore., to Barrington, R.I. Denied public records request, taunted as drug users and shut out of school board meetings, as happened to parents recently in Loudoun County, we feel as if we might as well be dead to educrats, activists and self-proclaimed “equity warriors” who are ramming their divisive ideology into our schools in a campaign to “disrupt” education.

I am not only a mother, but I am a Democrat. Growing up in West Virginia, I prided myself in my identity as a Mountaineer whose state separated from Virginia over the issue of slavery, on the correct side of history. I only moved to Virginia in December 2008 because the state voted for President Barack Obama. I thought that the state was finally progressive enough for the feminist that I am.

But I am not an ideologue. And that has won Republicans my votes in recent years. As Democratic political strategist James Carville has warned, “wokeness” will cost the Democrats votes. I – and many commonsense parents and community members -- reject the dangerous war on education that activists and education officials, from Richmond to county seats, are now waging in Virginia, with their war on math, advanced diplomas and advanced academic schools, such as TJ.

Parents are not part of some “dark money-fueled machine,” as Graham insists is behind the criticism to “Let them die!” In a Twitter response to the video, he said “I reject ‘let them die.’ I also reject the idea that the @FairfaxDems rally encouraged violence,” He then asked for donations to the Fairfax County Democratic Committee to “fend off the right wing’s attacks on public education.”

We are human beings, perhaps with different points of view, but no matter where the debate, no one should ever even imagine death upon an adversary. Leete sent CNN a copy of her speech to show she had written, “Let them (ideas) die,” but it isn’t often that parenthetical phrases are written into speeches. Alber said in a tweet that he knew she was

referring to “ideas” dying. The Fairfax NAACP said that it stands “firmly” by its Leete, while calling for “civil conversations.”

The Virginia PTA correctly asked for Leete’s resignation and received it. But, emblematic of the national war by activists on parents with a different point of view, the Virginia PTA is also moving forward with plans to dissolve the TJ PTSA, where parents just elected Jackson and a majority of board officers who reject the ideology of critical race theory and support merit education.

We are legitimate voices and northern Virginia is ground zero for resistance to the divisive rhetoric of people who believe in the toxic ideas of critical race theory. The future of America is on the line.

As Jackson said that night, watching a replay of Leete’s proclamation, “Let us live!” And win.

As Jackson said that night, watching a replay of Leete’s proclamation, “Let us live!” And win.

Asra Q. Nomani is a former Wall Street Journal reporter, a Fairfax County parent, and a cofounder of Coalition for TJ, a grassroots group of parents, alumni and community members. She can be reached at @AsraNomani on Twitter or asra@asranomani.com.

BOARD

CONTINUED FROM PAGE A1

responsibility to fight for our kids to be back in person in the classroom where they belong.” He said the school board carried out the bidding of the teacher’s unions and for partisan political reasons ignored the science and best practices of school districts across the nation to stand in the way of students’ rights to a free and suitable education.

“They [the school board] cannot lead, they cannot formulate a plan, they cannot separate themselves from their personal ideological politics,” said Tompkins. “And so, they have lost the confidence of the parents, students and the teachers of this county. Our group, sister organizations and thousands and thousands who have signed our petitions agree that the kids and families of Fairfax County deserve better.”

“Many have accused our group of being political and

this is false. Our group does not care about a political affiliation,” said Sandra Davis, parent of an FCPS student, who also mentioned she is a Democrat. “We have watched the school board consistently place party politics, geopolitical issues and other social justice projects ahead of their main duties, including the fact that our kids have lost conservatively 40 percent of the curriculum covered in a traditional school year.” Davis went on to explain that a in a FCPS survey taken by parents last summer 60 percent of them wanted in-person learning, yet the board summarily ignored the majority of parents as well as medical experts, including the American Academy of Pediatrics and the Fairfax County Health Department.

Davis recounted the story of a man who approached her at a petition-signing event outside the Great Falls Library last fall. The man said he had two elementary-aged

children, his wife was disabled and not computer literate. “I have to work. I have two elementary school-aged daughters,” the man told Davis. “My wife is disabled and not computer literate. I turn on the computer when I leave in the morning and I pray,” said the man. “Because if anything goes wrong like the power out, their school day is over.” Davis said that’s just one example of the suffering that this board has ignored.

Signatures are still being gathered for the two other members, Laura Jane Cohen of the Springfield District and Abrar Omeish, At-Large. Total signatures needed for Cohen are 4,000; 27,000 signatures are needed for Omeish.

The board still has not presented their plan for staffing and reopening schools for the 2021-22 school year, despite FCPS announcing that they’ll be in person five days a week in the fall, according to Tompkins.

program where students compete for awards. It goes from bronze to gold medal and has four requirement areas which are voluntary public service, personal development, physical fitness and expedition and exploration,” Tinsley said. “I have been working on this achievement since I was a freshman.”

With only 518 youth being awarded the Gold Medal in 2021 across the United States, Tinsley’s hard work paid off. “This award took a lot of signatures and work over four years. It was hard to manage everything,” she said. “But I was so happy to find out I won, and it really encapsulated my four years of high school so it was worth pushing through.”

While committing herself to her community, Tinsley also found the time to write a children’s book and get it published in 2019. “My book is called ‘This is What an Engineer Looks Like’ and it teaches students at a young age in a kid-friendly way about different types of engineers,” said Tinsley. “The amount of diversity between characters was important to me. Students can point at characters and say, ‘they look like me’ or ‘that looks like my friend’ while reading.”

Tinsley’s book aims to help children realize they can get involved in STEM

no matter their age or what they look like. “STEM is undoubtedly a part of our everyday lives. There is science to everything, and I want to show kids that,” said Tinsley. “I also want to help close the STEM gap, as there is a lack of women and diversity in the field, and to show kids the bigger picture. It reveals the opportunities for kids to explore and understand life.”

On top off winning a Congressional Award for her service and getting a children’s book published, Tinsley also started her own website at the age of 8 which she still runs today, called YaYaStars. “It started as a travel review site by kids for kids. But it has grown into my personal brand,” said Tinsley. “It helps me set up author visits and connect with nonprofits. It is also a way to put free resources out there for others. It helps spread STEM education materials in FCPS and elsewhere.”

The future is bright for Tinsley as she will be attending the University of Southern California in the fall and will be majoring in Arts, Technology and Business of Innovation. She wants to focus on entrepreneurship and innovating in the tech industry to find better ways to teach people at all levels.

AWARD

CONTINUED FROM PAGE A1

Spanish Honor Society.

Despite her many extra-curriculars keeping her busy, Tinsley also found time to complete more than 400 service hours throughout her high school career. She spent many of her service hours working with the Women Giving Back organization, running science experiments for visitors at the Smithsonian Air and Space Museum’s annex, the Udvar-Hazy Center, visiting elementary schools such as London Towne Elementary to talk about STEM, and working at STEM conferences.

“I think it is important to volunteer to help the community and it also helped me learn more about the community from those who are in it,” said Tinsley. “Volunteering let me work on what I had learned in classrooms. I love to volunteer to meet new people and learn more about what I like to do. I also learned effective ways to help people and I got to meet people and see how I can benefit them.”

All of Tinsley’s work in the community helped her achieve her goal of earning the Congressional Award. Tinsley was awarded the gold medal April 26. “The Congressional Award is a

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FARIFAX COUNTY

BREAKING FREE

BY SRAVAN GANNAVARAPU
SPECIAL TO THE FAIRFAX COUNTY TIMES

Fresh food and
FreshFarm



COURTESY PHOTO

This time of year, many folks take strolls around farmer’s markets and buy fresh food from the locals in hopes of making fresh and tasty meals for their families.

FreshFarm, a non-profit group in the DMV area, offers all that and more. Launched in 1996, FreshFarm began as a public education program of the American Farmland Trust. Currently, they are the third-largest farmers’ market organization in the country.

Molly Scalise, the group’s director of communications, said their mission is to increase access for the community to fresh, local foods.

“We operate farmers’ markets in D.C., Maryland, and Virginia,” Scalise said. “We also focus on strengthening our local food systems through food education and food access programming.”

FreshFarm opened the Dupont Circle Farmers Market in Washington D.C. in 1997 and added new programs, eventually reaching almost 30 markets in the region. They also have markets that run from April to November, usually the prime farmer’s market season.

Scalise says the markets are defined as producer-only, meaning those who sell their products at the markets are grown directly by the vendors themselves. Products are locally sourced, with all their produce being locally grown in the Mid-Atlantic region. For every market a vendor attends, they pay a percentage of their sales as fees to FreshFarm, which helps cover the operating costs of the market.

Examples of products sold include fruits such as

blackberries and blueberries and vegetables like eggplant, peppers, and tomatoes. Other producers make cheese, baked goods, pastries, breads, and even prepared meals with various cultural aspects.

In addition to providing fresh food, FreshFarm also helps the community. Every year, in the fall around Thanksgiving, FreshFarm has a food drive where they raise money that is spent on fresh food. Those funds are then donated to emergency food assistance groups who use the fresh produce to make Thanksgiving meals for people in need.

FreshFarm currently has a location in Fairfax, located in the Mosaic neighborhood off District Avenue. This market operates every Sunday year-round. Here, customers can come by and shop for locally grown fruits and vegetables, as well as meats and other options. This market also operates on Thursdays from 3 to 7 p.m.

Buying food from a farmer’s market isn’t necessarily the common theme as most of us tend to do our food shopping from a grocery store. The COVID-19 pandemic forced several people to become more resourceful. When going to restaurants wasn’t in the game plan, having food at home and working with it was perhaps the best option.

Despite the pandemic, FreshFarm had a solution to the problem, strictly about going to the grocery store.

“A lot of our shoppers really value being able to come to the farmers market because it was a safe place to buy their food,” said Scalise. “It was very important to our

communities that we were able to stay open, and we worked really hard to make that possible.”

Scalise says that while the number of customer accounts were not as high as in previous years, sales were higher due to many people choosing to buy groceries.

“We have a matching program where in the past, we usually capped it at \$10 spent if someone spends their benefits with us but during the pandemic, we expanded that to an unlimited match,” said Scalise. “The people who have more limited incomes were able to double the value of their dollar and make sure they could buy more groceries.”

Money is scarce, regardless of time, and the ability to afford more food to put on the table goes a long way. Also, it speaks volumes about FreshFarm, as they see the current climate and provide ways for everyone to work around their problems and still maintain stability.

“People are still insecure in their employment and in their ability to buy groceries, even if businesses are opening and things are starting to go back to normal,” Scalise said. “So, it is still really important that they have that those access points to fresh food.”

Scalise says the group is proud that despite the pandemic and its way of affecting several people through employment and struggle to provide food, they can lend a helping hand while growing their programs and supporting so many people in the community.

To learn more about FreshFarm and possibly becoming a vendor, visit their website at <https://bit.ly/3wO45La>



COURTESY PHOTOS

Tyson's-based ANRA
Technologies partners
with Hyundai on
AAM technology



By Rick Horner
FAIRFAX COUNTY TIMES

Tyson's-based ANRA Technologies has partnered with the Hyundai Motor Group's Urban Air Mobility Division to develop an operating environment for the advanced air mobility (AAM) industry.

ANRA, which was founded in 2015, is an end-to-end drone operations and traffic management solutions provider for unmanned systems operations and airspace managers. ANRA's new partnership with the South Korea-based automobile company is being touted as the first on many partnerships that Hyundai plans to establish with other companies for the purpose of creating an industry to build the AAM operating ecosystem.

"We are pleased to partner with ANRA Technologies to begin building toward the safe and efficient integration of AAM into existing airspace," said Pamela Cohn, chief operating

officer, Urban Air Mobility Division of Hyundai Motor Group. "As an emerging mobility solution, it is critical diverse parties work together to co-create the AAM ecosystem, including its necessary digital and physical infrastructure. ANRA brings a unique background of operational history in the drone services sector that will help define the operating environment for all AAM vehicles."

ANRA will provide the Urban Air Mobility Division with strategic insight on Hyundai's concept of operations for AAM airspace management as well ground mobility integration. The companies would also work together to help inform regulatory decisions and advance infrastructure projects.

"ANRA's SmartSkies family of airspace management software and data solutions have been proven worldwide and provide the critical support required for complex AAM operations at scale," said Amit Ganjoo, founder and CEO, ANRA Technologies. "We take a long-term view

in everything we do as a company and are looking forward to integrating our advanced technologies with the Urban Air Mobility Division of Hyundai Motor Group's AAM ecosystem and sharing our knowledge and experience to ensure the success of our partnership and help move our industry safely forward."

ANRA's SmartSkies solutions has been lauded in its field for enabling AAM airspace management for urban mobility aircraft to easily scale and adapt to anywhere in the world. Currently, SmartSkies is the sole provider of commercial AAM services for NASA and their European Union counterpart EASA for their AAM initiatives.

ANRA also recently announced its extension as a partner in NASA's AAM projects, one of which will explore new methods of data exchange between the regulatory authority and service providers as the industry continues to develop.

In addition to operating in the United States, ANRA also has offices in the United Kingdom and India.

King Crossword

ANSWERS ON B3

ACROSS

- 1 Circulate
5 Jolly laugh
9 Lustrous black
12 Zero, in tennis
13 Scent
14 — glance
15 Border on
16 Reply to "Shall we?"
17 Rug cleaner, briefly
18 Gestation location
19 Goat's plaint
20 Roman censor
21 Fib
23 Medit. nation
25 Cellist Pablo
28 Keep perusing

1	2	3	4		5	6	7	8		9	10	11
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48					49				50			
51					52				53			
54					55				56			

- 32 Muscat resident
33 Sky blue
34 Lively dances
36 "Be that as it may ..."
37 Sch. URL ender
38 Atty.'s title
39 Libretto
42 Plead
44 "Oops!"
48 Priestly garment
49 Competent
50 Tiny bit
51 2016

- Olympics city
52 Composer Bartok
53 Figure skating leap
54 Gender
55 Mideast gulf
56 Helen's home

DOWN

- 1 Imperfection
2 Timber wolf
3 Egg
4 Stick-in-the-mud
5 Baker Street sleuth

- 6 Classic theaters
7 Empty talk
8 Hosp. areas
9 Coffee
10 Coup d'—
11 Mexican entree
20 Hodgepodge
22 Homer classic
24 Penn and Connery
25 Police officer
26 "I love," to Livy
27 Bando of baseball

- 29 "Gee, ya think?"
30 Spanish gold
31 Just out
35 Filled in
36 Sea off Greece
39 Old salts
40 Author Wiesel
41 PlayStation alternative
43 Vogue rival
45 60 minutes
46 "Beetle Bailey" dog
47 Vague
49 Lawyers' org.

KEEP THE FUN AFLOAT

Five tips to make watersport adventures safe this summer

Courtesy of Family Features

For those who enjoy outdoor and active summer lifestyles, water entertainment may be the way to go. Racing the waves with the wind flowing through your hair can be a fun and exhilarating way to enjoy fresh air; a dip in a cool lake can also help keep the heat at bay on hot summer days.

Despite world events over the past year, the watersports lifestyle is thriving - potentially due to the nature of personal watercraft riding and ability to practice social distancing. In fact, powerboat sales reached record highs, and while that momentum has slowed some in 2021, personal watercraft sales are still surging - up 77% over 2020, according to the National Marine Manufacturers Association. This growth means there are lots of new riders on the water, and that can affect the safety of riders both experienced and new.

Respecting riding etiquette, wearing protective gear and being conscious of the environment can help ensure riders have fun and continue to enjoy access to watersports. The team at Sea-Doo, a global leader in personal watercrafts, shares this advice to help keep everyone safe while having fun on the water:

Know the rules. Rules can vary from one state or location to the next, so be sure you know what the expectations are before you head out on the water. You can find more about licensing requirements and other regulations in your area through the Boat U.S. Foundation.

Dress for success. Ensure you have a life jacket or personal flotation device that fits snugly but comfortably. Remember to connect the tether cord from the ignition of your watercraft to your life jacket to cut power to the engine should you end up in the water. Additionally, neoprene shorts can help

prevent injuries and give you a comfortable layer between your body and the saddle. Gloves and boots provide protection and improve your grip, and sunglasses can help protect your eyes from the wind and water. It's also a good idea to keep a windbreaker in a storage compartment in case weather blows in unexpectedly.

Gear up. Once you're dressed for the occasion, you won't need much other gear, but there are a few items that can help protect you. Always keep an anchor on board, along with a radio to call for help if you have trouble. A water bottle can help ensure you stay well hydrated on the water, where you typically sweat a lot due to the wind and sun.

Play nice. On gorgeous, sunny days, you can expect your local lake to be busy. Being respectful of others on the water helps ensure everyone can enjoy their water adventures safely. If you haven't already, take a watercraft or boat safety course and brush up on the basics. Beyond that, pay attention to signs, especially ones that note restricted areas and no-wake zones, and keep a safe 200-foot distance between yourself and other watercrafts.

Be earth aware. Part of being responsible on the water is respecting the environment. You can do your part by committing to green habits like refueling on land and doing maintenance work well away from the shoreline. When you're riding, getting too close to the shore can tear up your watercraft, but it can also be harmful to the fish and birds that feed on the sediment in the shallows, as well as the vegetation. Be aware noise and movement of boats may disturb bird populations. Stay clear of posted bird nesting areas. Nesting birds may fly from their nests, exposing unprotected eggs and hatchlings to the sun's heat or predators. Keeping to channels and deeper water also helps protect the wildlife and prevent shoreline erosion.

FCPS Superintendent announces upcoming school year will be his last

By Noelle Riddle
FAIRFAX COUNTY TIMES

Fairfax County Public Schools Superintendent Scott Brabrand announced July 15 that the school year of 2021-2022 will be his last year serving the county.

Before becoming the superintendent, Brabrand was an FCPS social studies teacher, Herndon High assistant principal, associate principal at Lake Braddock Secondary School and the principal of Fairfax High. He also served as a cluster assistant superintendent. He left for five years to be the Lynchburg City Schools superintendent before returning to Fairfax in 2017 to be FCPS superintendent.

"I pledge to continue to serve with the same love and passion for FCPS that I had when I started. In the best of times and in the worst of times, I have always strived to lead with a steady hand and a full heart," Brabrand said. The announcement about Brabrand's time coming to a close is due to the end of his contract with the school board.

The announcement of his departure was met with mixed feedback from the community on Twitter. One user was pleased to hear of the departure. "Two years too late," tweeted @drobbva. "Let's hope the equally inept @fcps-news board selects someone from the outside that brings real leadership that can right the ship that you have flipped over."

When asked what he was most proud of during his time as superintendent, Brabrand reflected on many aspects of his work. "Two years of fully funded budgets prior to the pandemic that invested record amounts in teacher compensation and technology for students is one important accomplishment," he said. "Expanding access at Thomas Jefferson High School for Science and Technology so that

every talented student with a passion for STEM has a greater opportunity to attend the school was also important. Focusing on equity also helped us create changes to school discipline that helped reduce disproportionate outcomes in suspensions for students." The latter initiative has been more controversial and parents are suing the school district over the change.

"Not one mention of academic success ... Any increase in graduation rates?" Erin O'Connor Lobato, commented on Facebook. "All equity ... fully funded budgets ... that saw a record investment in culture. Now let's find a superintendent who will prioritize academic rigor for ALL and hold him/her accountable for results. Teach ALL our children to be strong readers, writers and mathematicians..... not victims and social justice warriors who can't function in the real world."

Brabrand was humbled by the time he got to spend with the FCPS community over the last four years as he strove to keep students first. "I have come to work each day motivated by doing the very best for every single child that comes into the FCPS family. To me, that responsibility is a true, once-in-a-lifetime privilege," he said. "I cannot understate the love and commitment I have for the district which has been part of my working life for 30 years. The staff I have worked with is the best in the education business and I can attest to their professionalism, dedication and talent. FCPS is a truly amazing school district, and we all play a part in making it so."

The announcement comes as FCPS has decided to bring all students back for a five-day, in-person return to classrooms this fall. In the letter Brabrand wrote to the community, he addressed concerns about post-pandemic schooling. "We will continue to face challenges as we seek to provide a



premier education to all of our students and families. Coming out of this pandemic, I believe we will build back an even better school system for our students, families, staff and community."

Another Twitter user also was encouraged by the news of the upcoming change. "I wish you the best... I still don't feel the system was set up properly. You should have given a choice to parents that were essential to take their kids to school during the year and now, you should have given the choice for parents to keep virtual," tweeted @Jesm.

The process for finding a new superintendent has already begun as the school board has stated they will be working with a search firm to recruit and find potential candidates. FCPS also wants feedback from the community on superintendent candidates and will be posting frequent updates about the process on their website.

Looking to the future, Brabrand is unsure on what the future may hold. "I started working when I was 16 and worked through college at Georgetown University. I have spent 30 years in FCPS, and public education and the beauty is that now I have a full year to decide what's next," he said.

For more information on the superintendent selection process visit <https://www.fcps.edu/node/43790>.

Parents question if FCPS misused funds for PPE

By Noelle Riddle
FAIRFAX COUNTY TIMES

During the Fairfax County Public Schools School Board Work Session July 13, the school board discussed how students will be going back to school in person five days a week, and that elementary students are not vaccinated. This brought up the question of what the county's need for personal protective equipment (PPE) looks like for the fall. The response was that there is plenty of PPE available in a warehouse.

"We have got plenty of PPE. I can give you some examples. We have 206,000 large cloth masks in the warehouse. And we distributed 200,000 out to the schools and many of the schools have called us and asked if we can take them back because they do not have anywhere to store them," said Leigh Burden, the assistant superintendent Department of Financial Services. "We also have 100,000 of the youth size masks, we have disposable masks."

The school board's warehouse also contains plexiglass shields, floor decals, hand sanitizer and gloves. The revelation of PPE in the warehouse has outraged some parents who feel that the money spent on PPE could have gone elsewhere.

One FCPS parent and a classroom monitor, who asked to remain anonymous, is upset by the situation. "As a classroom monitor, I saw most of the time that a lot of PPE went unused. It felt like the intent was good, to protect teachers and students, but I am not sure it was managed very well," she said. "In the spring kids all had multiple masks in their backpacks with them and PPE was not a big need. It may have been a bigger need if the school was opened earlier."

What the classroom monitor witnessed led her to feel the school system was over prepared for reopening



the schools. "The need for PPE was not a big deal when the schools opened, it ended up being a big waste of money," she said. "It could have been spent on Extended School Year services or teacher raises. And who knows if it may or may not be needed in the fall."

While some parents are concerned about the amount of PPE the county purchased, FCPS stands by the amount of PPE they have as the fate of the pandemic is unknown and could change in colder weather. "FCPS has sufficient PPE to last it through the coming school year. This includes masks and gloves for students and staff. The school division always needs to have PPE available should students need it while the pandemic continues," said a FCPS spokesperson.

But Tom Goudreau, a father of a special education student in FCPS, disagrees. "This situation is a good example of FCPS's size being a disadvantage," he said. "It is one more data point that the school system lacks

the ability to do the right thing. It is unfortunate that all this material will not be used. They have shortages on other things that they do need, and parents need to fill the gap on those things."

With the future of the pandemic being unclear, there is no way of knowing how much PPE will be needed by students, particularly those under the age of 12 who are not eligible for the vaccine and are still at risk. But many parents still wish the school board had acted differently. "They hoard resources and lack communication about the resources," said Goudreau. "There were a number of cases where special education teachers got PPE, but other things went unfunded. It took the school system six months to make a plan and then six months to buy everything, they have a lack of agility. They could consider breaking the system up."

FCPS will start classes August 23 and will be following CDC and state and local guidelines for social distancing and mask-wearing policies.

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JULY 27, 2021, 4:00 P.M.

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Registration to speak in person will be open on-site between 3:00 p.m. and 5:00 p.m. on July 27.

Comments limited to three minutes.

Hearing will be livestreamed and archived online.

More information available at:
<https://www.virginiaredistricting.org>

Reasons to ditch conventional deodorant/antiperspirant

KEYS TO BETTER HEALTH
CINDY SANTA ANA



I’ve always wondered who originally thought it would be a good idea to plug our sweat glands and prevent perspiration or the excretion of toxins from our lymph. Perspiration is one of our main forms of detoxification. And while it’s not always pleasant and can also be embarrassing to have “sweaty pits,” it is a necessary bodily function. However, there are some ways to overcome those tell-tale pit stains.

Why should we read deodorant labels?

When you eat something, it’s broken down by your liver and digestive system. But when you put something on your skin, there are times when it can enter your bloodstream without being metabolized and it gets absorbed and eventually taken into fat cells for storage. Blood tests show that many of the substances in deodorants can get into the body. Underarm tissue contains hormone receptors which can react to some of the ingredients found in antiperspirants/deodorants.

What do we need to avoid?

Aluminum - When you use an antiperspirant or deodorant that contains

aluminum, you are blocking your body’s ability to detoxify. Aluminum is also a potential endocrine disruptor. These are chemicals that have adverse developmental, reproductive and neurological effects in humans.

Parabens – These are preservatives found in many personal care products and even in some brand of tortillas! Parabens are also endocrine disrupting. You’ll see the words “methylparaben” or “propylparaben” or “butylparaben” on the label. Parabens can also cause skin irritation and allergic reactions.

Fragrance – Label loopholes allow manufacturers to hide all sorts of chemicals under the label “fragrance.” Many of them are actually phthalates – chemical plasticizers that help the fragrance linger longer. They contain endocrine-disrupting chemicals and have been linked to weight gain, increased risk of diabetes, fertility problems and low testosterone, just to name a few.

It’s easy to switch to a natural deodorant. It may take some getting used to in the beginning because you may actually detox and sweat a bit more. Look for brands that have arrowroot or organic cornstarch, baking soda, some sort of natural oil like shea butter or coconut oil and a fragrance from nature. It should say aluminum-free and paraben-free.



THE CREATIVE EXCHANGE / UNSPLASH

WARM WEATHER WELLNESS

7 tips to promote health and well-being this summer

Courtesy of Family Features

During the warmer months, there’s often a great deal of shuffling and movement, including common allergy triggers like trees, pollen, mold spores, dust and dander along with pesky sinus pressure. While more commonly associated with other seasons, summer allergies can be one big pain - literally.

“Common triggers such as trees, pollen, mold spores, dust and dander can wreak havoc for many,” Dr. Ian Smith, M.D., said. “Having a trusted multi-symptom reliever of upper respiratory allergies like Mucinex Sinus-Max is absolutely key in making the season more enjoyable for all suffering from sinus and congestion issues. With a reliable multi-symptom product stashed in your medicine cabinet, and the combination of simple modifications like being mindful of your indoor climate, eating more fruits and veggies, and staying hydrated, can help limit sinus discomfort this season.”

Take steps this summer to ease the impact of sinus and allergy problems and focus on your overall wellness with these tips:

Control your allergy and sinus triggers. Knowing what flares your allergic reactions can help prevent discomfort. For many people, monitoring pollen counts and limiting time outdoors on high-pollen days can help reduce reactions. You might also avoid hanging laundry outside, as pollen can stick to clothes and sheets as they dry, and ask for help with yardwork to limit your exposure.

Find some pressure release. When nasal congestion or sinus pressure build, it can feel like a ton of bricks have landed on your head. However, you can find relief with products designed to help clear up your stuffy nose, relieve headaches and thin and loosen excess mucus. Often, if you’re experiencing sinus problems, you’re dealing with multiple symptoms. From congestion to headaches and sinus pressure, an over-the-counter medicine can break up your sinus symptoms with just one dose.

Manage your indoor climate. Even when you start spending more time outdoors, it’s important to keep close tabs on the quality of the air inside your home. If you’re prone to allergy flare-ups or sinus infections, manage the humidity level by using a humidifier or

dehumidifier. If outdoor allergens are a concern, avoid opening windows and doors, and instead rely on air conditioning on warmer days. Also be sure to change filters regularly and use an air purifier for added protection.

Pile on fresh produce. After spending cooler months consuming comfort foods and fewer fresh veggies, warmer temperatures usher in a new menu of opportunity. Take advantage of all the garden-rich options and fuel your body with vitamin- and nutrient-rich produce that fills farmers markets, grocery stores and even roadside stands.

Soak up the sun (responsibly). Summer typically provides plenty of opportunities to spend some time soaking up the sun’s rays. Vitamin D is an essential nutrient that affects numerous body systems, including the immune system and bone health. It’s also been shown to improve your mood and reduce depression, so take in plenty of fresh air and sparkling sunlight. Just remember to slather on plenty of sunscreen to protect your skin from harmful UV rays and don’t forget to protect your eyes with UV-blocking sunglasses.

Keep fluids flowing. More

time outdoors in warmer weather can quickly lead to dehydration, especially if you’re working up a sweat. Drink plenty of water to stay well hydrated and keep your body operating in top shape. Staying hydrated can also help keep mucus moving, allowing you to ease through allergy

or sinus problems.

Update your medicine cabinet. Take stock of your medical supplies and medications periodically to ensure you have what you need for the season ahead. Discard any expired prescriptions or over the counter medicines and be sure restock

common summer essentials like bug bite ointments, sunburn spray and multi-symptom products to help temporarily relieve sinus and congestion symptoms in one dose. Also be sure to replenish your first aid kit with plenty of bandages and wound care supplies.

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GETTY IMAGES

Fairfax County is well-represented in this summer's Olympic Games

South County and Robinson high school graduates detail their journeys to Tokyo

By Grant Johnson

SPECIAL TO THE FAIRFAX COUNTY TIMES

With the previously postponed 2020 Olympic Games taking place in a land 13 hours ahead of the Eastern time zone and playing host to more than 11,000 athletes and 205 competing countries from July 23 to August 8, the two-week extravaganza can be overwhelming to keep track of.

There are two athletes from Fairfax County worth focusing on amid the frenzy: South County ('16) graduate and Team USA 4x400-meter relay runner Trevor Stewart, and Robinson ('12) graduate and Team Nigeria discus thrower Chioma Onyekwere.

"I found myself noticing I'm more than I thought I was" — Stewart's trek to the Games

Stewart started running track and field as a freshman at South County. A former karate practitioner, he made the switch to running after sustaining an injury in middle school while grappling during a karate session that twisted a muscle in his back — an injury Stewart said still hasn't resolved itself.

At South County, Stewart had a multitude of teammates — some who even went onto run at the collegiate level—who he said always made sure he did the right thing and who always believed he could do more than he was capable of. Track also became a passion at South County because it kept Stewart focused on his schoolwork, he said.

"If you can't focus, you can't run," Stewart said.

Staying on the straight and arrow allowed for running track to become a reality for Stewart at North Carolina A&T alongside fellow South County teammate Morgan Knight. During his time with the Aggies, Stewart was part of the relay team that won the 4x400-meter relay during the 2021 NCAA Division I Indoor Track and Field Championships, and he ran his personal-best 400-meter race in 44.25 seconds during the 2019 NCAA Championships — good enough for second place that year.

Stewart qualified for the Olympic Games June 19 after



COURTESY PHOTO

Chioma Onyekwere punched her ticket to Tokyo with a discus throw of 63.30m during Olympic Trials June 18.

special than all his races up to this point for him, he said.

"It's been a lot to deal with because usually I'm down to earth and very humble about everything," he said. "I don't say much about what I'm doing — for me, it's just another meet."

Going into his 4x400 relay event with the three other Team USA runners — Michael Norman, Michael Cherry and Stewart's North Carolina A&T teammate Randolph Ross — Stewart said he still doesn't know which leg he's running as of July 19. He said he also can't disclose his race strategy at the threat of competing runners figuring out how to mitigate it. However, Stewart said he'll be satisfied about his race by how he executes each step, 100 and 150-meter split of the 400-meter race. Because of the work ethics of himself, Ross, Norman and Cherry, Stewart said Team USA can "win easily" as long as everybody does their part.

While he doesn't have a specific pre-race routine, Stewart said he uses prayer and meditation to get his mind right on race days. Both help him feel more "in-tuned" with himself, he said.

"Meditation just helps me focus more so I'll be able to execute my race model," Stewart said. "For me, it's more ... 'drop your shoulders, relax a bit and breathe.'"

Look for Stewart to be

There were also two Olympians on Robinson's track and field staff during Onyekwere's time with the Rams — Jim Barrineau competed in the high jump for Team USA in the 1976 Montreal Games, and Rob Muzzio, also a Robinson graduate, sported the decathlon for Team USA in Barcelona during the 1992 games.

"Working with two Olympians at Robinson — it was inspiring," Onyekwere said. "It was really exciting to see people who kind of went through all the same steps we did in high school and got to that elite level."

It was Fay, Onyekwere said, that helped her harness her natural talent as a discus thrower and drive her away from track events — as much as she said she liked hanging out with her sprinter friends — and toward field events all the way to a scholarship to the University of Maryland, just like her throwing coach. As a Terrapin, Onyekwere majored in mechanical engineering — she said she likes making crafts "come to life" with her hands.

As a discus thrower at Maryland, Onyekwere dazzled. She scored points for the Terrapins all four years, won five Big 10 conference medals, qualified for the NCAA Division I Track and Field Championships twice and set Maryland's school record in discus and weight throw. Shortly after, Team Nigeria

offers more of a family feel, while the U.S. team is more focused on "individualism."

"From my culture in Nigeria ... no one is just one person's kid," Onyekwere said. "Everyone in the community kind of shapes you into who you are today, and that's kind of the aspect I've been able to take into my work, take into school and take into competing in track and field."

Along with being a professional discus thrower, Onyekwere is a full-time product development engineer for Ford Motor Company in Detroit. Prior to working remotely in Virginia when the pandemic hit, she said she would wake up at 5 a.m., practice throwing for two hours before work, then return home after an eight-to-10-hour workday to lift and throw for two hours apiece before repeating the cycle all over again. She said she was able to continue a similar schedule of what she did at Maryland, only classes were replaced by work, as her professional discus career was an extension of her college track and field career.

"I had to really hone in a lot of my previous lessons learned as a student-athlete on how to work with time management, and really just balance everything," Onyekwere said. "I also was doing a very rigorous workload with mechanical engineering while still competing at the highest level."

Onyekwere said her expertise in physics helps her understand how exactly to throw the discus and how she's going to get the best distance she can. For example, she said she's figured out to not throw the discus too high because it'll skyrocket to the ground faster as there's more pull dragging it down.

Being back in the DMV training for Olympics since the start of the pandemic, Onyekwere said there's been some good that's came out of it, like having the ability to eat good seafood unlike in Detroit. On the flip side, two of her uncles passed away from COVID-19, which changed her drive for the Olympics, she said.

Closed gyms and the postponement of the July 2020 Games made training more difficult, Onyekwere said, and combined with her uncles' passings, she said it became increasingly challenging to focus on her Olympic dreams. That's when her other family members pushed and encouraged her to still shoot for her dreams, she said. This support, Onyekwere said, helped her break Nigeria's national women's discus record with a launch of 63.30 meters — also topping her previous personal best of 57 meters.

"What I really focused on during the 2020 season was focusing on the things I can control — which is obviously working on technique," Onyekwere said. "I think pounding down on that, 2020 really helped shape me for 2021."

Onyekwere's highs and lows over the last year-and-a-half likely makes relaxation a meaningful time to decompress. She said the day before her meets, she likes to play video games on her Nintendo Switch — namely Pokémon and Super Smash Brothers. Paralleling Stewart, Onyekwere uses a mindfulness technique similar to meditation to get her mind right before competition: visualization. Specifically, she said she visualizes her throws, how she wants to start and the end result she wants.

There are multiple end results that would make Onyekwere satisfied with her Olympic performance, she

said. First, she wants to break her personal best of 63.30 meters. Second, she wants to up the ante with her Nigerian national record and go for the all-Africa record, which is just .70 meters farther at 64 meters. As far as placement, she said she wants to qualify for the finals, be on the podium and bring some hardware home for Team Nigeria.

Onyekwere's quest for gold will begin July 31 with the qualification rounds of the women's discus throw.

On days where Stewart or Onyekwere aren't competing, there are two more Fairfax County athletes to keep an eye on. Andrew Seliskar, McLean native and Thomas Jefferson High School for Science and Technology ('15) graduate, will swim for Team USA in the 4x200 relay. Lucas Kozeniesky, Robinson High School ('13) graduate will represent Team USA in rifle shooting — 10-meter air rifle from the three position.

Although blessed with physical gifts, it wasn't easy to be on the cusp of competing at the grandiose sports stage that is the Olympics, Stewart and Onyekwere said. They both shared words from the wise for aspiring Olympians about how to get to their positions.

Stewart said getting "comfortable with being uncomfortable" is imperative because the workouts only get harder as you reach the professional level. But on the track, it's OK to let loose a little, he said.

"I would say just submerge yourself in it, stay focused and have fun with it," Stewart said. "That's the main thing."

Onyekwere said having a good support system along with listening to the body's governor tells us our limitations is crucial. She had to miss out on her duties as a bridesmaid for one of her friend's weddings so she could compete in Nigeria's Olympic trials this year, which is something she said Olympians-in-training have to be able to do.

"Be willing to make those hard sacrifices in order to meet your end goal," Onyekwere said. "It really sometimes takes just straight tunnel vision."

South County Girls Varsity Soccer team recognized by BOS member

By Rick Horner

FAIRFAX COUNTY TIMES

During the Fairfax County Board of Supervisors meeting, Mount Vernon District Supervisor Dan Storck took a moment to recognize the South County Girls Varsity Soccer Team for winning their first state championship.

In June, South County faced off against Patriot High School in Nokesville for their first ever shot at the Class 6 State Championships. After all was said and done, South County walked away with its first-ever championship win after beating McLean in a 2-1 game.

While South County has a reputation for being a solid team, they had an issue with completing shots in the past. However, the team was able to shore up that issue and qualified for their first state championship with an undefeated 17-0 record for the season.

"It is great to see these athletes recognized for the hard work they have put in especially after such a trying year," said South County Girls Varsity Coach Nina Pannoni.

Like any other team, South County's 2020 season had been canceled due to the Coronavirus pandemic. According to Pannoni, who has coached the team for six seasons, the girls were eager to

play and make up for lost time.

That eagerness allowed them to work hard through the pre-season practice even with the added pandemic protocols of wearing masks and keeping their distance from each other limiting their ability to develop their teamwork. But as the season progressed, the protocols eased up and the team continued to develop into the powerhouse that would win them their first championship.

For her part, Pannoni is not resting on her team's laurels, "the goal for next season is to continue to build on the success of this season, grow as a team and be contenders for the district, region, and state titles again."



SCOTT TAETSCH / THE WASHINGTON POST

Support The American Jobs Plan

Dear Editor,

Every crisis contains the seeds of opportunity. The pandemic was devastating, but now we have the opportunity to revitalize our nation through the American Jobs Plan.

The American Jobs Plan would repair and improve our infrastructure while creating work for millions of people. We must ensure that our rebuilding does not repeat the mistakes of the past, in which some Americans reaped the benefits while others paid the price of our highways and power plants in the form of pollution, lower property values, and poor health outcomes. We need an American Jobs Plan that is rooted in environmental justice and clean infrastructure investments.

As originally proposed, the American Jobs Plan included strong provisions to expand and improve public

transportation, replace lead pipes that carry drinking water to our families, put millions to work capping mines and oil fields that continue to pollute long after they were abandoned by the fossil fuel industry, and retrofit over two million homes and commercial buildings to be more efficient and resilient. It would spur clean energy growth, limit pollution, and expand the electric vehicle market.

It is urgent that Congress pass a bill that makes the big, bold, and ambitious investments needed to tackle the climate crisis, achieve true environmental justice, and accelerate the transition to clean energy. Please contact your elected representatives and tell them that Congress needs to keep environmental justice and clean infrastructure investments in the American Jobs Plan.

Julie Bauer
Vienna, VA

All parties should support national popular vote

Dear Editor,

Politics in America today have become so partisan that no real work gets done. The days where both parties worked across the aisle and made compromises to achieve what is best for the country are virtually gone.

This is especially true when it comes to Presidential elections. Because of how we elect the president of this country the candidates only focus on a few hot-button issues that motivate voters in certain “swing states” and not on the bigger issues that affect the nation as a whole. These “swing states” get all the attention and are key in forming each candidate’s policy proposals.

Wouldn’t the country be better off if instead of a few states deciding the fate of the country the candidates took all Americans into account? Think about

it. When is the last time a presidential candidate made a concerted effort to win Virginian votes? We as a state are ignored. This is not how democracy should work.

By switching to a National Popular Vote candidates for the president in both parties would have to fight to win the votes of all Americans and focus on what the majority of Americans want and not just those who live in “swing states.”

This is why I urge Virginians across the Commonwealth to speak up in support of changing how the president is elected and the officials who represent us from both parties in the Virginia Assembly to support the National Popular Vote Bill and take the first step towards bringing cooperation back to Washington.

William Skirbunt-Kozabo
Chester, VA

CRT is harmful and divisive for our children and community

Dear Editor,

I am troubled by teaching of Critical Race Theory, a divisive ideology that harms young people and destroys community. Clearly, instructing one group of kids to resent another based on immutable characteristics, and others to shame and hate themselves, cannot possibly be good. CRT sows division and begets racism, insidious and destructive always.

Of course, ALL Americans should understand history, warts and all. Past errors and atrocities should be taught so we LEARN from our past, acknowledge misdeeds and do better. Under the guise of “history,” however, CRT is a wolf in sheep’s clothing.

CRT adopts a “sins of your father” view. Children shouldn’t bear the blame of forefathers nor be taught to consider color of skin or other such “identity” of classmates as defining characteristics. What happened to our national aspiration of colorblindness? When did concentration of melanin replace content of character?

CRT engenders victim mentality by placing blame on something or someone rather than self-determination based on an individual’s hard work, initiative and attitude. How can discounting such keys to success inspire children to thrive?

CRT implies “reverse discrimination” to cure past ills. As Chief Justice Roberts

noted, “The only way to stop discrimination on the basis of race, is to stop discriminating on the basis of race.” We must quash racism in all forms and all directions, NOT nurture it in classrooms.

We know what is learned as a child generally sticks, and children today are leaders tomorrow. Why again are we teaching kids to be racists?

James Amico
Chantilly, VA



OPINION





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PETS:
GOING FOR A RIDE
PAW 2
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www.fairfaxtimes.com | Friday - Sunday, JULY 23 - 25, 2021

Chris Thile

HEADED TO WOLF TRAP FOR TWO NIGHTS

The Grammy-winning musician will plays songs from throughout his renowned career



COURTESY PHOTO

By Keith Loria • SPECIAL TO THE FAIRFAX COUNTY TIMES

A four-time Grammy Award winner, and a total of 22 noms to his credit, Chris Thile has accomplished a great deal in the music world over the last three decades as an internationally renowned mandolin virtuoso, composer and vocalist.

Thile first found fame as a member of the trio Nickel Creek in 1989, a group that released six albums and sold more than 2 million records. Over his impressive career, he was also a member of bands such as Goat Rodeo and Punch Brothers, and served as host of the radio program, “Live from Here”.

Most recently, he released a double-album with Brad Mehldau, titled “Chris Thile & Brad Mehldau”, and also a collection of works from Bach with Yo-Yo Ma and Edgar Meyer called “Bach Trios”.

Thile will be bringing his music magic to Wolf Trap July 24 and 25.

“Those coming out can expect a musician who is exceedingly happy to be doing his thing in front of them,” he said. “The power of live music and being in a space with fellow human beings is something we all haven’t been doing for quite a while. For me, live music should be participatory, not just for the performer, and these opportunities to be together during the pandemic had been so few. So, this experience is soul clenching.”

During the pandemic, Thile continued to stay busy.

“I didn’t take any time off,” he said. “It’s impossible for me to put music on the back burner, and there’s always stuff simmering, boiling and splattering all over the place. I’ve been writing a ton, and made a solo record during the time.”

He describes his new record as one “full of questions” of what he perceives to be religious or spiritual, and how this past year has opened up a lot of deep thoughts.

At Wolf Trap, he’ll be using the shows as a launch pad for some of his new solo stuff, many of which he hasn’t performed live too many times. But he’ll also be playing many of the tunes that fans love, plus some big surprises.

For those who come out to both shows, Thile promises that they will be like going to two different concerts.

“I write a new set list for every show I play, though there are things that I gravitate towards and common themes that run their way through,” he said. “But every show is different and I always incorporate a great deal of improvisation. The nice thing about playing solo is you can chase any strand of inspiration without having to check with everyone else on stage. If all of a sudden, I’m playing a song that I’ve played 150 times, and something about the space that we’re in together and the people who are there suggests a different avenue, I can hurdle down that avenue in the middle of the song. I will step into another area and explore it for a while.”

See THILE, Page **B5**



COURTESY PHOTO

Aoife O'Donovan goes solo at Wolf Trap

The I'm With Her singer embarks on summer tour with a stop in Vienna

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Irish-American singer Aoife O'Donovan is a beloved performer who has found critical success as the lead singer for the string band Crooked Still and as co-founder of the Grammy Award-winning female folk trio, I'm with Her.

The singer/songwriter has also released three successful solo albums, and is the featured vocalist on The Goat Rodeo Sessions with Yo-Yo Ma, Stuart Duncan, Edgar Meyer, and Chris Thile.

Rather than let the pandemic slow her down, O'Donovan has remained active.

“It’s been hard, but I’ve been extremely busy recording and writing and channeling all of my creative output into those realms of my work, which has been really great,” she said. “I’m fortunate that I’ve gotten to write

and record so much music, and I’ve also gotten to play a couple of shows as the pandemic has went on—maybe four or five outdoor shows in the last couple of months, but I’m definitely looking forward to getting back on the road.”

She’ll be playing some of her solo stuff with members of the Knights, at Wolf Trap July 28. Although O'Donovan has performed at the venue many times, this is the first time she’ll be headlining a solo show, having previously been there with Prairie Home Companion and a tour called American Acoustic in 2017.

“This is really the start of my tour; I’ll be doing a few shows in Massachusetts earlier in the week and then head down to Wolf Trap, so that’s really exciting,” she said. “It’s going to be a special show because it will be the D.C.-area premiere of a piece that I wrote and performed back

in May, in honor of the passing of the 19th Amendment, which of course gave women the right to vote.”

The 20-minute long cycle, called “America Come,” is inspired by the work and words of Carrie Chapman Catt, a suffragette of the movement.

“It’s a really cool piece, and I’ll have a small chamber orchestra with me, as well as bass and drums,” O'Donovan said. “We’ve gotten to play this twice now, and I’m really proud of it and feel like it’s a really powerful piece of music. Getting to play this outside in July is going to be really powerful.”

She’ll also be playing other songs from her repertoire—both new and fan favorites.

“I’ll play a mixture of things but some new covers, and a bunch of original music from some new music that has not been released yet and from my records,” O'Donovan said. “I’ve missed so

much the experience of communicating with other musicians on stage and communicating with an audience. It’s going to be fabulous to be doing this again.”

O'Donovan grew up in a really musical family and felt compelled to enter the music biz because it’s the thing that brings her the most joy in life.

“It’s just something that I really love to do, and I feel so fortunate that I get to sustain a career out of it,” she said. “It can be a crazy lifestyle—the travelling, the amount of work you need to put into it to make a living—but the reward when you’re up on stage and making music in front of other people is unlike anything else.”

Wolf Trap continues to offer limited-capacity seating, and being outdoors in a safe environment makes for a perfect night for music.

See AOIFE, Page **B5**



“The Movies That Made Us, Season 2”

-- There was a time when the phrase “Run, Forrest, Run!” meant nothing, and the idea of a time machine built out of a DeLorean seemed a ridiculous notion. But for GenX viewers, it is hard to remember life before these big-screen gems that were so much a part of our formative years. Playing to our love for pop culture nostalgia, this docu-series reveals more behind-the-scenes insight for some of the biggest films of the 1980s and 1990s. Through interviews with members of production crew, each 50-minute episode highlights one movie’s lifespan from creation to its lasting legacy. Films highlighted this season include “Forrest Gump,” “Jurassic Park,” “Pretty Woman,” and “Back to the Future.” (Netflix)

“Schmigadoon!” -- When a young couple take a hike in the woods to discuss the status of their relationship, they magically and mistakenly find themselves stuck in another land called Schmigadoon. It’s a weird but overly happy land where everything is old-timey musical theater. The couple cannot leave Schmigadoon until they find true love -- either with each other or with someone new. It’s sort of like “The Wizard of Oz” meets “Pleasantville,” as played by “Saturday Night Live” alumni. The six-episode series stars Cecily Strong and Keegan-Michael Key as the couple, but supporting cast Kristin Chenoweth and Alan Cumming keep it interesting. (Apple TV+)

“Golden: The Journey of USA’s Elite Gymnasts”

-- Before the 2021 Summer Olympics commence, rev up your enthusiasm for Team USA with this six-part docuseries. In a profile of five top contenders among the mighty women of gymnastics, watch as they train

See COUCH THEATER, Page **B5**

celebrity
extra

by Dana Jackson

Q: I really miss the original “Sopranos” series on HBO, and I’m very excited there’s going to be a new one – a prequel, they say. Who is going to be in it, and when will it air? – B.V.

A: “The Many Saints of Newark” is a prequel to the critically acclaimed mob series “The Sopranos,” but it’s not a new series, it’s a movie. It’s produced and co-written by the original series creator, David Chase, who was widely criticized for his vague, anticlimactic series finale to such an acclaimed

drama. Hopefully this motion picture will appease fans since a real sequel isn’t possible due to the untimely death of the show’s star, James Gandolfini.

The cast of “Many Saints” is stellar with such talent as Ray Liotta (“Goodfellas”), Leslie Odom Jr. (“Hamilton”) and Vera Farmiga (“Bates Motel”). According to Deadline.com, the film is “set in the era of the Newark riots in the 1960s, and focuses on Dickie Moltisanti (played by Alessandro Nivola), the father of Michael Imperioli’s

original-series Christopher Moltisanti and a mentor to young Tony (Michael Gandolfini) as his own father, Johnny Boy, was grooming his son for organized crime prominence.” Michael Gandolfini was only 14 when his father, James, died of a heart attack, and now he’s paying tribute to him as the young Tony Soprano.

It’ll be hard to top the original classic of “The Sopranos,” which won armfuls of Emmys during its reign on HBO, but perhaps it will be another classic film up there with Martin Scorsese’s epics. It’s set to premiere Oct. 1.

Q: I saw a red-carpet photo of Sean Penn and his daughter. She looks so much like her mother, Robin Wright. Is she an actor like her parents? – P.H.

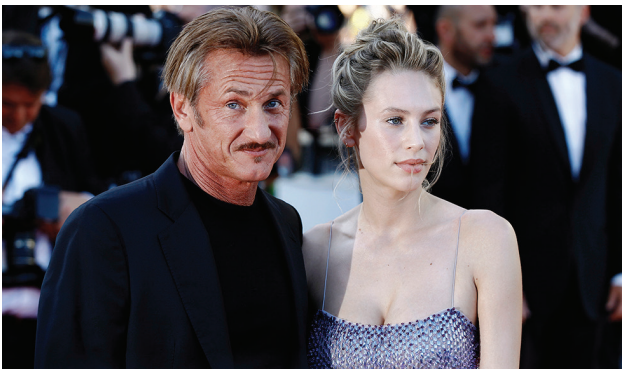
A: At 5-feet-7-inches tall, 30-year-old Dylan Frances Penn is indeed a clone of her mother, Robin Wright, especially when Robin played Buttercup in the classic

Rob Reiner film “The Princess Bride.” Like her mom, Dylan started out modeling before transitioning into acting. She currently stars in dad Sean Penn’s new film “Flag Day,” along with her brother Hopper Penn, who resembles his dad. Sean directs and stars in the movie, which according to Yahoo! News, is about “a real-life wheeler-dealer who lurches from one failed business venture to another, causing heartbreak for daughter Jennifer, who reveres him.”

Dylan accompanied her dad to the movie at the Cannes Film Festival, which earned them a standing ovation at the conclusion of their film.

Q: I was sorry to see that Yaya DaCosta’s character nurse April won’t be on “Chicago Med” anymore. I’ve been watching her on TV since she was on “America’s Next Top Model.” What’s next for her? – C.K.

A: While the “Chicago”



Sean Penn and daughter Dylan

shows -- “Chicago Med,” “Chicago Fire” and “Chicago P.D.” -- are big hits and will be back this fall, DaCosta was ready to vacate her supporting role after six years. A meatier role was quickly offered in the upcoming Lee Daniels’ Fox drama “Our Kind of People.” Daniels previously directed DaCosta in the film “The Butler” and also is the creative force behind the hit Fox series “Empire.” Carri- gan was diagnosed with al- opecia as a young child and was completely bald by age 30. His role on “Barry” was

initially supposed to be a one and done, but after the series got picked up and the second episode wasn’t filmed until a year later, he was made a full-time cast member. Car- rigan is credited with much of the character development and told DailyActor.com that he even drew some inspi- ration from ‘80s action star Jean-Claude Van Damme.

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

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Art News

Fab Fridays Enjoy Far Away performing alternative to covers. 7 to 9 p.m. July 23. 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/3eCaHGd>.

STARias features opera’s most powerful moments with Wolf Trap artists, alumni and the National Symphony Orchestra. July 23 at 8 p.m. Tickets start at \$37. Filene Center, 1551 Trap Road, Vienna. For more information visit <https://bit.ly/3xUgUoA>.

Whistlefritz features singer and guitarist Jorge Anaya performing children’s songs in Spanish. He also

explains in English what songs are about. 10 a.m. July 24. Free. Reston Town Square Park, Corner of Market and Explorer streets, Reston. For more information visit <https://bit.ly/3eyxYsD>.

New Beginnings Dan and Claudia Zanes and friends perform a mix of old and new songs from near and far. June 24 at 11 a.m. Tickets start at \$12. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3eE3mWC>.

American Voices Professor of Voice Byron Jones performs a heartwarm- ing collection of favorites from the songbooks of our country. 7 p.m. July 25. Free. Reston

Town Square Park, Corner of Market and Explorer streets, Reston. For more information visit <https://bit.ly/3eDgE5J>.

All the Ladies Aiming to inspire young girls and people of all ages and gender identities, Joanie Leeds celebrates influential women of yesterday and today. 11 a.m. June 27. Tickets start at \$12. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3eyz3kb>.

Elena Moon Park and Friends Take a journey around the globe through song with folk and children’s music from East and Southeast Asia. July 28 at 11 a.m. Tickets start at \$12. Wolf Trap, 1551 Trap Rd., Vienna. For more

information visit <https://bit.ly/3rpeE64>.

Take a Break Concert Series features Cheick Hamala Diabate performing traditional West African of Mali with mod- ern grooves. 7 p.m. July 29. Free. Lake Anne Plaza, 1609-A Washington Plaza, Reston. For more information visit <https://bit.ly/3zivgiN>.

The War and Treaty creates a bluesy but joyful fusion of Southern soul, gos- pel, country and rock ‘n roll. July 29 at 8 p.m. Tickets start at \$27. Filene Center, 1551 Trap Rd., Vienna. For more information visit <https://bit.ly/3zjvV3C>.

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>.

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>.

Highest Honor Returns to the atrium this season and will be on display through Nov. 14. Inspired by the building’s in- dustrial founding, artist Andy

Yoder designed the 25-foot tri- angular banner as an oversized version of the Army-Navy “E Award,” which was presented to workers during WWII for excellence in production of war equipment. Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more infor- mation visit <https://bit.ly/34gh8sP>.

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

Community Information

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/34WuHG>.

Twilight by Kayak Watch the sun set as the wildlife settles in for the night and re- turn to the dock by the light of the moon. Single kayaks and equipment provided. 7:30 p.m. July 23. Cost is \$42. Burke Lake Park, 7315 Ox Road, Fairfax Station. For more information visit <https://bit.ly/3kA1gLc>.

Creek Adventure Wagon Ride Explore Rocky Run Stream Valley and learn about creatures that live in the stream. 5 p.m. July 23. Cost is \$50 per family. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more in- formation visit <https://bit.ly/36QVhtf>.

Community Market in- cludes themed activities in- cluding vendors, artist demos, food, entertainment, and more. 10 a.m. to 2 p.m. July 24. Free. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3hTCNiO>.

Garden Tour and Ice Cream Enjoy the vibrant sum- mer gardens and finish at the historic house lawn to enjoy ices served with toppings. 10 a.m. July 24. Cost is \$15. Green Spring Gardens, 4603

Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3Bp89or>.

Conservation Celebration Enjoy a farm tour, carous- el ride and learning about the connection of our natural world and food. 10 a.m. to 2 p.m. July 24. Free. Frying Pan Farm, 2709 West Ox Rd., Herndon. Registration re- quired. For more information visit <https://bit.ly/3eGCMfo>.

Asian Festival on Main is a one-day family event highlighting Asian heritage through food, arts & craft, education and performances. Noon to 9 p.m. July 25. Free, but you must get a ticket. Old Town Fairfax, Main Street be- tween Chain Bridge Rd. and University Drive. For more information visit <https://bit.ly/3Bq0gza>.

Night Hike and Smores Campfire Enjoy a natural- ist-led walk through the forest to listen for nocturnal animals and look for evidence of wild- life. 7:30 p.m. June 25. Cost is \$12. Lake Fairfax, 1400 Lake Fairfax Dr., Reston. For more information visit <https://bit.ly/3Bq4Tte>.

Night Sky Enjoy a fun tour of planets, constellations, stars, nebulae and galaxies in the roll-top observatory. 8 p.m. June 27. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/36SFTNb>.

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 quar- ters focus on the lives and stories of the enslaved who were at Sully more than 200 years ago. 10 a.m. and 2 p.m. Friday, Saturday, Sunday, and Thursday through Oct. 31. Cost is \$20 to \$40. Sully Historic Site, 3650 Historic Sully Way, Chantilly. For more information visit <https://bit.ly/34WkvFN>.

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

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

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

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

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

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ZED by Duane M. Abel

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The new homeowner's moving checklist

Courtesy of Family Features

Now that you've closed on your first house, you're officially a homeowner. However, before you can get comfy in your new place, you need to actually move in. If you've never moved into a new house, there are a few things you may not be aware of.

As you make plans to move into a house for the first time, consider these tips as you begin to get settled.

Have the House Cleaned

You have two options: either roll up your sleeves and do a complete top-to-bottom cleaning before moving in or hire a cleaning service. While both options work, one will save you money and the other will save you time.

Tackle Any Small Projects

If you already know you want to make some changes, it's best to do that before you move your things in. Your home inspector can go over your entire house and suggest possible

renovations and improvement projects.

Meet Your Neighbors

Even if you've never taken the time to introduce yourself to your neighbors before, you'll likely want to get to know the folks who live next to or near your new home. Consider stopping by with a simple gift like cookies to break the ice, say hi and get things started on the right foot.

Check Out Community Activities

Every community has its own personality. That includes the local hotspots, activities, seasonal celebrations and recreational options. You may have looked into some of this while you were shopping for your new home, but now that you know where you'll be living, this is a perfect opportunity to sign up for a recreational sports team or put the annual festival on your calendar.

Make Sure You Have Power

When you move into a new home, it's up to you to contact

the electric provider for the area to set up an account and ensure the power is on. Do not count on the former owner to leave the power on for you.

Replace the Locks

Rather than assuming you have complete control over who can get in your home, it's best to go ahead and change all the locks. This simple step isn't overly expensive and can give you peace of mind.

Consider Eco-friendly Appliances

Going green can reduce your energy costs as well as your carbon footprint. It doesn't have to cost a fortune to make your house eco-friendly. There are energy-efficient appliances to suit every price range. Plus, simple changes, like LED bulbs and a smart thermostat, can further reduce your energy bill.

Make Your New Home Safe

At a minimum, you should check every smoke and carbon monoxide alarm to ensure they work. If not, replace them and purchase a fire extinguisher or



GETTY IMAGES

two for added protection.

Account for Outdoor Essentials

You'll want to arrange for a lawn care provider if you don't plan on doing it yourself

and give some thought to any needed landscaping, which makes outdoor maintenance one less thing to worry about as you settle in.

Moving in to your first

home is a significant milestone. Make the experience of moving in memorable, efficient and as stress-free as possible by working through this checklist ahead of time.

The ultimate how-to for homebuyers

Key considerations to make when purchasing a home

Courtesy of Brand Point Media

Purchasing your first home is one of life's most thrilling milestones. Whether you prefer an urban loft or a sprawling suburban dwelling, most homeowners hope to find a home that feels tailor-made to their specific lifestyle needs and design preferences. Still, searching for the perfect place comes with a big list of considerations, and you will want to ensure that the choices you make will keep you happy for years to come. Here are a few major factors

every first-time homebuyer should consider before making the big purchase.

1. Must-have amenities

Once you make the decision to buy your first home, it's all about refining your wish list. Unlike rentals, you now have an opportunity to make your forever mark - and you shouldn't be afraid to create a sizeable list of must-haves. Everyone's list of dream features is different - some may opt for outdoor living areas, while others hope for big bonus rooms or smart home capabilities. If you are a newlywed shopping for your first home, make sure to jot down the

features you both crave. While it is unlikely that every single box will be checked off, you will come a lot closer to finding a space that you will both love for the long term by taking this extra step.

Pro tip: Start with an area of the home where you know you will spend much of your time, such as the kitchen. The kitchen is often seen as the heart of the home and for good reason - much of a family's daily living happens here. Along those lines, new homeowners may want to consider a house with a layout that is already compatible with their needs or can be easily updated.

By choosing a home with this feature, you are free to focus on making more efficient modifications rather than taking on a complete remodel - which can be costly and time consuming.

Replacing older appliances with new products that seamlessly fit into existing layouts is a great way for an instant upgrade, and you can now find some incredible packages that are both affordable and high end.

2. Specific architectural style

Take a moment to think about your preferred style of living. From modern and minimalist to traditional, how do you envision your home? No matter your preference, you want to make sure your home is one that you feel good about and happy to spend your time in each day. Because the look of a home is one of the first things that you (and others) notice, selecting a style that best fits your taste and preferences is of utmost importance. Keep in mind, small sacrifices may still be a possibility - if your home has the perfect backyard but leaves more to be desired when it comes to curb appeal, you may have to consider what matters most if both aren't available.

Pro tip: Research the various house styles available. Once you dive into the details, you will be quicker to weed out options that do not suit your ideal aesthetic and you will more easily find those that work for you. You should also take a look at your surrounding neighborhood. While you want your home to be unique and speak to your personal needs and style, you also want it to fit in with the other homes on the block. Depending on your region, you may even want to narrow down your style based on what is popular in the area. One other thing to consider? Your long-term plans. If you are really drawn to a certain style that you have long coveted, take the leap. On the other hand, if there is a possibility that you will sell your

home sooner than later, consider a look that is less unique and more cohesive with your neighbors' homes to help ensure its resale value remains competitive.

3. A floor plan you love with options for maximizing your space

Choosing a home with the right floor plan is one of the most important decisions that you will make as a new homeowner. Your preferred arrangement of the rooms and how they all flow will depend largely on your lifestyle. Therefore, you will want to make sure that you are selecting a space that is right for your needs. Are you single? Are you a newlywed couple without children? Do you have a large family? Many families with younger children may prefer to have the more private areas of the house grouped together, while multi-generational households or parents of teenagers might opt for more separation. On the contrary, single homeowners or couples without children likely have a different set of priorities, so their home layout needs will vary.

Pro tip: Think about how you plan to spend your time at home and how much space you really need. Are you in the market for a single-story or multistory dwelling? Single-story homes tend to place public rooms in the center, with bedrooms and bathrooms designated to the outer areas. This layout may be especially ideal if you are a homeowner who plans to entertain often, as an open concept design tends to feel more inviting. Multistory homes, on the other hand, can provide the perk of views to the outside while also allowing family members more opportunities for personal space and privacy.

When it comes to your home's size, however, not all square footage is created equal. When purchasing your ideal home, it is important to consider how you can make the most of your living quarters - whether you have a small space or are occupying a larger

dwelling. For example, the newlywed couple who sees their bedroom as a sanctuary and an escape from the outside world may look to outfit a private corner of their suite with an under counter refrigeration unit or built-in coffee machine to re-create the honeymoon atmosphere year-round.

4. Future project potential

Even if you are lucky enough that your first home is your dream space, it will still likely require a bit of customization. Whether you have long wished for a chef-style kitchen, a zen-like yoga studio, or a decked out "cloffice," it is unlikely that these features will perfectly pre-exist from the moment you move in. When looking at potential properties, keep an eye out for how much personalization will be needed. It would also be wise to think about how much work you can reasonably handle - and whether it is likely to happen slowly over time, or if it should be tackled right away.

Pro tip: When determining whether or not a home is the right choice for you, consider "future proofing." While design trends are continuously evolving, ascertain at the onset if you will easily be able to implement features that will bode well for resale in the years to come. Smart home technology is just one example that has become an essential design element in recent years - and it is a highly sought-after feature that undoubtedly boosts a home's value. With such an emphasis on technology in our everyday lives - from smart watches to cell phones - many are carrying over these innovations into their homes and looking for living spaces equipped with these features. For example, Wi-Fi-connected appliances throughout the home can create a more enjoyable living experience. Smart home systems can elevate your everyday as you embark on your new journey as a first-time homebuyer - and in the future should you ever wish to sell.



UNSPLASH



UNSPLASH

THILE
CONTINUED FROM PAGE B1

Being back on tour means everything to Thile, and he’s so grateful that he’s getting the chance to be doing what he loves again and is excited to be back on the Wolf Trap stage.

“I step on the stage and see and feel my fellow music lovers, and I want to cry, it means so much to

me,” he said. “Being live in person again has just been like magic and I’m so amped up to back at Wolf Trap, which I think is the best-sounding amphitheater I’ve ever played.”

On the horizon, a new Punch Brothers recording will be coming out, and a little further out, there will be a new Nickel Creek record as well. And he’ll be touring with Goat Rodeo to promote its last album later this summer.

“I have this fresh absence of my radio show, which I had hosted for four years, so while that’s sad, I know when something ends, it’s a chance for some new things to begin,” Thile said. “I have my ear to the ground for those and I’ve been hearing some things that are pretty exciting to me so I’m going to remain plenty busy, doing what I love.”

MUSICAL
CONTINUED FROM PAGE B1

“If people are looking for something safe to do, and want to see something inspiring, I hope they will choose my show because it’s going to be a great night,” O’Donovan said.

“Overall, I hope people will continue to support as much live music as possible, especially with Wolf Trap putting on so many great shows this summer.”

Touring isn’t the only exciting thing on O’Donovan’s plate in 2021, though she does have new dates being added weekly and a European tour scheduled for early 2022.

“I also have a lot of new music about to be released, and am looking forward to debuting this new music that I’ve been working on the last 15 months,” she said.

HOLLYWOOD

by Tony Rizzo

Is there anything **Mayim Bialik** cannot do? She was TV’s “Blossom” from 1991-1995 and guested on many sitcoms. In 2007, she enrolled at UCLA and earned her doctorate in neuroscience. In 2010, she joined “The Big Bang Theory” and became a regular in season four, as Amy Farrah Fowler, until its final episode in 2019. She currently stars in the Fox TV series “Call Me Kat” (just renewed for a second season), and for two weeks in June was a very impressive guest host of “Jeopardy.”

Still not impressed? Well, hold on ... She’s currently making her directorial debut shooting the film “As Sick as They Made Us,” which she also wrote. In addition to her “Big Bang” castmate Simon Helberg, she’s cast and is directing Oscar-winner Dustin Hoffman and Emmy-winner Candice Bergen through their paces. She confesses, “Seeing these actors bringing my words

to life and seeing their creativity soar is an experience I never imagined could bring so much satisfaction.”

Harrison Ford, 78, injured his shoulder rehearsing a scene for “Indiana Jones 5,” forcing filming to shut down, regroup and shoot around him until his injury heals in order to maintain a July 2022 release date. His last film, “The Call of the Wild,” had no setbacks despite being shot in rugged terrain. Sadly though, due to the pandemic, it bombed at the box office. Harrison, how about a nice romantic comedy next time?

The producers of “Mamma Mia, Here We Go Again,” Judy Craymer and Gary Goetzman, loved working with Cher so much they’ve come up with a script (along with Eric Ross), for a Cher biopic. Cher’s experiences with them on that film have made her feel they would work WITH her on making this a great film. She’s also begun mapping her plans to start touring again in February. Would that be the first, second or third farewell tour?

Jerry Seinfeld, who has said he’ll never do another sitcom “because we got it right the first time,” has committed to write, produce, direct and star in a film for Netflix. As he put it, the film is “about the world-shaking invention of the Pop Tart,” called “Unfrosted,” which is based on a joke from his stand-up act. Seinfeld says the joke was based on sheer silliness, admitting, “How did they know there would be a need for a frosted fruit-filled heated rectangle in the same shape of the box it comes in and with the same nutrition as the box it comes in?”

Sidebar: Steven Spielberg said he’d never work for Netflix ... “until hell froze over!” Must be freezing in hell, because he and his Amblin productions are now working with Netflix!



Mayim Bialik in “Call Me Kat”



APPLE INC.

Martin Short in “Schmigadoon!”

COUCH THEATER
CONTINUED FROM PAGE B1

during the pandemic, battle the mental and physical tolls of this highly competitive sport, and face the National Team selection committee. They have only one chance to be perfect ... who will come out on top? (Peacock)

“Through Our Eyes” -- Intended for adult viewers and accompanied children aged 9 and older, this docuseries is the first from Sesame Workshop. It unpacks and explores some of today’s toughest social issues through the perspectives

of children. The four-part series shows how these kids are directly affected by each issue, rather than simply discussing them on a rhetorical level. Parental incarceration, family homelessness perils and various localized effects of climate change are covered. Sesame Workshop aims to build empathy for families in crisis through the series and assure those experiencing hardships that they are not alone. (HBO Max)

“Walking With Dinosaurs: The Movie” (PG) -- Take a journey back 70 million years or so to watch the story of young Patchi, the

runt in a litter of Pachyrhinosaurus hatchlings. Voiced by Justin Long, Patchi vies to impress a female interest, Juniper, is attacked by a bigger dinosaur, and migrates south with the herd of a protector friend, Bulldust. Obstacles must be overcome along the way and chaos ensues featuring a gaggle of dinosaur creatures. Realistic CGI dinosaurs are placed in real-life locales filmed in Alaska and New Zealand, providing a visually impressive live action/animation hybrid. (Disney+)

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WOLF TRAP

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SIGNATURE THEATRE & WOLF TRAP
BROADWAY IN THE PARK
RENÉE ELISE GOLDSBERRY
BRIAN STOKES MITCHELL
SEP 3

DARIUS RUCKER
SEP 4

ABBA THE CONCERT
AUG 15

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

THE PRINCESS BRIDE IN CONCERT
NATIONAL SYMPHONY ORCHESTRA
AUG 26

BRANDI CARLILE
AUG 28

LAKE STREET DIVE
VALERIE JUNE
SEP 9

SEE THE FULL SUMMER 2021 LINEUP AT WOLFTRAP.ORG

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Four ways to restore wellness and relax on a boat this summer

Courtesy of Brand Point Media

Looking for ways to recharge and escape stress this summer? Get away from it all and “Get On Board” for a relaxing summer on the water. With most Americans (78%) citing COVID-19 as a significant source of stress in their lives according to a recent Harris poll, millions of people are seeking solace outdoors. One of the best ways to restore your mental health is to spend time with family and friends on the water.

Boating and fishing have become ideal options to enjoy the outdoors and recreate responsibly. Studies show being on the water promotes wellness by improving emotional health, relaxation and creativity. Boating triggers a restful state of mind and provides an opportunity to get outside of daily routines, allowing our brains to reset.

“People from all walks of

life are recognizing that boating and fishing not only offer restorative health and wellness benefits but being on a boat is a ‘vacation on demand’ that you can enjoy close to home,” said Ellen Bradley, Discover Boating Senior Vice President. “Boating uniquely provides the freedom to explore and escape the stress on land, while allowing you to relax and connect with loved ones in a way that can only be experienced on the water.”

Getting started in boating and fishing is more accessible than you think. In fact, more than 100 million Americans go boating each year, according to the National Marine Manufacturers Association. Whether you already own a boat, you’re just getting started or simply want to test out the boating lifestyle, Discover Boating offers easy ways to get on the water and experience the restorative power of boating and fishing.

Find your dream boat. Chart your own course to

boat ownership by visiting DiscoverBoating.com, where you’ll find a boat finder and loan calculator tool to help determine your budget and identify the different types of boats that fit your lifestyle and interests.

Join a boat club. Find a boat club near you to access a variety of boats. You’ll pay a monthly fee and be able to book your time on the water online. Most boat clubs take care of docking, cleaning, maintenance and boat training courses.

Rent or share a boat. Rental options are available on most waterways and provide hourly, daily or weekly access to a variety of boat types. Another rental option is peer-to-peer boat rentals that connect you with the boat owner, gather outing details and then hit the water. Most arrangements for boat sharing are made on an app or via computer, minimizing personal contact and eliminating the need to enter an office.

Go fish. There are thousands



SHAAH SHAHIDH / UNSPLASH

of bodies of water where you can cast a line. Find Places to Fish and Boat near you, courtesy of TakeMeFishing.org, a dedicated fishing resource where you can also purchase your fishing license on the site, check out how-to guides and more.

Visit DiscoverBoating.com for resources, tips and how-to’s for getting on the water,

boat shopping, safety and more. Planning to “Get On Board” this summer? Use the social media hashtag #TheWaterIsOpen to share your boating and fishing moments.

“People from all walks of life are recognizing that boating and fishing not only offer restorative health and wellness benefits but being on a boat is

a ‘vacation on demand’ that you can enjoy close to home,” said Ellen Bradley, Discover Boating Senior Vice President. “Boating uniquely provides the freedom to explore and escape the stress on land, while allowing you to relax and connect with loved ones in a way that can only be experienced on the water.”

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Help Wanted

Accentuate IT Solutions, a leader in Information Technology, has openings for an Agile Scrum Master/Coach and a Sr. Informatica Data Quality Developer, in Herndon, VA. Please check our website. Please see our website www.aitslc.com for job duties and requirements. Send resumes Attn: HR Manager, at 13800 Coppermine Rd., #248, Herndon, VA, 20171 or email to varma@aitslc.com

Software Dev. Engineer in Test: Degree in comp. sc/engr related. MS w/ 1 OR BS w/ 5 yrs expt. Expt in software quality eng & software testing, JAVA/J2EE, Web logic, QTP, SOAP UI, Selenium, Service Virtualization, DB2, Oracle, GTM, DB, Jenkins, Ansible, 508 compliance (AWS), JIRA, Splunk, Travel/Reloc. Attn.: HR, Confiminds LLC, 13800 Coppermine Road, Suite 118, Herndon, VA 20171

[(Full name(s) of owner(s))]: ABC
Negus Brewing Company LLC

Trading as:
Negus Beer Co, Negus Wines
5505 Vine St. Ste A
Alexandria, Fairfax, VA 22310

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

Michael Alemu, Manager

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

3008598 (07-23-21, 07-31-21)

Notice is hereby given that Ronald N Briscoe Sr, 1215 Meig Place NE, Washington, DC 20002, has filed an application for a certificate of public convenience and necessity that would authorize: 1. Passenger transportation as a Common Carrier over Irregular Routes, providing service throughout the Commonwealth of Virginia; excluding the Tidewater Geographic Area composed of the Cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg, Virginia, and the Counties of Gloucester, Isle of Wight, James City, Southampton, and York, Virginia.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC2100223LH.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P. O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before **August 6, 2020**.

Any protest filed with competent evidence will be carefully considered by DMV, however, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.

Call Marcia Patch

703-904-1004

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Wednesday, August 4, 2021 at 7:00 p.m. in the Herndon Community Center Building located at 814 Ferndale Avenue, Herndon, Virginia and a public hearing on Tuesday, August 10, 2021 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon, Virginia, on the following item:

Ordinance, to consider zoning ordinance text amendment, **ZOTA #21-02**, to amend Chapter 78 (ZONING), Article V (Planned Development Districts), Section 78-51.1 (PD-UR – Planned Development Urban Residential), to allow for an increase in permitted density up to 28 dwelling units per acre when a zoning map amendment includes adaptive reuse of existing buildings for residential dwelling units.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning at 3:00 pm on **Friday**, prior to the meeting.

The public is encouraged to participate in the town's public hearing process. Individuals having an interest in the above item are invited to attend the public hearing and to state their opinions. Individuals may submit comments to town.clerk@herndon-va.gov.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish July 23 and July 30, 2021