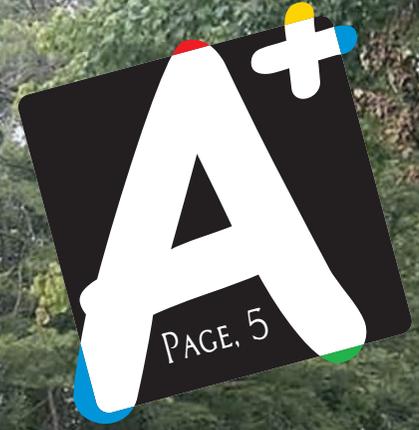


Great Falls CONNECTION



Gold Medal Boat - Langley Crew Women's Junior 4, 1st in State Final: (From left) Ella Fedewa, Moushica Rangareddy, Coach Lauren Evans, Anjali Fedewa, Suzanne Monteleone, and Hannah Smouse.



Saxon Boat Wins Gold at States

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Highlights of the Week in County Schools

Fairfax County School Board & School Division news.

BY MERCIA HOBSON
THE CONNECTION

Superintendent Scott Brabrand Announces He is Leaving FCPS | FCSB Begins Search Process

Dr. Scott Brabrand announced on a YouTube video released Thursday, July 15, 2021, that he is leaving FCPS at the end of the next year, consistent with his FCSB contract. Brabrand gave no reason why he was stepping down after almost 30 years with the division. He said that through “caring connections, we make a lasting impact on our students, our community, and each other.”

During its Thursday, July 15 Meeting, the School Board considered authorizing the Request for Proposal for the Superintendent Search Firm to be released no later than 5 p.m. on July 19, 2021. Vice-Chair Sizemore Heizer thanked Dr. Brabrand for his many years of service. “I thank you for your big heart and your hard work and your love for our system. And for your grace. We are going to miss you,” Sizemore Heizer said.

School Board representative Corbett-Sanders (Mount Vernon District) provided insight into the process. She said that it takes quite a long time, and the Board was embarking on obtaining the services of an executive search firm. She added that the Board was “casting a wider net” in its search, expanding it to professionals in K-12 and college environments. In addition, the Board would be asking for specific skills, including being able to engage in multiple languages with the community. There would be a “robust community engagement process” as the Board developed the Profile of a Superintendent. The Board would engage the community in how best to vet potential candidates.

“So, this is really the beginning of the process,” Corbett-Sanders said. The Board unanimously approved the resolution.

FCSB Elects New Chair and Vice-Chair

Fairfax County School Board (FCSB) unanimously elected Stella Pekarsky (Sully District Representative) as Board Chair. Before the vote, Megan McLaughlin (Brad-dock District Representative) said Pekarsky would be “stellar” in the role because of her willingness to “always presume positive intentions, to always think broadly...[and] to make it [the Board] a safe place ...to share points of view.” Following the vote, Chair Pekarsky said she hoped the Board would collectively center its efforts on “building community over chaos on the board.”

FCSB unanimously elected Rachna Sizemore Heizer (Member-at-Large) Vice-Chair. Elaine Tholen (Dranesville District) said Sizemore Heizer’s expertise in special education would be helpful as the Board continued its audit of special education service.

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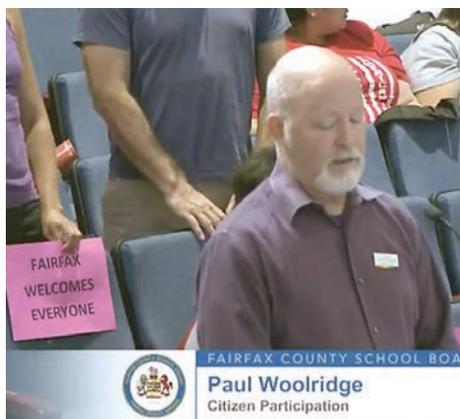
Fairfax County School Board Meeting in session 07-15-2021.



Fairfax County School Board Superintendent Dr. Scott Brabrand announces he is leaving at the end of the next year.



Fairfax County School Board Vice-Chair Rachna Sizemore Heizer (Member-at-Large).



Speaker Paul Woodbridge, proud of the FCSB’s progress in promoting affirmative support and the rights of LGBTQ individuals.



Fairfax County School Board Chair, Stella Pekarsky (Sully District).



Fairfax County School Board Member Karl Frisch (Providence District)



Speaker Olivia Johnson, parent of a gender-diverse child.

FCSB Adopts 2021-22 SR&R - Student Rights and Responsibilities Redefined

With FCSB poised to take recommended action to adopt Regulation 2601.34B Student Rights and Responsibilities (SR&R) during “Citizen Participation,” speaker Paul Woodbridge provided comment. Woodbridge said he is the parent of two FCPS graduates, gay and trans, and proud of the FCSB’s progress in promoting affirmative support and the rights of LGBTQ individuals. He was especially proud of the progress FCSB made on updating non-discrimination policies and adopting the state-mandated guidelines for supporting transgender and non-binary students. Woodbridge said his son was denied bathroom access and was asked inappropriate questions about his anatomy. His son took it upon himself to educate school administrators on how to support him and his needs. “No kid should have to play that role,” said Woodbridge.

Speaker Olivia Johnson, a parent of a gender-diverse child, said, “I have watched in horror as hate groups gather around Virginia to attack their gender-diverse kids and families.” She said transgender children are in danger of self-harm and suicide. “The best way to support them and... prevent suicide in these kids is to affirm them...The only thing we are doing is affirming our children’s pronouns, their names and allowing them to dress and express in a way that feels authentic.”

School Board Member Karl Frisch, the Board’s Providence District representative and first openly LGBTQ member sponsored the motion. He said like the school division, the changes to the SR&R were a work in progress when it came to increasing equity and achieving the strategic objective “of seeing every child by name and by need.” He told how “in the face of alarming discipline disparities experienced by students of color and with special needs,” work had been done to make SR&R “less biased and punitive and more focused on restorative justice.” “That spirit of progress continues in this revised document.”

Frisch said how the document identified several rights for gender-expansive and transgender students. “Tonight’s vote will not sweep away the pain and hurt you have experienced at the hands of careless peers or adults who should know better, but the changes we approve in this new Student Rights and Responsibilities document demonstrates our commitment to your success and safety in Fairfax County Public Schools. They are long overdue.”

The Fairfax County School Board unanimously adopted the 68-page updated School Rights and Responsibilities, Regulation 2601.35P. The regulation explained expectations for student behavior, parent engagement, and adult responses. Highlighting some changes as stated in the regulation: “[It] expanded language regarding School Resource Officers (SROs) and included specific examples of behaviors of concern... added language regarding School Resource Officers that further defined safety concern and harm [and] replaced “should” with “shall” regarding FCPS administrators questioning students for the purpose of student discipline.”

How Safe Are Older Buildings in Fairfax County?

Supervisors address construction and maintenance concerns in the wake of the Surfside Condominium collapse in Florida.

BY KEN MOORE
THE CONNECTION

A recertification program for older buildings does not currently exist under the Virginia Uniform State-wide Building Code, said Chairman Jeff McKay. And the June 24 tragedy in Surfside, Fla. involving a collapsing condominium building has heightened concern.

"This hit incredibly close to home for me. Many of you may remember about five and a half years ago, River Towers potentially was another Surfside," said Mount Vernon Supervisor Dan Storck at the Board of Supervisors meeting last Tuesday, July 13, 2021.

Storck described pillars of the Mount Vernon condominium moving two to three inches, possibly due to rusting of supports of the building close to the Potomac River.

"When the column slipped about two or three inches, if it had kept going, you clearly would have had something similar," said Storck. "Fortunately, it held or we would have had, I would say potentially 40 to 50 deaths, because there were people in those rooms at the time and clearly were impacted by what had occurred."

Fairfax County firefighters evacuated 400 residents from one of three River Towers condo buildings that shook on a Sunday afternoon in October 2016. Approximately 180 condos were damaged and 32 had "se-

vere damage" that Fire and Rescue Services called "uninhabitable."

"You can imagine what the fallout was from that and the meetings that occurred in the community and the HOA," said Storck. "They were very difficult meetings."

"It was a very expensive process," he said.

THE BOARD requested county staff "investigate what current resources and capabilities exist for voluntary inspections of aging buildings to enhance safety, and what is possible for the county to do should more resources in the future be identified."

The Board unanimously approved the motion, raised by McKay and Sully Supervisor Kathy Smith.

In Virginia, "during construction and prior to occupancy, the inspections process is thorough and conducted with the utmost caution. After occupancy, in accordance with the Virginia Maintenance Code, buildings must be proactively maintained by the property own-

ers to ensure their continued safety for our residents," according to Smith and McKay.

"This is not something theoretical, it's not something that we should think about, this is something we absolutely need to address and move forward," said Storck.

"With a nationwide turn to the importance of well-maintained infrastructure, we have an opportunity to highlight the importance of routine building maintenance and verification of the structural integrity of our aging buildings," said McKay.

"We have an opportunity to highlight the importance of routine building maintenance and verification of the structural integrity of our aging buildings."

— Chairman Jeff McKay

MCKAY DIRECTED county staff to what options exist locally and at the state level under the existing Virginia Maintenance Code to ensure buildings are maintained.

"I request that County staff report back to a Land Use Policy Committee meeting in the last quarter of 2021," said McKay.

"If we have folks who are concerned in the county about things that they see or things that they have been neglected in their own buildings, we want them to be able to come forward, and to provide them some technical assistance and support," he said.

"I know the state is going to be looking at this as well."

Hunter Mill Supervisor Walter Alcorn said even though Surfside is the most extreme example, "deteriorating infrastructure of

these older condominiums is real and it is something that is a private matter for residents, [condo] associations and members."

"I would just note that when something is a private matter and it happens enough, somehow often it becomes a public matter," said Alcorn. Alcorn asked that staff also report back on related legislative priorities.

"The vast, vast majority of these situations that do involve deteriorating infrastructure are not any threat to the safety of the residents," Alcorn said.

Braddock Supervisor James Walkinshaw asked for the work to be incorporated into the county's climate change resilience work. "These findings are relevant to that work as well: stronger storms, extreme heat, aging buildings, flooding in some instances."

Mason District Supervisor Penny Gross recalled March 1973, when a 26-story Skyline Plaza condominium building under construction in Bailey's Crossroads collapsed, killing 14 construction workers and injuring 35. "That was an entirely different situation, it was a matter of the construction not allowing enough time for the concrete to set on each floor," she said.

"But there were changes to the Building code, not just here in the county but overall. This may be another opportunity to enhance and change some of these building codes," said Gross.

Awash in Cash?

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

With the news reports of the cash coming to state and local governments from the federal government to provide relief from the effects of the COVID pandemic and the announcement that Virginia will have a sizable cash balance at the end of this fiscal year, one could conclude that government is awash in cash!

The General Assembly will meet in a Special Session called by Governor Ralph Northam to decide how some of the new monies coming to the Commonwealth will be spent. The Governor will propose a spending plan for those funds that are allocated directly to state government within the "strings attached" from the federal government as to how the money can be spent. The total American Rescue Plan approved by the Congress so far amounts to \$1.9 trillion, and that is above the Cares Act monies approved earlier. As you know from daily press reports, the President and members of Congress are working on a compromise for additional funding to ensure the economy recov-



COMMENTARY

ers and that many infrastructure and program needs that have not been met in the past can be addressed.

Spending the amount of cash that is coming available will not be difficult. In fact, for every dollar coming available there are about five dollars in legitimate spending needs that could be addressed. Be sure that the House

of Delegates is not going to spend dollars just because they come available. Strict justification will be required before an expenditure is made. The experiences of the pandemic made many needs obvious. While technology offered many solutions to schools and businesses through digital means, the need made clear the disparities in many places throughout the state in internet access. Certainly teaching by online instruction is a viable alternative to teach and to enforce learning, but it is of little value to children who live in communities without broadband access. Governor Northam has already signaled that he will propose a significant amount of money to expand broadband in the state. It will serve an

educational purpose and an economic development purpose as well.

The demands on first responders, medical personnel, and teachers made clear that they are not adequately compensated for what they do. The demand to fill vacancies in these areas has become critical in many communities because of the demand in the jobs and the lack of adequate pay. The use of monies to make critical adjustments in pay for these workers will be top priority, but the response to the need must be more than a one-time bonus and must be an increase in the pay scale.

Monies from the American Rescue Plan can go to private businesses that have been particularly hard hit by the pandemic. Hotels and restaurants and small businesses may receive assistance even if they received loans under the earlier Cares Act funding.

Following its historic pattern as a triple-A rated state for the management of its financial affairs and its recent recognition for the second time as the best state in which to do business, the Commonwealth will retain its rainy day fund and reserves to rescue itself when the next economic downturn comes our way. It is wonderful that funding is coming available to meet critical needs; we must be responsible in the way we spend our cash!

Great Falls
CONNECTION

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NEW



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Officers and Board Members (from left): Stephen Clark, Connie Sawtell, Sheila Brennan, Michael Broyles, David Hunt, June Melloni Kelly, Gary Pan, Pat Borowski, Amanda Broyles, Wesley Pan.

Rotary of Great Falls Installs New Officers

The Rotary of Great Falls recently installed its officers for the 2021-2022 Rotary year. The evening ceremony took place on the waterfront at River Bend Park. Rotary District Governor Pat Barowski and Governor-Elect Sheila Brennan were on hand to administer the oath of office to the new officers and Board. Incoming president Gary Pan is joined by President-Elect Marc Andersen; President-Nominee Michael Broyles; Treasurer Connie Sawtell; Secretary David Hunt; Sergeant-at-Arms Daniel Cardenas; and Board Members-at-large June Kelly and Karl Pierson.

There was a second ceremony to induct officers of the Rotaract Club, a branch of Rotary for young people 18-30. Serving as president is Wesley Pan, accompanied by

vice-president Amanda Broyles.

The two clubs are part of the vast network of Rotary International, a non-profit whose motto is Service Above Self. Across the world, its members focus on peace and conflict prevention/resolution; disease prevention and treatment; water and sanitation; maternal and child health; basic education and literacy; economic and community development; and the environment.

Gary Pan chose the ceremonial site of River Bend Park to reflect his commitment to Rotary's new area of focus on the environment. "He will be a great environmental president," stated Roz Drayer, whom Pan has selected to be the club's Environmental Ambassador.

— EILEEN CURTIS

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

STEM VOLUNTEERS NEEDED

The AAAS STEM Volunteers Program, stemvolunteers.org, needs STEM professionals to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in school districts in the D.C. metro area during the 2021-22 school year. If you care about K-12 STEM education and have time to share your knowledge with students and teachers, send a note to bcalinge@aaas.org with your home address.

FREE CYBER TRAINING

The Virginia Cyber Skills Academies (VCSA) is a state-sponsored training program for NOVA residents financially impacted by COVID-19 that provides free cyber training to residents ready to start or boost a career in cyber. VCSA was recently launched to help current cybersecurity professionals with upskilling and those wanting to enter the sought after cybersecurity field with reskilling. The program is only open to citizens who are stationed in or permanent residents of Northern Virginia and is only funded for this year, so applicants should apply as soon as possible. Applicants can earn certifications from the SANS Institute, a highly regarded and well-recognized

cybersecurity learning platform. Visit the VCSA website at www.vacyberskills.com.

SCHOOLS TO HOST JOB FAIR

Fairfax County Public Schools is searching for educators with a strong academic background and a passion to make a difference in the lives of students. Schools will meet and interview candidates at the FCPS Virtual Instructional Job Fair on Friday, July 23, to fill vacancies for the 2021-22 school year.

The event for elementary schools will be held from 9-11:30 a.m. The event for middle schools, high schools, and centers is scheduled from noon-2:30 p.m. Register at www.fcps.edu to attend.

Instructional candidates interested in becoming a part of a dynamic and diverse community that offers a challenging academic program for all students are encouraged to register to attend one or both events. Candidates include teachers, school counselors, librarians, occupational therapists, physical therapists, and speech pathologists. For more information, contact the FCPS Department of Human Resources through their online web portal.

SEE BULLETIN, PAGE 8

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Adhering to COVID-19 mask requirements, on Monday, April 29, 2021, Langley Crew athletes carry a shell back to the boathouse at Sandy Run Regional Park located along the Occoquan Reservoir in Fairfax Station. It houses the area's scholastic rowing facility and racecourse.



PHOTO BY MEGAN RUMMLER

“You can’t make it in rowing by yourself. You need the support and dedication of your teammates, coaches, parents, and the board to make Langley Crew thrive.”

— Jacqueline Vargas of McLean



PHOTO BY LANGLEY CREW

Bronze Medal Boat - Langley Crew Men's Junior 8, 3rd in Final: (From left) Ryder Greeneltch, Nicolas Kristensen, William Trosch, Benton Lake, Coach Mary King, Hyunseung Moon, Riley Luce, Tyler Abele, William Navas, and Soames Rummler.

Saxon Boat Wins Gold at States

Langley High Crew Team also wins three Bronze medals at championships.

BY MERCIA HOBSON
THE CONNECTION

The Langley High School Crew knocked it out of the water when the athletes ended their rowing season on June 19 at the 2021 Virginia Scholastic Rowing Championships regatta hosted by the Virginia Scholastic Rowing Association. A reported nine out of ten Langley Boats advanced to finals at States with four boats placing in the top three and one winning the State Championship for Langley Crew for the ninth consecutive year, excluding the canceled 2020 COVID season. The race competition lasted more than 10 hours before the last boat in the final heat docked.

According to VASRA Results, Langley boats took one Gold and three Bronze at the regatta held on the Occoquan Reservoir, Sandy Run Regional Park. Due to COVID restrictions, only athletes and coaches were permitted in the park. Drone recording of the regatta from Sandy Run Park allowed spectator viewing from locations outside the park.

The Women's Junior 4 boat [57-W-JR-4] with Saxon athletes Coxswain: Moushica Rangareddy of Great Falls and Rowers, all of McLean: Ella Fedewa, Anjali Fedewa, Suzanne Monteleone, and Hannah Smouse placed first [06:35.0 - Langley (1)], winning Gold.

COACH David Rummler said that his conservative guesstimate of total rowing miles over the 7-month training period, December 6 ❖ GREAT FALLS CONNECTION ❖ JULY 21-27, 2021



PHOTO CONTRIBUTED

Gold Medal Boat - Langley Crew Women's Junior 4, 1st in State Final: (From left) Ella Fedewa, Moushica Rangareddy, Coach Lauren Evans, Anjali Fedewa, Suzanne Monteleone, and Hannah Smouse.

2020 - June 2021, equated to rowing 626 miles |1,000,000 meters |100k strokes. Due to the pandemic and COVID restrictions, the Crew practiced using ergs, indoor rowers placed in the school parking lot to maintain social distancing during land training. They could measure the amount of work performed by the rower. Later they held water practice on the Occoquan Reservoir.

Boats in the regatta were either four or eight-person shells, not including the coxswain, the on-the-water crewmember, coach,

and strategist who steered the boat. The rowers sat facing backward on sliding seats, each rower handling a single oar on alternate starboard and port sides of the boats. The Men's Junior 8 boat [680M-JR-8] with Saxon athletes Coxswain: Soames Rummler of Great Falls and Rowers: William Trosch of McLean, Hyunseung Moon of McLean, Tyler Abele of McLean, Benton Lake of McLean, Riley Luce of Great Falls, William Navas of Great Falls, Ryder Greeneltch of Vienna, and Nicolas Kristensen of McLean placed third [3

- 00:07.3 - 05:06.1 - Langley (3)], earning Bronze.

As the coxswain, Rummler sat at the back of the boat near the rudder with a microphone connected to speakers in front of every other rower. He was the only person who could see where the boat was going.

Asked about his role, Rummler said, “I am the brains of the boat, and the rowers are the muscles...[They] trust me to think and navigate them safely up and down the river.” As the cox, he was a conduit between the coach and the rowers. According to Rummler, he made calls to set the tempo. “We are at 36 strokes per minute at 145 power.” He made the technical and navigational calls. “Feather at three quarters slide.” Most importantly, Rummler made motivational calls. “Give it your all and harness the fire.”

The Women's-1-4 [54-W-1-4] boat with Saxon athletes Coxswain: Emma White of Great Falls and Rowers: Jacqueline Vargas of McLean, Gemma DiRienzo of Great Falls, Caroline Hanlon of McLean, and Rebeca Lacy of Great Falls placed third [3 - 00:06.5 - 06:18.9 - Langley (1)], earning Bronze.

Vargas explained that boat members must “work together to keep even handle heights, drop the oars in at the same time, and get in a rhythm for the boat to succeed.” She said all five of them showed up and worked hard “every single day.” Vargas explained Crew is bigger than just one person.

CREW demands the connection of the people in the boat and them working together towards something greater, the team's success. “You can't make it in rowing by yourself. You need the support and dedication of your teammates, coaches, parents, and the board to make Langley Crew thrive,” Vargas said.



PHOTO CONTRIBUTED

Bronze Medal Boat - Langley Crew Women's First 4, 3rd in Final: (From left), Rowers Gemma DiRienzo, Jacqueline Vargas, Caroline Hanlon, and Rebeca Lacy (not pictured Coxswain Emma White).



PHOTO CONTRIBUTED

Bronze Medal Boat - Langley Crew Women's Second 4, 3rd in Final: (From left) Rowers Lydia Conner, Paige Graves, Ulaina Ahn, Delaney Newman, and Coxswain Zoe Wang.

Langley Crew

FROM PAGE 6

The Women's-2-4, [59-W-2-4] boat with Saxon athletes Coxswain: Zoe Wang of Great Falls and Rowers: Lydia Conner of Great Falls, Paige Graves of McLean, Ulaina Ahn of McLean, and Delaney Newman of Great Falls placed third [3 - 00:13.4 - 07:06.3 - Langley (3)], winning Bronze.

Conner said that rowing is a sport for everyone, there are no tryouts, and the only thing you have to do is pass a swim test. It is a demanding sport physically and mentally, but all types of people join. "From the loudest to the quietest, Langley Crew is open and accepting of everyone," said Conner. She added that people she never thought would be her best friends because of differences are - Crew brought them together.

"I made my best friends on this team," Conner said. A Crew 2020 21 End of Year Video - YouTube is available for viewing and shows the Crew during land and water practices, regattas, and other activities.

The Crew Team is a sanctioned club sport at Langley High School, not supported by Fairfax County Public Schools or Langley High. Generally, winter training starts in mid-November and runs through the end of February. Coaches work with the athletes to build their cardiovascular conditioning and



PHOTO BY DAVID RUMMLER

(Pictured here on Saturday, May 29, 2019) The Langley Crew Team Men's Junior 8 went on to win 3rd at States on June 19, 2021. With Langley Men's Crew Coach Mary King far dockside, (from bottom to top) athletes Coxswain: Soames Rummler of Great Falls and Rowers: William Trosch of McLean, Hyunseung Moon of McLean, Tyler Abele of McLean, Benton Lake of McLean, Riley Luce of Great Falls, William Navas of Great Falls, Ryder Greenelch of Vienna, and Nicolas Kristensen of McLean, prepare to race in the Darrell Winslow Regatta at Occoquan Regional Park.

impart basic rowing techniques. The Langley Crew Team is supported by a strong cadre of parent-volunteers who run the Langley Crew Boosters Club.

THE CONNECTION
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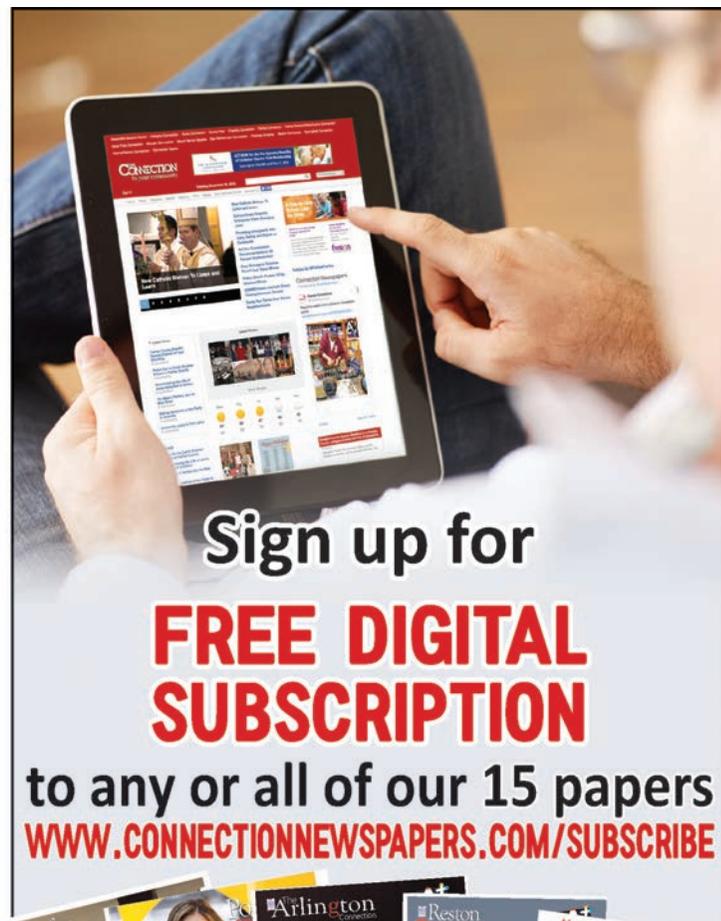


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Summer Camp in Age of Climate Change

Increased safety protocols result from climate change-induced, extreme temperatures.

BY MARILYN CAMPBELL
THE CONNECTION

Some of the area's youngest aspiring thespians are spending part of their summer honing their craft at Arlington's Encore Stage & Studio's camps. Noticeably different this year than in past are new safety precautions that include mask mandates and protection from the heat.

"We've spent more time outdoors this summer because that is what parents requested," said Sara Duke, Executive Director, Encore Stage & Studio. "We've provided special training for our staff on heat safety and recognizing heat-related illnesses."

Heat safety protocols at Encore and other local camps have been revised to address not only a gradual reopening as the pandemic abates, but also the gradual increase in average temperatures partly the result of climate change.

"For sure it's causing huge extremes in weather," said Susan H.B. Agolini, Ph.D., Clare Boothe Luce Assistant Professor of Biology at Marymount University. Agolini just completed a heat mapping study as part of a team created by the Virginia Foundation for Independent Colleges. "Camps have to remember hydration and be aware that extreme heat can exacerbate health issues like asthma."

Employees of camps run by the Fairfax County Park Authority are given daily reminders and video training. "We send out poster reminders for signs of heat-related illnesses and the need for frequent rest/shade breaks," said Judy Pedersen, Fairfax County Park Authority. "We send out YouTube clips for supervisors to use with staff as toolbox safety talks. We also send out reminders for camps to schedule air conditioning breaks indoors throughout the day whenever possible."

A traditional summer camp experience, which includes long days spent outdoors while slathered in sunscreen and armed with insect repellent, has been curtailed for some as a result of a hike in safety warnings for children. "As extreme heat is increasing in many regions throughout the United States, it's important to know how to prevent heat illness, and to identify and treat children who are affected," said Dr. Benjamin Schwartz, M.D. Director of Epidemiology and Population Health with the Fairfax County Health Department.

Training such as that given to camp workers at Encore and Fairfax County camps include information on how to recognize the signs of heat illnesses.

"Symptoms of heat exhaustion that campers and staff should recognize include an elevated body temperature, goose bumps, dizziness or weakness, headache, increased thirst, irritability, muscle cramps, or nausea and vomiting," said Schwartz. "If any of these symptoms occur, it's important to move to a cool place, loosen clothing, put cool, wet cloth on the skin and sip water. Call 911 right away if symptoms get worse, last longer than 1 hour or if the individual



PHOTO BY MARILYN CAMPBELL

As temperatures rise, so does camp counselor heat safety training and a focus on sun protection supplies like hats and sunscreen.



CINDY KANE PHOTOGRAPHY

New summer camp safety precautions are combining heat safety with COVID-19 safety.



PHOTO: SAM REGARDIE

Safety measures, such as those put in place at Encore Stage & Studio in Arlington, are a response to rising temperatures and COVID-19.

"We've provided special training for our staff on heat safety and recognizing heat-related illnesses."

— Sara Duke, Executive Director, Encore Stage & Studio

begins vomiting. Always follow up with your child's pediatrician or health care provider following an instance of heat illness."

As the reality of increased temperatures and subsequent danger, safety protocols become more critical.

"Due to the pandemic, most camps are spending extra time outside this year," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "Parents and guardians can talk to camp operators about what sort of mitigation measures they have in place for hot days, and let them know if your camper has any health issues that might be triggered by the heat."

NEWS



PHOTO COURTESY OF ALNV

Hugs Pillows were a hit with kindergartners.

Assistance League of Northern Virginia Keeps Serving Children

Despite the challenges posed by the pandemic, Assistance League of Northern Virginia (ALNV) was able to complete a banner year and touch the lives of thousands of local children and their families. With schools closed, the charity suspended its Weekend Food for Kids program, and instead provided a total of 4,834 \$20 grocery gift cards to needy families at 6 area schools. In addition, the program was expanded to include distribution of gift cards during the summer months. For its New Clothing for Kids efforts, the organization provided children with 1095 new clothing items and shoes. The chapter also distributed 690 toiletry kits and numerous other items, such as face masks and essential paper products, along with 86 child-sized, handmade quilts and blankets, most packaged with a new book. Assistance League could not conduct its usual tutoring services for first graders at two partner schools. However, through its Literacy for Kids program dedicated volunteers prepared and distributed 2917 books to students at each of its 11 partner schools. Two of the schools received a new book for every student, six schools received books for their sum-

mer reading programs, and the other schools received books at various points during the school year. Through its Hugs Pillow Program, the charity distributed 914 pillows to several community agencies and many of its partner schools. The chapter added books to the pillows going to schools where teachers used them in classes for grades 2 and below to help the young children deal constructively with stress and build self-esteem.

For more information visit www.alnv.org

New Board Members

In June, Assistance League installed its new board members for 2021-2022. The slate of officers for the coming year includes: Gina Glenn - President; Jerilyn Woelfel - Vice President for Membership; Kathy Jackson - Vice President for Resource Development; Nancy Treanor - Vice President for Philanthropy; Nannette Henderson - Treasurer; Mary Gronlund - Secretary; Nancy Spinosa - Education Chair; Lynn Barron - Public Relations Chair; and Judy Sutton, Strategic Planning Chair.

BULLETIN BOARD

FROM PAGE 5

ONGOING

In-Person Worship Begins. 10:15 a.m. The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. In-person worship services will resume with some restrictions. Details at: https://faithconnector.s3.amazonaws.com/goodshepherdva/files/revised2_in_person_worship_begins_june_13.pdf

TEXT FOR FOOD

No Kid Hungry Virginia encourages families to text FOOD or COMIDA to 877-877 to find free summer food sites organized by school districts and community organizations. Meal sites are offering a variety of distribution models to help safely connect students with meals

and promote social distancing, including "Grab and Go" service and food delivery along bus routes while passing out multiple days' worth of meals at one-time.

FRESHFARM MARKETS OPEN

Local FRESHFARM Markets are opened. Residents are encouraged to pre-order as much as possible, but grab-and-go and prepackaged options will be available for purchase at all of the markets listed below.

Saturday Markets
Arlington, 8 a.m. - 12 p.m. -- N Court-
house Rd. and 14th St N, Arlington
Oakton, 9 a.m. - 1 p.m. -- 2854 Hunter
Mill Rd., Oakton.
Sunday Market
Mosaic, 9 a.m. - 2 p.m. -- 2910 District
Ave., Fairfax

SEE BULLETIN, PAGE 9

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BULLETIN

FROM PAGE 8

COVID-19 TEXT MESSAGES IN SPANISH

As part of its efforts to provide coronavirus-related information and assistance in multiple languages, Fairfax County now provides COVID-19 text alerts in Spanish. To sign up, text FFXCOVIDESP to 888777.

FAIRFAX COUNTY ACTIVATES CORONAVIRUS INFO CENTER

Fairfax County activated a Joint Information Center in response to the Novel Coronavirus (COVID-19) on March 13.

Fairfax County Health Department COVID-19 webpage – www.fairfaxcounty.gov/health/novel-coronavirus

Emergency Information Blog (you can subscribe by email or follow by RSS) – www.fairfaxcounty.gov/emergency/blog

Coronavirus (COVID-19) Call Center – The community may call 703-267-3511 with questions. The call center is open from 9 a.m. until 9 p.m. weekdays and 9 a.m. to 5 p.m. weekends.

Residents may also text FFXCOVID to 888777 to receive updates from Fairfax County about COVID-19.

Twitter – @fairfaxcounty and @fairfaxhealth

Facebook – www.facebook.com/fairfaxcounty and www.facebook.com/fairfaxcountyhealth

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have

received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthy-mindsfairfax or www.nami-north-ernvirginia.org/parent-peer-support.html.

Shepherd's Center of Oakton Vienna Caregivers' Support Group takes place first and third Thursday of each month, 10-11:30 a.m. at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna, scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

VOLUNTEERS NEEDED

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.opfhrescue.org for information and all volunteer opportunities.

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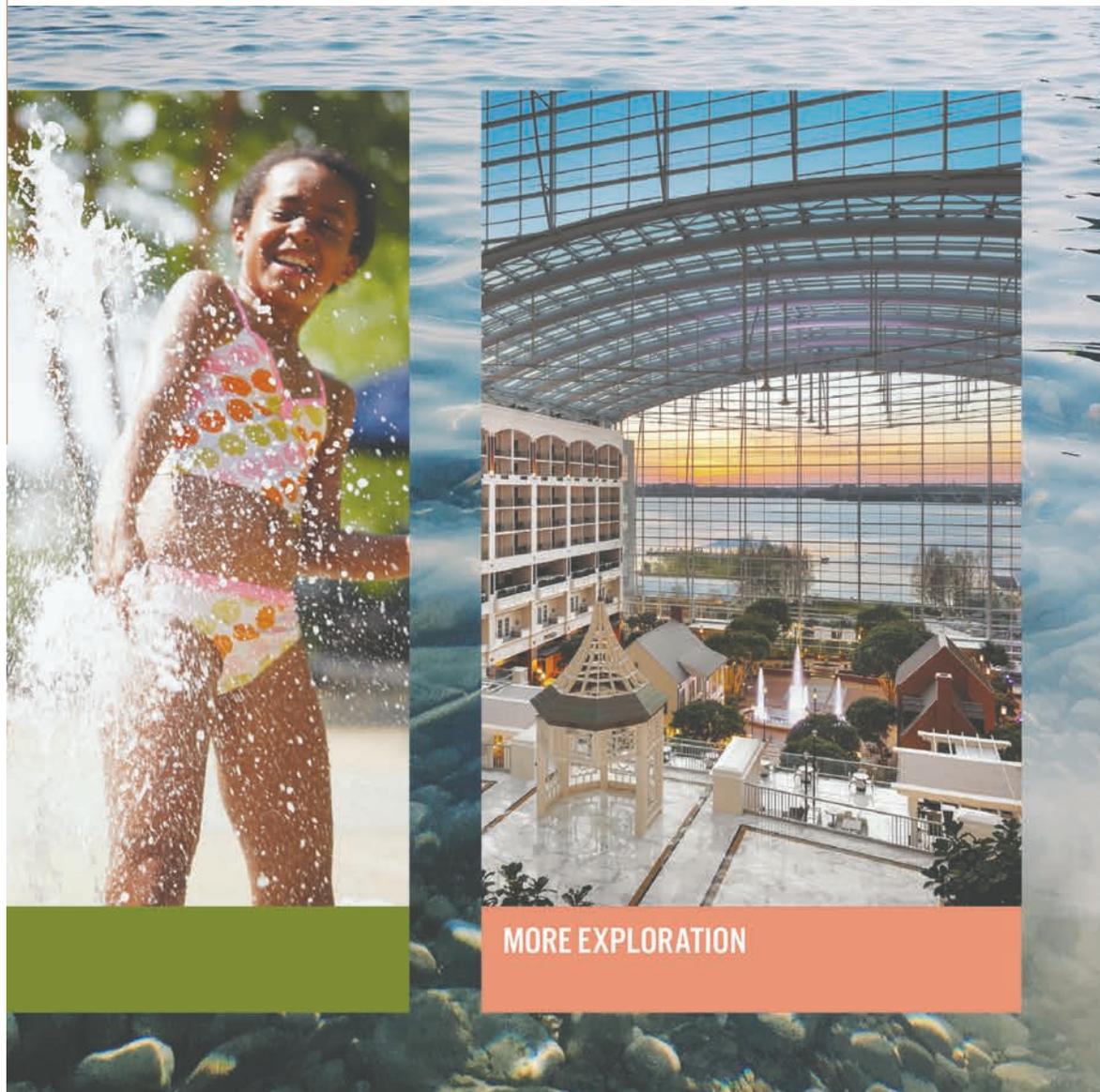
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Amos Lee will perform at Wolf Trap on July 21-22, 2021.

WOLF TRAP PERFORMANCES

At Wolf Trap Farm Park, McLean.

July 21 – Oran Etkin: Timbaloo “Finding Friends Far From Home” – Children’s Performance

July 21 + 22 – An Evening with Amos Lee

July 23 – Wolf Trap Opera: “STARias: Opera’s Most Powerful Moments” with National Symphony

Orchestra, Christopher Allen (conductor), Tamara Wilson (soprano), Michelle DeYoung (mezzo-soprano), Paul Groves (tenor), Ryan Speedo Green (bass-baritone), Raymond Aceto (bass) and more

July 24 – Dan + Claudia Zanes with Friends “New Beginnings” – Children’s Performance

July 24 + 25 – Chris Thile

July 27 – Joanie Leeds “All the Ladies” – Children’s Performance

July 28 – Elena Moon Park and Friends – Children’s Performance

July 28 – Aoife O’Donovan with members of The Knights

July 29 – The War and Treaty

July 30 + 31 – Norm Lewis with National Symphony Orchestra

NOW THRU JULY 29

Pathway Homes Art Exhibit. 9 a.m. to 5 p.m. (Monday through Saturday). At Vienna Arts Society, 513 Maple Ave., West, Vienna. Pathway Homes, Inc. is hosting its 10th Annual Summer of the Arts Exhibit—both in studio and online, where Pathway Homes’ residents who have mental health challenges showcase and sell their own art, poetry, and crafts. Pathway Homes is a nonprofit providing mental health services—starting with safe, stable housing—to individuals marginalized by poverty and inequity. Art and creativity are an integral part of recovery for Pathway Homes’ residents. Visit www.sota.pathwayhomes.org

FRIDAY/JULY 23

Friday Night Live. 6:30 p.m. At Herndon Town Green, Herndon. Popular free outdoor concert series returns to regular performances. This will be the 27th season for the concert series which is produced by the Herndon Chamber of Commerce.

Schedule

July 23 -- Herr Metal + Dr FU;

July 30 -- Kristen and the Noise;

Aug 6 -- Social Call;

Aug 13 -- It’s All Good;

Aug 20 -- JunkFood;

Aug 27 -- All-Star Band;

Sept 3 -- Shake the Room;

Sept 10 -- keeton + 8 Track Jones;

Sept 17 -- The Reflex;

Sept 24 -- Screaming Mönkeys.

SATURDAY/JULY 24

The Great Zucchini. 10-10:45 a.m. At Mason District Park Amphitheater, 6621 Columbia Pike, Annandale. Enjoy the fun of The Great Zucchini on Saturday, July 24, 2021. The wonder of magic, silliness of comedy, and interactive nature of The Great Zucchini’s show keeps children on the edge of their seats. Watch your kids’ faces light up as they see things disappear and reappear.

JULY 24-25

Art in Motion. 12-5 p.m. At Reston Art Gallery and Studios, 11400 Washington Plaza W. Reston. Artist and architect Wayne Schifflbein

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displays his Calder-esque mobiles and stables in a special display, open on weekend afternoons through August 1 - located at the “ART” sign on the lakeside of Lake Anne Plaza. Visit the website: www.restonartgallery.com

SUNDAY/JULY 25

Summer Sunday Concerts in the Park. 5 p.m. At McLean Central Park Gazebo

1468 Dolley Madison Blvd., McLean.

Sunday, July 25 -- Nashville Girls Night Out.

SUNDAY/JULY 25

Becoming a New Human. 2-4 p.m. Via Zoom. Humanity is in the middle of the biggest change in the history of the planet—a shift towards a new humanity and world.

Futurist John Petersen will provide a detailed process for preparing oneself for this epic transition. Cost: \$11. Visit the website:

<https://www.meetup.com/IANDS-Northern-Virginia/events/279013336/>

TUESDAY/JULY 27

”Duck Harbor” Web Series. 8 p.m. Episode Nine. Sponsored by 1st Stage in Tysons Corner. Duck Harbor is a web series about a long-distance love in later life. The piece is brought to audiences through a creative series of short scenes in which the actors, just like the characters, are meeting for the first time. Audiences will get to experience the magic of the theater and the excitement of new love between these two lonely hearts reaching out from charming small towns on opposite sides of the country. Every week, each of the two actors, who live on opposite coasts, will be given only their half of the script and will experience the other side of the story with a sincere and genuine freshness, “on stage,” in front of our audience. Performances will take place every Tuesday, now through August 17. Get your tickets at www.1ststage.org.

SUNDAY/AUG. 15

Concert on the Green. 6-8 p.m. At the Village Centre Green, behind the Old Brogue, Great Falls. Featuring Hit or Miss. Sponsored by Bic DeCaro & Associates.

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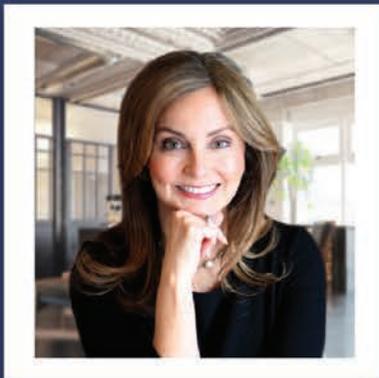
As the month of May was swept away with the last of the network-season’s original programming, those of us still in lockdown and quarantining had our own reality to embrace: there was nothing new on network television. Cable became the obvious choice. In particular, “Netflix” and “Prime.” Whether it was “Victoria,” “The Crown,” “Bridgerton,” “The Kominsky Method” or “The Queen’s Gambit,” many of us left the networks behind and found a new home. However, even that didn’t last forever. Soon we were back perusing the all-too-familiar weekly television viewing guide.

And in returning, I discovered a program that has been on for eight years, and never once had I seen any snippet other than a brief - and bland reference about something or other: The program is called “The Blacklist.” I knew that James Spader was the star, but I knew nothing about the storyline or any other actors involved. James Spader I knew from “Boston Legal,” a legal drama from the early 2000s which featured among other story lines, a lawyer, Alan Shore (James Spader) offering up impassioned closing arguments for whatever wrong the firm was trying to right. I can’t remember much substance but I can sure remember the feeling and conviction expressed by Spader’s character. He was mesmerizing.

And so, having exhausted “Prime and “Netflix” and a few other cable channels, we reverted back to the networks. This time though to search for a show that we had overlooked during its initial previous network programming life. We discovered or rather took a chance and selected “The Blacklist” to see what we could see. Not so much my wife, Dina, but ever since I began watching episode one, I have been entranced. To say I’ve been binge-watching makes light of all those who have previously binge-watched. I have watched approximately 80 episodes, not at one sitting (to be fair, I have watched multiple episodes multiple times) and am presently halfway through season five. They have been renewed for a ninth season starting in the fall of ‘21 so if I were planning on being current by then, I would need to have watched 22 episodes per year times seven years plus half of season eight: that’s about 175 shows, each one running 42 minutes give or take without commercials. That adds up to over 122+ hours of television. That would test any committed viewer’s patience and schedule. Presuming I have a life other than my couch and television, the prospect seems a bit daunting and to be honest, perhaps a bit foolish. I mean, life goes on doesn’t it? James Spader gets paid whether I watch him or not, doesn’t he? As for the networks, I’m pretty sure they’re getting paid as well whether I’m in front of the television or not. Now if I were getting paid for my viewership, I would definitely hop on the couch. However, that’s not happening - not in my wildest dreams so I’m afraid I’ll have to fend for myself. Still, in spite of calculating the hours necessary to get current with the show and considering the life I would need to live to reach this nirvana, I am not put off by the arithmetic or the challenge. I don’t intend to commit every waking hour to fulfilling this goal, especially if one were to consider how the return of the fall shows in September would adversely impact my viewing flexibility. More shows to watch would create less opportunity to focus on any one show.

Nevertheless, there are approximately three months-ish until original programming returns to the networks in the fall. I don’t have to have completed my pursuit by then. It’s not as if I’m fulfilling some kind of contract. Hardly. All I’m fulfilling is a cockeyed plan to binge-watch more than eight seasons of a show that up until now, I barely knew existed. Now, not only does it exist, it’s sort of the focus of my life (cancer notwithstanding). Granted, it’s not very exciting, but it sure is predictable. And for a cancer patient recently re-diagnosed, predictable is good. I just hope the show ends before I do.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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