

CONNECTION

Burke ♦ Fairfax ♦ Springfield ♦ Fairfax Station

In Springfield, the Kings Park July 4 parade doubled as a history lesson for several Kings Park students. Mack was dressed as George Washington; Aislyn as the Statue of Liberty, Briulle as Betsy Ross and Finn as Ben Franklin.



PHOTO BY MIKE SALMON/THE CONNECTION
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Happy on
the Fourth

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Rescheduled Fireworks 2022 Sunday, July 10, 2022

The Workhouse team has been working quickly to put together the final pieces of our FireWorks rain-date. While Mark G. Meadows is unable to perform this weekend due to a previous engagement, we are very excited to have award-winning blues musician Bobby BlackHat performing and we are all looking forward to an excellent concert with his band.

The Workhouse FireWorks event is free to the public. There is no charge for the FireWorks event IF you walk, or bike, or run to the event. However, the purchase of a General Admission ticket secures a parking spot for your vehicle – no matter how many people ride with you to the FireWorks.

- 5pm - VIP Access
- 6pm - General Admission Access
- 7:30pm - Bobby BlackHat
- Dusk - FireWorks Show

Food Trucks:
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 Uncle Kebba's Lemonade

If you are a current ticketholder, your tickets for July 2, 2022 have automatically been moved to July 10, 2022, and no further action is needed from you in order to attend. If you have questions or concerns, or your party is unable to attend the rain-date, please send an email to info@workhousearts.org and one of our team members will reply quickly.

Motorcyclist Dead in Crash

A 31-year-old Springfield man has died following a crash that occurred at 6:39 p.m. yesterday on Burke Center Parkway east of Ox Road in Burke. Detectives from the Crash Reconstruction Unit have preliminarily determined a 2020 Honda motorcycle was traveling west on Burke Center Parkway. The driver of a 2016 Mercedes C4 was traveling east on Burke Center Parkway and was attempting to make a left turn mid-block into a shopping center. The motorcycle struck the front passenger side of the Mercedes. The motorcyclist, Nema Mirsaedi, was thrown from the motorcycle. The motorcycle driver was taken to a nearby hospital and pronounced

deceased. The driver of the Mercedes remained at the scene. Preliminarily, alcohol does not appear to be a factor in the crash. The investigation remains active, and details of the investigation will be presented to the Office of the Commonwealth's Attorney for review.

Anyone with information about this crash is asked to contact our Crash Reconstruction Unit at 703-280-0543. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Police say this is the 6th non-pedestrian related fatality in the County to date in 2022

Smoke Alarm Alerts Residents to Fire

A fire in a home in Fairfax's Mantua community last week displaced its two residents and caused an estimated \$182,500 damage. The incident occurred Tuesday, June 28, in the 3200 block of Barbara Lane.

Units from both the Fairfax City and County fire departments were dispatched there at 1:51 a.m. Upon arrival at the two-story, single-family home, they saw flames showing from the attached garage. Crews worked quickly to extinguish the bulk of the blaze within 10 minutes, and no one was injured.

The home's two occupants were there at the time of the fire and were alerted to it when their smoke alarms sounded. Upon investigation, they observed fire emitting from the attached garage door, immediately evacuated and called 9-1-1.

Investigators determined that the fire was accidental and started in the garage. They said the cause was an engine-compartment fire which spread to the structure.

Fire officials say the damage amount also includes the vehicle involved.

— BONNIE HOBBS

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.

GIANT FOOD ANNOUNCES LOCAL PRODUCE BOXES

Giant Food announces the relaunch of its Local Produce Boxes featuring locally sourced, in-season produce sold exclusively through Giant Delivers. Available throughout the summer without a subscription or commitment, the boxes retail for \$20 and contain six or more items from local farms in Maryland, Virginia and Delaware. For more information and to purchase a local produce box, visit <https://giantfood.com/pages/giants-local-best>.

METRO TRANSIT POLICE TO USE BODY WORN CAMERAS

The Metro Transit Police Department will equip officers with body worn cameras (BWC), adding a new tool to MTPD's crime fighting initiatives. The program is designed to create an additional layer of transparency for sworn officers who protect Metro customers and employees. MTPD is in the initial stages of developing the program, supported by a grant award from the U.S. Department of Justice (DOJ) of approximately \$905,000.

VIRGINIA ABC EXTENDS CLOSING HOURS IN 31 STORES

To provide greater customer convenience, the Virginia Alcoholic Beverage Control Authority (ABC) has extended Monday through Saturday closing hours from 7 p.m. to 9 p.m. in 31 stores. Customers are encouraged to visit Virginia ABC's website at www.abc.virginia.gov to search for stores and view operating hours, as well as order spirits online for in-store or curbside pickup, or home delivery in select areas.

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/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

SEE BULLETIN, PAGE 9

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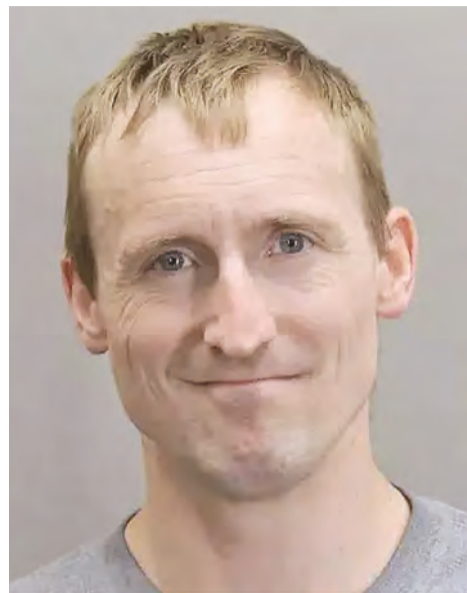


Gunston Corner Village Center

NEWS



The victim: Gret Glycer



The suspect: Joshua Danehower



Police Capt. Jeff Hunt announces Danehower's arrest for Glycer's murder.

Fairfax City Man Murdered while Asleep

Suspect in custody, held in jail without bond.

BY BONNIE HOBBS
THE CONNECTION

On the whole, Fairfax City is a small, friendly place where major crimes are rare. So residents were rocked to learn that one of their own was shot and killed at home while asleep in his bed.

The victim, Gret Glycer, 32, lived on Bolton Village Court with his wife and young children and was head of a nonprofit that raised money for the world's poor. He was murdered June 24, shortly before 3 a.m. Four days later, police arrested his suspected killer, Joshua Daniel Danehower, 33, of Arlington.

Charged with second-degree murder and use of a firearm in the commission of a felony, Danehower was arraigned June 29 and is being held without bond in the Fairfax County Adult Detention Center. His preliminary hearing is scheduled for Aug. 16.

According to court documents, he entered the Glycer home through an unlocked back door and allegedly shot the victim 10 times – including four times in the head and twice in the neck. Meanwhile, say police, Glycer's wife lay sleeping by her husband's side while the murder was occurring.

Both Glycer and Danehower attended the same place of worship, The Falls Church Anglican church on Arlington Boulevard. Glycer's funeral services were held there, last Friday morning, July 1.

And although police initially described Danehower only as a family acquaintance of the Glyers, his arrest warrants explained that Glycer's wife was his ex-girlfriend and that he'd reached out to her on a regular basis, trying to reconnect.

Fairfax City Police spokesman, Lt. Matt Lasowitz, later said that, in the crime's immediate aftermath, "We identified him as an acquaintance to reassure [City] residents that there was no threat to the community." Furthermore, he added, "We haven't had a

homicide in Fairfax City since July of 2008."

When asked by for details about the firearm, Lasowitz said, "We're not releasing any evidentiary information about the type of weapon used or if the firearm used was found." He also declined to say whether the killer used a silencer, or if Glycer's wife saw him before he fled the home. But he did say she awoke after the shooting.

In a June 24 press release, Fairfax City police said officers responded to the residence, early that morning, at 3:07 a.m., after receiving a 911 call at 2:58 a.m. saying someone in the home had been shot. Glycer's wife reportedly made that call; and when police arrived, they found the victim dead in his bed.

They quickly began investigating the tragedy as a homicide. And anyone with information or video footage of the area, possibly related to this case, is still asked to contact Det. Matthew Green at Matthew.Green@Fairfaxva.gov or 703-385-7959.

Last Wednesday, June 29, Police Capt. Jeff Hunt announced Danehower's arrest during a noontime press conference outside the Fairfax City Police Station. "During the course of our investigation, it was revealed that multiple rounds were fired at Mr. Glycer while he was asleep in bed," said Hunt. "His body was taken to the Medical Examiner's Office."

He said detectives from the police department's Criminal Investigations Division had "worked tirelessly, the last four days, combing through evidence, conducting interviews and canvassing the neighborhood for any clue that could point us in the right direction. As a result, a suspect was developed, and probable cause was established."

During that time, said Hunt, "Someone came forward and said we should look at Danehower as a possible suspect. [Then], after consulting with the Fairfax County Commonwealth's Attorney's Office, search warrants for the suspect's home, vehicle and person were obtained." Police also procured



Gret Glycer, wife Heather and their two, young children, about 6 months ago.

arrest warrants charging Danehower with murder and use of a firearm in connection with this crime.

Because Danehower lives in Arlington, Fairfax City police reached out to Arlington County police for help finding him. "They immediately began looking for Danehower and were able to follow his vehicle to Dulles Airport," said Hunt. "Arlington officers kept eyes on him until police officers from the Metropolitan Washington Airports Authority (MWAA) were able to take Danehower into custody without incident."

Danehower worked at FedEx at the airport and, on June 28, had planned to go to his job, as usual. "At the time of his arrest, he was either sleeping or just sitting in his car resting until it was time for him to go into work," said Hunt. "[That] night, with the assistance of Arlington police, a search warrant was executed at Danehower's residence after he was taken into custody."

Hunt did not reveal what, if anything, officers seized from his home. But he did say, "At this time, we have no reason to believe Danehower was colluding with anyone; it appears he acted alone in Glycer's murder."

Hunt then extended condolences to Glycer's wife, children and family and thanked everyone who came forward to provide police with information about this tragedy. "This case was a great example of what a police department and the community can do when they work together," he said. He also thanked the Fairfax City Fire Marshal's Office; GMU Police Department; the MWAA and Fairfax and Ar-

lington counties police departments; Virginia State Police, Virginia Department of Forensic Science; and the Commonwealth's Attorney's Office for their help.

When asked about the motive for the murder, Hunt replied, "We're very early into this investigation, so there's still a lot of things we're looking into. So that will take some time."

Also last Wednesday, Glycer's wife Heather issued a statement saying, "I am grateful to the police and everyone who has worked so hard to make this arrest happen so quickly. I am thankful for the outpouring of support we've received from our church, friends, family and people we haven't even met.

"Gret was my best friend and an incredible husband and father. He had an amazing heart for helping the people who need it most, and I know that legacy will live on. I know that God is with me and has a plan for my life and for the lives of our children. We would appreciate your prayers."

Glycer founded DonorSee, which raises money online for the poorest people throughout the world. Donors choose which projects and individuals they want to help and are able to see the difference their donation makes. After Glycer's death, a post on DonorSee's Instagram page called him "a shining light that brought hope and joy to everyone and everything he touched."

DonorSee also established an online fundraiser for Glycer's family. To donate, go to: https://donorsee.com/project/15051?fbclid=IwAR0M0D5E7dN1b2RUSMJ_Ir-4NAq3uws9V5VID8xKVOqxz3_qzEn8R-46jgvKE. So far, it's raised \$89,294.

On that page is written: "To us on the DonorSee team, Gret was a courageous and kind leader who treated everyone like family. He always had a positive attitude that encouraged you to push a little harder, do a little more and smile a little bigger.

The loss of Gret only pushes us to honor his dream in ending global poverty, even more, and do as he did – leave the world a better place than how we found it."

TJ Teens Winners in Quantum Computing Competition

Team Carnivorous Cacti were cited for using elegance and originality in their solutions.

BY SUSAN LAUME
THE CONNECTION

A trio of math and computer science whiz kids recently took on multiple challenges in a quantum computing competition with success. The teens, Tarushii Goel, Kareem Jaber, and Cyril Sharma, all graduated this year from Thomas Jefferson High School for Science and Technology. They were recognized as the winners in the 18 and under category, along with a student from India; stand-outs from among about a dozen other young entrants. They also received a bronze award and cash prize, and an honorable mention, in two other categories.

The competition, sponsored by Classiq, a quantum software development company, was designed to reward those “that can create efficient and elegant quantum circuits for a variety of important problems.” Four problems were included and judged for best submitted solutions; with additional recognition for the most innovative solution, and the best entrants in the 18 and under category. The competition drew over 150 solutions from 300 contestants from all over the world, and recognized winners from France, India, the Philippines, Poland, Portugal, Russia, and the United States. Winners received cash prizes and future profiling in “The Quantum Insider,” an online newsletter and acknowledged source for quantum information. The company commits to publishing the winning solutions and their judging analysis to provide an opportunity for everyone to learn and improve their quantum skills.

Team Carnivorous Cacti

The students’ problem solutions, entered under the moniker, Team Carnivorous Cacti (a nod to Sharma’s penchant for cacti), were judged on providing the most efficient circuit, using the smallest number of 2-qubit gates; being workable and valid; and having elegance and originality. Competitors had three weeks to complete their solutions. The Team earned the Bronze prize for their solution to the problem: “Decompose a 14-control bit Toffoli (MCX) Gate.”

They also received an Honorable Mention for their solution to the problem: “Generate a circuit to approximate the unitary expo-



Tarushii Goel, Kareem Jaber, and Cyril Sharma graduated this year from Thomas Jefferson High School for Science and Technology and were recognized as the winners in the 18 and under category in the quantum computing international competition.

nentiation of the qubit hamiltonian of a LiH molecule.”

Tarushii Goel, Kareem Jaber and Cyril Sharma were all members of a physics class at TJHS which included a short introduction to quantum computing, as they covered quantum mechanics, electricity and magnetism and the dynamics of general relativity. Jaber says, “that gave us the entry point and the level of interest to join the competition,” which their teacher, Mark Hannum, brought to the attention of class members.

Knowing each other from several math and physics classes, the trio teamed up on their own to enter. Sharma estimated they spent five to ten hours of development for about 100 lines of code for each problem.

Goel added, “It’s more about the problem solving and the thinking you do before you write the

code ... The actual solution is very simple, but coming up with it is where a lot of your time goes.”

Jabar said there was learning required on their own, beyond the class. “I feel like there are resources out there for people to get interested, but it’s maybe not as open as it could be. If more people got together to make these resources more accessible or more available to people. I think that the

“In a way, quantum computing requires you to ‘rewire’ the way you think about writing software, and thus young people might actually be nicely suited as they find it easier to change their ways.”

— Classiq CMO Yuval Boger

field of quantum computing could definitely be more approachable for high schoolers.”

Goel noted, “What contributed to our winning was looking at the state of the art in quantum computing.” She found class content dated since the science is new and moving fast. “For this problem I had to read a really recent paper. And that talked about a lot of the techniques which helped us reduce the amount of the circuit depth,” says Goel.

“Young scientists are very well suited for quantum computing,” said Classiq CMO Yuval Boger. “In a way, quantum computing requires you to ‘rewire’ the way you think about writing software, and thus young people might actually be nicely suited as they find it easier to change their ways. At Classiq, we see the imminent talent shortage in quantum computing. We are trying to help solve this crisis in two ways: by encouraging young talent to enter the quantum field

- hence the 18 and under prize - and by creating a software platform that makes quantum software easier to write and more accessible.”

For the winning teens, their time is now being spent mostly enjoying the last summer vacation before the start of college. Goel is vacationing in Yosemite National Park before heading to Massachusetts Institute of Technology to study computer science. Sharma, now vacationing at the beach, will be taking on an internship applying machine learning to pathology, before a mid-summer vacation in Europe. He will attend Purdue to study physics and computer science. Jaber started an online math research project which he terms “a lot of fun” and relaxes with skateboarding and ultimate frisbee. He will attend Princeton to study mathematics or possibly mechanical engineering, with a minor in physics in the Fall.

Quantum computers, first envisioned more than 40 years ago, promised the ability to tackle problems with a high number of variables and potential outcomes much faster than traditional computers. Although quantum computers proved difficult to make and control, they are now coming to fruition. In October 2019, Google scientists announced they’d used a quantum computer to solve a problem in just minutes that a classical computer would take 10,000 years to solve. Quantum computers are now using a new approach to processing information. They use the laws of quantum mechanics; the discipline of physics related to particles, of atoms, at a microscopic level.

Definitions for the non-scientist:

“Quantum bit, or qubit” - data which exists as a simultaneous combination of one and zero.”

“Quantum computer” - a computer which makes use of the quantum states of subatomic particles to store information.

“Sub-atomic particle” - a particle smaller than an atom (e.g., a neutron) or a cluster of such particles

“Quantum computing” - a new paradigm in computation that utilizes the fundamental principles of quantum mechanics to perform calculations.

“Quantum gate” - a basic quantum circuit operating on a small number of qubits which are the building blocks of quantum circuits and are reversible

“Toffoli Gate” - invented by Tommaso Toffoli, a universal reversible logic gate, also known as the “controlled-controlled-not” gate, which describes its action

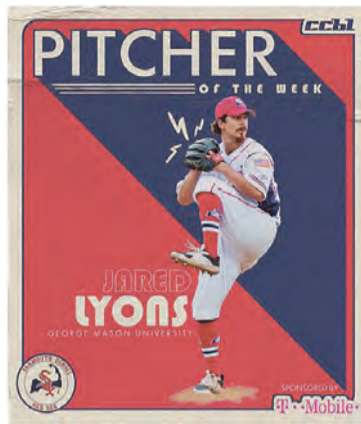
“Hamiltonian function” - also called Hamiltonian, a mathematical definition introduced in 1835 by Sir William Rowan Hamilton to express the rate of change in time of the condition of a dynamic physical system—one regarded as a set of moving particles.

“Qubit Hamiltonian” - an operator corresponding to the total energy of that system, including both kinetic energy and potential energy

PLAY BALL



PHOTOS CONTRIBUTED



Jared Lyons of West Springfield was last week's Pitcher of the Week in the Cape Cod Baseball League in Massachusetts.

Jared Lyons has his own virtual baseball card.

Rising Baseball Star Threw His First Pitch in Springfield

The former WSHS star will be tuned into the MLB draft in mid-July.

BY MIKE SALMON
CONNECTION

It's been a lifetime of baseball for Springfield resident Jared Lyons, and now he finds himself waiting for the Major League draft on July 19 to see if he gets that shot to fulfill a dream of a lifetime.

He's already living dream #1 and that's playing as a pitcher for the Yarmouth-Dennis Red Sox in the Cape Cod Baseball League in Massachusetts. His dreams started in Springfield though.

"West Springfield Little League was a blast, I attribute my success to that," Lyons said. It was a combination of little league, high school baseball at West Springfield High School and the good coaches that acted as role models that Lyons remembers. Particularly Coach Jason Olms at WSHS.

Last week, Lyons earned the title of Cape Cod Baseball League's Pitcher of the Week, an honor for him, and nearly equaled the walk-off homer he hit while playing at George Mason University when they beat St. Louis. It's quite a feat when a pitcher puts one over the outfield fence, since they aren't known for batting. "Pretty wild experience, something I'll never forget," he said.

Lyons pitches for the Yarmouth-Dennis Red Sox in the Cape Cod Baseball League, a collegiate summer baseball league founded in 1885. Players from across the United States are recruited to play in the 10-team league located solely on Cape Cod, a seaside area of Massachusetts.

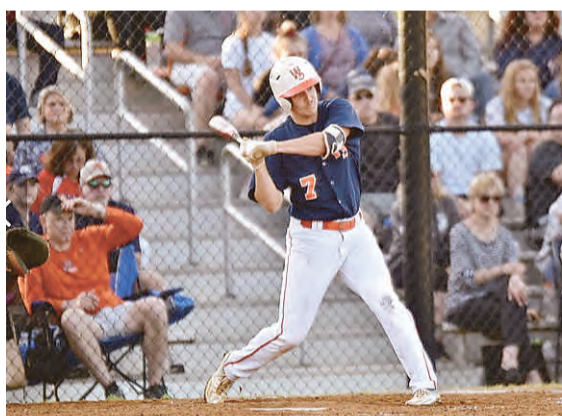
Out on the Cape, the locals flock to the summer league games and treat the players like royalty. Lyons is staying in the host house of John Serijan, who's "been a very good host parent," Lyons said. "He does a great job supporting me as I pursue my passion," he said. Signing autographs over the ballfield fence is another experience he'll cherish. "Everybody wants to say they knew a big leaguer before he made it big," he added.

According to Adam Cormier, a team official, there are 2 divisions in this league of 10 teams that span from Wareham, Mass to Orleans, Mass. Cape League teams only play other Cape League teams but it is a stepping stone to the big leagues.

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On the mound at George Mason, a stepping stone to a baseball career.



In high school, Jared Lyons was a Spartan.

"The Cape Cod Baseball League is one of the most prestigious leagues for college players. For every 6 players in the Major Baseball League, at least one played in the Cape League," Cormier said. He named a few that are out in the Major Leagues now, including Boston Red Sox players Chris Sale, Jackie Bradley Jr. and Mitch Moreland.

"I love playing up there," Lyons said.

The league got its start in 1885, and the ranks were filled by GIs returning from World War I in 1919 and WW II in the late 1940s. The league became officially sanctioned by the NCAA in 1963. They switched to wooden bats in 1985 and became even more attractive to major league scouts and college players.

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U.S. Supreme Court Puts Virginians Safety at Risk

BY SEN. SCOTT SUROVELL

The U.S. Supreme Court on June 23 issued a disturbing decision on guns, the New York State Rifle & Pistol Assn. v. Bruen case, which clarified the scope of firearms rules declared by the Supreme Court in a previous case, D.C. v. Heller, decided in 2008. This is yet another disappointing decision from that court, like the one I wrote about last week, the Dobbs case, which would severely limit women's reproductive rights.

Before 2008, American courts interpreted the Second Amendment as authorizing states the freedom to regulate their militias – today's National Guard. In Heller, the Court invalidated the District of Columbia's handgun ban and requirement that rifles in the home be stored with trigger locks and unassembled. This was the first time the Court found such a right existed.

Today, New York requires every gun owner to obtain a license to own or possess a gun and to meet certain character standards. If a person wants to carry a concealed firearm outside the home, he or she has to demonstrate "good cause," which courts have found is "a special need for self-protection

distinguishable from that of the general community," such as specific threats.

New York's concealed handgun ban dates to 1905 and it was one of only six states where concealed carry permits are discretionary. In Virginia, concealed carry permits must be issued unless you fall within one of 18 exclusions such as a felony conviction, mental illness or have specific misdemeanor or convictions.

The NY Rifle case abandoned tests that had been settled on by the federal appellate courts and set aside the New York rule by creating a new test stipulating that all firearms rules must be "consistent with this Nation's historical tradition ... when the people adopted them" and consistent with the "public understanding" of the amendment.

This "historical tradition" test is preposterous. At the time our country was founded, it took eight to 10 seconds to put one bullet in a musket. The effective range of an 18th century musket was 50 to 100 meters. George Washington would not recognize today's firearms, you could not carry a pistol with 33 bullets in your pocket, and it is un-



Surovell

likely James Madison ever stuffed his musket rifle in his jacket while he perused grocery store aisles. Concealable guns did not exist.

The Court also discussed what kinds of "sensitive places" firearm regulation might be allowed including some "government buildings," such as courthouses, but it did not clarify the scope. Given this discussion, Virginia's rules prohibiting firearms on school property, in Richmond's Capitol Square or in state government buildings could be at issue.

In 2020, I helped pass several historic laws that could be at issue because * Universal background checks;

- ❖ "Red Flag" laws allowing police to seize guns from mentally unstable people in an emergency;

- ❖ Allowing only one handgun purchase per month; and

- ❖ Allowing localities to regulate firearms on government property and at government-permitted events.

I was especially proud to carry the local authority bill after several men from Hopewell, Virginia, carried AR-15 rifles around the

Alexandria Farmers Market while my father and son tried to buy a baguette and ham biscuits. Since then, many Virginia localities have adopted ordinances prohibiting firearms in government centers, libraries, local parks and during parades, protests or other government-permitted events.

All of these ordinances are now at risk. Background checks, red flag laws and gun purchase limits did not exist in 1776 and I have no idea what the Supreme Court thinks the "historical record" says about these rules.

The Court has also created this new legal regime out of thin air. It effectively requires legislators and judges to become historians. History is often written by the victors, filled with the period's prejudices and interpretation is subject of debate. Law schools do not teach historical analysis and our system is wholly unprepared for this new "legal test" which is going to result in a legal feeding frenzy which is one reasons courts often avoid overruling precedents.

Confidence in the Supreme Court is at an all-time low today because today's Court operates more as a legislature instead of nine impartial jurists who follow the U.S. Constitution or law enacted by democratic legislatures.

New Changes to Marijuana Laws

Possession of up to an ounce still legal in Virginia.

BY SEN. ADAM EBBIN AND DEL. PAUL KRIZEK

One year ago legal possession of marijuana became law in Virginia, making us the first state in the South to allow for the legal simple possession of up to an ounce of cannabis in public. Much of the 210 page legalization bill from the 2021 session dealing with the legal sale and licensing of cannabis required additional legislation during the 2022 session. After passing the Virginia Senate, this legislation disappointingly died in a House Subcommittee on a party-line vote. While much work remains in order to stand up a safe, equitable, and regulated retail cannabis market in the coming year, several important changes to marijuana policy went into effect last week, on July 1.

Three important changes were added into the biennial budget bill which was signed into law by Gov. Glenn Youngkin on Tuesday, June 21.

The first is a new misdemeanor or penalty for possession of over four times the current legal limit (four ounces of marijuana in public). The budget language states that public possession of over four ounces, but less than one pound of cannabis is a Class 3 misdemeanor or punishable by a \$500 fine; second or subsequent offenses will be treated as class 2 misdemeanor punishable by up to 6 months in jail and/or a \$1,000 fine.

The second amendment removed several legal gray areas relating to personal cultivation of marijuana. As of last summer, Virginians are allowed to cultivate four marijuana plants in their home so long as they tag those plants with their name and driver's license number, shield them from public view, or prevent access by those under 21. However, violations of this law could lead to harsh penalties — up to a class six felony. We were glad to include a provision in the budget to clarify that possession of cannabis in

one's residence for personal use is not subject to penalty and reduce the class six felonies related to personal cultivation to simple \$25 fines for minor infractions.

The third change included in the budget is focused on the proliferation of synthetic cannabinoids which have recently popped up

for sale in gas stations and convenience stores (products like delta-8 and delta-10 THC). The budget language prohibits the retail sale of any product containing THC that is ingestible "orally or by inhalation" to those under 21 and prohibits packaging products

SEE NEW CHANGES, PAGE 14

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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PARADE



<PC>PHOTOS BY MIKE SALMON/GAZETTE

Kings Park in Springfield has a July 4 parade just about every year.

Neighborhood Parade Steeped in Tradition

Bikes shared the route with cars, patriots and smiles in Kings Park.

BY MIKE SALMON
CONNECTION NEWSPAPERS

It took some serious muscle to put the perfect shine on Nina and Gene Hodges' '67 GTO car that highlighted the Kings Park parade on Monday, July 4th. "About five hours total," Nina said.

The GTO shared the spotlight with a few other cars who rode behind the neighborhood children on bicycles decked out in sparkles, ribbons and flags. The children were riding, but the parents helped make them look good.

"My dad held the wires," said one youngster with a star dangling from the bike frame.

"Mom put the glittery garland on the wheels," said another. The butterfly lights and glitter highlighted Evelyn Young's bike but these were "mostly recycled from years before," said her mother Jesse Young who was also on a bike.

They were just a few of many parade participants on the morning of July 4, pulling out of the school parking lot on a route to the final destination at the park where there were hot dogs and soda.

This neighborhood parade goes on every year, and some are seeing several generations take part. Susan Metcalf has been in the parade for 28 years and helps organize it every year.

"One lady made outfits for her kids and now her grandkids wear the same outfit," Metcalf said.

Volunteers from the county CERT team managed the traffic around the streets at www.CONNECTIONNEWSPAPERS.COM



Kings Park's July 4 parade doubled as a history lesson for several Kings Park students. Mack was George Washington, Aislyn as the Statue of Liberty, Briulle as Betsy Ross and Finn as Ben Franklin.

Kings Park, and people who weren't in the parade set up lawn chairs and watched the action from their yards.

"We all look forward to it," said Jesse Young.



There were more bikes this year than in the past, some of the observers of the King's Park 4th of July parade said.



People watching got flags from parade organizer Susan Metcalf.



Is it a car or a motorcycle?



Nina Hodges picked up a few hitchhikers in her '67 GTO muscle car.

Rallying FCPS Pride Children and Parents Face Protesters Outside Meeting

Fairfax County School Board presents LGBTQI+ Pride Recognition and Adopts Updated Student Rights & Responsibilities (SR&R).

BY MERCIA HOBSON
THE CONNECTION

As the Fairfax County School Board prepared to recognize LGBTQIA+ Pride Month 2022 in Fairfax County during its June 16 meeting at Luther Jackson Middle School in Falls Church, what should have been a joyful FCPS Pride rally outside the school instead illustrated conflict and divide.

Shortly after 6:30 p.m. and before the school board presentation, FCPS Pride and LGBTQIA+ students, staff, families, supporters, and members of allied organizations, held their celebratory rally outside the school.

The LGBTQIA+ Pride Month Recognition reads: "In the spirit of One Fairfax, the Fairfax County School Board urges all to respect and honor our diverse community and to build a culture of inclusivity and equity, not only during LGBTQIA+ Pride Month but throughout the entire year as well ... The urgency of its charge [is] to foster a responsive, caring, and inclusive culture where all feel valued, supported, and hopeful, and [to] advance policies that seek to protect LGBTQIA+ students and staff."

At 5:30 p.m. and continuing through the time that FCPS Pride rallied, a counter protest was also taking place.

Members of the Family Research Council and others gathered outside the school near the street's sidewalk. Individuals distributed information by the Family Foundation and carried signage by the Foundation and Stand Up Virginia.

At the counter-rally, speaker Sebastian Gorka said, "My effort is to stop the insanity and protect our children from the transgender extremists." Gorka is former deputy assistant to President Donald Trump (2017), and appeared in the media as a spokesman for the Trump administration. "The correct use of pronouns in a transgender environment is just one aspect of a much deeper, invidious, and, I would say, diabolical scheme. The transgender movement in America today is evil."

Retired FCPS teacher Robert Rigby, co-chair of FCPS Pride, called it, "A disturbingly grotesque counter-rally."

"Individuals harassed the young FCPS Pride children and their parents, approaching within inches of a child's face; after being encouraged to move further away, they continued to talk about burning people at the stake," Rigby said.

Speaker Stephanie Lundquist-Arora said she objects to the Student Rights & Responsibilities document regarding the misgen-



Pride supporter Kimberly Adams serves as president of the Fairfax Education Association (FEA).



From left, Emily VanDerhoff of Springfield, Cheryl Binkley, and Elias Benner, 11, of Burke hold the FCPS Pride banner at the rally.



Center back, Sebastian Gorka, former deputy assistant to President Donald Trump (2017), watches protestors hold signs from Stand Up Virginia and The Family Foundation. "The transgender movement in America today is evil," Gorka said.

SEE PRIDE, PAGE 9

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



Jesus Saves: A protester holds signs from The Family Foundation, and Stand Up Virginia.



Protestors hold signs by Stand Up Virginia and The Family Foundation that, according to its website, advocates “for policies based on Biblical principles that enable families to flourish at the state and local level.”



Family Foundation material.

Pride Children and Parents Face Protesters

FROM PAGE 8

dering and deadnaming of students. “It is a violation of the First Amendment rights,” she said.

Deadnaming refers to calling a transgender person by a name they have asked people not to use.

The school board also adopted the Students Rights and Responsibilities that evening in its annual review. The changes reflected stakeholder engagement by staff, students, families, community members, advisory committees, independent parent and teacher organizations, legislative updates, and the proposed Trust Policy, staff said.

The SR&R is “a work in progress... It is not perfect,” said Karen Keys-Gamara, school board representative at large, during the June 16 meeting. The Student Rights and Responsibilities document undergoes review and approval by the school board annually.

Keys-Gamara highlighted some changes, including cell phone use and some mandatory reporting to law enforcement would



A child's sign at the FCPS Pride rally.

require ongoing advocacy.

“And we clarified protections for student identities that allow our students to feel that they will not experience reprisal because of their identity,” said Keys-Gamara. The new policy removes the phrase “intentionally or not” from the definition of deadnaming, “deliberately or accidentally” from the definition of misgendering, and adds the term “malicious” to the glossary. Malicious outing extends to citizenship or national origin, immigration status, and malicious removal of religious garb.



From left, speaker Stephanie Lundquist-Arora, Jim Myles, 2022 GOP candidate for the 11th Congressional District and two protestors.

BULLETIN BOARD

FROM PAGE 2

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of

Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfax-county.gov or 703-324-4547.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.

fairfax-station.org, or call 703-425-9225 for more.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP,

visit www.rsvpnova.org. Shepherd's Center of Fairfax-Burke serves those 50 and older who no longer drive. Volunteer drivers are needed for trips (Monday-Friday) to medical appointments and companion shopping within the Fairfax/Burke area. Office workers are needed to answer phones in the SCFB office (Monday-Friday) to match drivers and those who need rides. Call 703-323-4788.

Positive Parenting Strategies Course. At PHILLIPS, 7010 Braddock Road, Annandale. A series of classes and in home consultations taught by PHILLIPS' counselors. Open to all local families. Call Stacy Stryjewski at 703-658-9054.

Thermal Camera Loan Program. Learn where the energy is leaking out of the home with a special attachment for the iPhone or Android. Visit www.fairfaxcounty.gov/energy or call 703-324-5955 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Fairfax Rotary Club Meeting 12:15-1:30 p.m. Mondays. American

SEE BULLETIN, PAGE 14

FOURTH OF JULY



Armed Forces Color Guard



Fairfax City police motorcycle officers

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Patriotism on Parade in Fairfax City

Thousands enjoyed Fairfax City's Fourth of July parade.



The U.S. Army Old Guard Fife & Drum Corps



Fish balloons float down Main Street as handlers lower the one in front to fly under the next set of power lines.



This clown wishes everyone a Happy "Fork" of July.



C4 Performing Arts students dancing in the sunshine.



American Heritage Girls of St. Leo the Great Catholic School in Fairfax.



Boy Scouts marching down Main Street.

FOURTH OF JULY

PHOTOS BY BONNIE HOBBS/THE CONNECTION



GMU students celebrate 50 years.



Young Fairfax baseball champions show their patriotism.



Woodson High's Marching Band



The Knights of Columbus



South County Youth Club Cheerleaders



Red, white and blue balloons form the American flag.

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Posing in character are (from left) Andy Shaw (Donkey), Peter Marsh (Shrek), Sara Watson (Princess Fiona) and John Kownacki (Lord Farquaad).



The joyful cast of CFTC's "Shrek, the Musical" includes actors of all ages.

'Huge Spectacle with Fun, Colorful Characters'

City of Fairfax Theatre Co. presents 'Shrek, the Musical.'

BY BONNIE HOBBS
THE CONNECTION

When it comes to summer entertainment the whole family can enjoy, City of Fairfax Theatre Co.'s "Shrek, the Musical" fills the bill. The cast and crew of about 60 will be performing it at Katherine Johnson Middle School, 3801 Jermantown Road in Fairfax.

The curtain rises Friday, July 15, at 7:30 p.m.; Saturday, July 16, at 2 and 7:30 p.m.; Sunday, July 17, at 3 p.m.; Thursday-Friday, July 21-22, at 7:30 p.m.; and Saturday, July 23, at 2 and 7:30 p.m. There's also a special, sensory-friendly performance Wednesday, July 20, at 7 p.m. Tickets are \$25, adults; and \$20, children 12 and under, via fairfax-citytheatre.ticketleap.com.

"It's been so much fun doing a big musical again, and we have such talented cast," said Director Amanda Herman Snellings. "There's a mix of experienced and novice actors, and everybody's bringing so much creativity and energy to the table. This play is a huge spectacle – which is part of why I wanted to do it. There are lots of fun, colorful characters people will remember from the movie, plus new ones."

Set in Duloc, where Lord Farquaad reigns, the story takes place in Shrek's swamp and Fiona's tower, where she's been locked away, guarded by a dragon, for 20 years. And, said Snellings, "We'll have a four-person, dragon puppet that'll take over the stage."

While going on journeys to find friendship and love, the characters will travel through various fairytale lands and learn valuable lessons along the way. "People will love the message behind this show," said Snellings. "Especially in a time like this, we can isolate ourselves and shut out the world. But we're

better off when we can find friendship allowing us to be our true selves."

Portraying Shrek is Fairfax's Peter Marsh. "He's complex and full of layers," said Marsh. "I think he embodies all of our insecurities and feelings of rejection. So the story's really about learning to not just help others see past them, but helping ourselves do that, too." Marsh describes Shrek as a middle-aged ogre who lives by himself in a swamp and scares away everyone who comes near him.

"He does it because his parents taught him to and because of his bad experiences with society and other people," explained Marsh. "But underneath, he's looking for someone to love him best. However, it's hard to find someone who understands an ogre."

Calling it a "bucket-list role," Marsh said he'd never seen the show until 18 months ago and "fell in love with it. And I really like his two songs, 'Build a Wall' and 'Who'd I'd Be,' plus the challenge of playing an ogre, with all his costuming – and figuring out how to make him fun and believable, at the same time. This is a lead role tailor-made for someone accustomed to doing more character work, and the accent is fun, too."

For "pure entertainment valuable," his favorite song is "What's Up, Duloc?" sung by John Kownacki as Lord Farquaad. "I like its physicality, double entendres and humor," said Marsh. "And he does a phenomenal job."

As for the audience, he said, "People think of Shrek as a funny character, but everyone around him is the humor, and he's the heart of the show. So hopefully, people will both laugh at the humor and be moved by the tender moments. The costumes will be colorful and fun, and both children and adults will enjoy the jokes – but in different ways."

Fairfax's Sara Watson plays Shrek's love interest, Princess Fiona. "She wants so badly to be the perfect princess but is too quirky – which makes her perfectly imperfect and perfect for Shrek," said Watson. "The flaws she tries to hide in herself, Shrek celebrates."

"She's been a dream role of mine for 13

years, when I saw the original cast on Broadway," continued Watson. "I am Fiona; it's natural for me to play her because I identify with her so much. I'm incredibly quirky, awkward and imperfect, too. And I think lots of audience members will identify with her, as well."

Watson especially likes the song, "When Words Fail," sung by Marsh as Shrek. "He's practicing what to say to Fiona, when he realizes he likes her, but he says all the wrong things," said Watson. "And it's so humbling because everyone's felt that way, at one point or another, in their lives."

She said this show has something for everyone. "People will love seeing characters in the ensemble that they recognize," said Watson. "They're all beloved fairytale characters, such as Peter Pan, Tinkerbell, the Wicked Witch, Pinocchio, etc., we all grew up with. Each has their own, individual personality, and the actors do a nice job of bringing them to life – individually and as an ensemble."

Playing Shrek's hilarious sidekick, Donkey, is Andy Shaw. "Donkey's all relentless energy and positivity," said Shaw. "He's pushed through Shrek's grumpiness to eventually become his best friend. He's jumpy, makes fast friendships, wants what's best for his friends and wants to help everyone. He's always cracking jokes, but people don't always appreciate them."

Shaw says it's "a blast and so much fun" being Donkey onstage. "The original character is so iconic, so I've tried to find a new way to portray him while staying true to the character," he said. "I bring particular physicality to him so – even though I'm on two feet – people will still see him as a donkey. Both the challenge and joy of playing him is finding what works in my acting choices for my version of him."

Shaw's favorite number is "Freak Flag" because "All the fairytale characters sing about all the things that make them different. What got them thrown out of the kingdom of Duloc are the best parts of them. This song's also so much fun to watch – every-

one sounds amazing, the dancing is great, and I love the message. Amanda has really embraced the 'community' in community theater in this song because performers of all ages and experience levels are in it and doing a wonderful job."

He said the audience will appreciate all the heart in this show and the "attention paid to the relationships and friendships. They'll also enjoy Shrek's journey from pushing people away to accepting them," said Shaw. "As performers, we all learn from each other, so it's also especially enjoyable watching the children in the ensemble sing, dance and just have fun."

As the height-challenged Lord Farquaad, 5-foot-11 John Kownacki stays on his knees to be just 4 feet tall. "Farquaad's a ruler who wants to run things smoothly and have everyone get along," said Kownacki. "He wants to be a king because he already thinks he is. He just needs that one technicality of marrying a princess who'll be his queen to make his dreams come true."

"He has a larger-than-life personality and is very demanding. He expects perfection from himself and everyone around him. But unfortunately, everything falls a little short. I love this role; it's my first time playing a villain, and he's so over-the-top and melodramatic. And since my movements are limited, I have to use my arms, face and voice to bring him to life – and at times, I'm chewing up the scenery."

Kownacki especially likes the song, "The Ballad of Farquaad," which he sings. "I like doing it because it tells his backstory, his homelife growing up and why he's the way he is," said Kownacki. "And I have lots of fun performing it with the other actors who play my guards in this song and in the play."

He said audiences will love this show because "It does a great job telling the story of people pushed aside and fighting for their place in this kingdom. But they eventually realize that all the things that made them different are what actually makes them unique and special – except, of course, for Farquaad, who already thinks he's perfect."

CALENDAR

NOW THRU AUG. 27

Summer Saturdays. 11 a.m. to 4 p.m. At Gunston Hall, 10709 Gunston Road Lorton. Explore history in different ways with this drop-in summer program. Each Saturday will have a host of different activities around a different theme. Savor history, dig in the dirt, and play games as we learn about the 18th century at Gunston Hall. Visit the website: <https://gunstonhall.org/events/summer-saturdays-2/>

JUNE 28 TO OCT. 17

Hummingbird Photo Exhibition. At Green Spring Gardens in Alexandria. For those who can't get enough of the beauty of hummingbirds, a group of local photographers are mounting an exhibition this summer at Green Spring Gardens in Alexandria. The title of the show is "A Bouquet of Hummingbirds," and it will feature works from more than 20 area artists and include hummingbirds from all over the Western Hemisphere. All profits from the sale of photos will be donated to the Friends of Green Spring, a non-profit organization devoted to maintaining the gardens and furthering public education and outreach.

FILMS IN THE PARK

Thursdays at 7 p.m. At the Mosaic District's Strawberry Park, 2910 District Ave., Fairfax.
 JULY 7 – Clifford The Big Red Dog
 JULY 14 – In The Heights
 JULY 21 – Dating & New York
 JULY 28 – Dog
 AUGUST 4 – Spider-Man: No Way Home
 AUGUST 11 – Encanto
 AUGUST 18 – Under the Stadium Lights
 AUGUST 25 – F9 | The Fast & Furious Saga



The Packard Antique Car Show will be held Saturday, July 9 at Woodlawn and Pope-Leighey House in Alexandria.

SATURDAY/JULY 9

Packard Antique Car Show. 10 a.m. to 2 p.m. At Woodlawn and Pope-Leighey House, 9000 Richmond Highway, Alexandria. Admission for spectators is free. Pope-Leighey House will only have one guided tour at 2:30 p.m.

SATURDAY/JULY 9

Prelude Chamber Ensemble. 7:30-8:30 p.m. At Ossian Hall Park, 7900 Heritage Drive, Annandale. This is a nonprofit group of passionate musicians who are dedicated to promoting classical music

and cultural exchange, as well as encouraging the development of young musicians through the love of music. Call 703-324-SHOW (7469) for inclement weather updates.

CONCERTS IN THE PARK

Wednesdays at 7 p.m. at Burke Lake Park, Burke. Featuring an incredible line-up of bands, food trucks, 2 Silos beer, and Peterson's Ice Cream. The atmosphere is informal, so bring a picnic dinner, blankets and lawn chairs, and relax with friends and family.

SCHEDULE:

JULY 13 – Randy Thompson Band (Americana Country, Roots Rock)
 JULY 20 – The English Channel (Top 60/70' British Hits)
 JULY 27 – The Skip Castro Band (Party Band)
 AUGUST 3 – Practically Einstein (Vintage Rock)
 AUGUST 10 – The Road Ducks (Southern Rock)
 AUGUST 17 – Speidel, Goodrich, Goggin & Lille (Rock)
 AUGUST 24 – The Colin Thompson Band (Blues Rock)

WEDNESDAY/JULY 13

Texas Chainsaw Horns. 7:30-8:30 p.m. At Mason District Park Amphitheater, 6621 Columbia Pike, Annandale. The main focus of Texas Chainsaw Horns is the tight, five-piece horn section featuring trumpeter and arranger Tony Murtha. His work has been featured on "American Idol," the NFL Super Bowl Halftime Show, the Disney Channel, Comedy Central's "Colbert Report" and more. Call 703-324-SHOW (7469) for inclement weather updates. Cancellations are recorded an hour before showtime.

SATURDAY/JULY 16

Elijah Jamel Balbed and the Jogo Project. 7:30 p.m. At Workhouse Arts Center, Lorton. W15 Rizer Pavillion. One of the premiere Jazz Artists in Washington, DC., and named Best Tenor Saxophonist and Best New Jazz Musician by the Washington City Paper, The JoGo Project is dedicated to promoting and preserving the legacy of DC's unique art form.

SATURDAY/JULY 16

"Hercules (1997)." At Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Join the Fairfax Library Foundation for free outdoor movie

screenings and food trucks. Refreshments will be available for purchase from on-site food trucks. Food trucks will open one hour prior to each movie. Contact Cheryl Ann Lee at 703-324-8300 or events@fairfaxlibraryfoundation.org.

SATURDAY/JULY 16

Hai Hua Community Center. 7:30-8:30 p.m. At Ossian Hall Park, 7900 Heritage Drive, Annandale. Enjoy the exotic and diverse beauty of Taiwanese culture and dance. Call 703-324-SHOW (7469) for inclement weather updates.

SUNDAY/JULY 17

Alma Ensemble. 2 p.m. At Workhouse Arts Center, Lorton. W16 McGuire Woods Gallery. The Alma Ensemble was birthed from a desire of the founding members to create music in a way that is empowering and personally resonant by placing a high priority on playing music by women composers, in order to communicate and connect with an audience.

SUNDAY/JULY 17

Model Trains Running. 1-4 p.m. At The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK Club will display and run N Gauge Model Trains. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5 (\$6 special events); seniors and military, active and retired, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR, 703-425-9225.

SATURDAY/JULY 23

Lesson Zero. 7 p.m. At The Austin Grill, 8430 Old Keene Mill Road, Springfield. Visit www.youtube.com/lessonzero and www.reverbnation.com/lessonzero

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.

GIANT FOOD ANNOUNCES LOCAL PRODUCE BOXES

Giant Food announces the relaunch of its Local Produce Boxes featuring locally sourced, in-season produce sold exclusively through Giant Delivers. Available throughout the summer without a subscription or commitment, the boxes retail for \$20 and contain six or more items from local farms in Maryland, Virginia and Delaware. For more information and to purchase a local produce box, visit <https://giantfood.com/pages/giants-local-best>.

METRO TRANSIT POLICE TO USE BODY WORN CAMERAS

The Metro Transit Police Department will equip officers with body worn cameras (BWC), adding a new tool to MTPD's crime fighting initiatives. The program is designed to create an additional layer of transparency for sworn officers who protect Metro customers and employees. MTPD is in the initial stages of developing the program, supported by a grant award from the U.S. Department of Justice (DOJ) of approximately \$905,000.

VIRGINIA ABC EXTENDS CLOSING HOURS IN 31 STORES

To provide greater customer convenience, the Virginia Alcoholic Beverage Control Authority (ABC) has extended Monday through Saturday closing hours from 7 p.m. to 9 p.m. in 31 stores. Customers are encouraged to visit Virginia ABC's website at www.abc.virginia.gov to search for stores and view operating hours, as well as order spirits online for in-store or curbside pickup, or home delivery in select areas.

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/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.
 The Shepherd's Center of Northern Virginia Caregivers' Support Group

takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia provides support, compassion, information and resources to the bereaved and seriously ill. To become a Haven volunteer, please call 703-941-7000 to request an orientation. Volunteers must complete a 30-hour training and commit to one year of service answering Haven phones (2.5 hours weekly). Next training is scheduled for fall 2017.

ONGOING

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org

or visit www.alnv.org.
 STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil

at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Volunteers needed at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Museum offers a variety of exciting volunteer opportunities in Museum events, programs and administration. Contact volunteers@fairfax-station.org or 703-945-7483 to explore services that will fit your schedule and interests. Visit www.fairfax-station.org, or call 703-425-9225 for more.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

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OPINION

New Changes

FROM PAGE 6

to look like common brand name products.

The General Assembly also took an important step to improve medical cannabis patient access. Current law requires the Virginia Board of Pharmacy to approve all medical patients before they can begin to receive treatment. This has led to an unnecessary backlog of patients waiting for several months for their certification before they can receive treatment. Especially for those using cannabis for pain and nausea management while in late-stage illness or palliative care, this backlog was unacceptable. Legislation signed earlier this year eliminates the requirement that patients register with the Board of Pharmacy after receiving their written certification from a registered practitioner. Patients will only need their written certification to shop at one of the state's medical cannabis dispensaries. Patients can now purchase medical cannabis at the newly opened "Beyond Hello" dispensary located at the former location of the Great American Steak Buffet at 5902 Richmond Highway in Mount Vernon.

As members of the Virginia Cannabis Oversight Commission, we will continue to work in the interim to craft legislation which stands up a well-regulated retail marijuana industry which prioritizes consumer safety, public health, and social equity, as well as build a strong tax base for investments in historically underinvested communities, education, and public health.

BULLETIN BOARD

FROM PAGE 9

Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.

Civil War Research scholarship to a public or private high school senior who resides in Fairfax, Fairfax City, Prince William County, Manassas City, or Manassas Park from the Bull Run Civil War Roundtable in Centreville, Va. Visit bullruncwrt.org for more.

Fairfax-based non-profit Britepaths offers free Financial Education Classes Sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. britepaths.org/news/get-financially-fit-new-year

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: prsinc.org/caring-volunteering. Questions? Email lpadgett@prsinc.org.

WELLBEING

Preventing Teen Summer Suicide

What to look for and where to go for help.

By MARILYN CAMPBELL
THE CONNECTION

Sleepaway camp, trips to the beach or marathon video gaming sessions are some of the hallmarks of summer for many teens. For those who struggle with anxiety, depression and suicidal ideations, this time of year can mean a loss of mental health resources and monitoring by school psychologists, guidance counselors and teachers.

“[Summer] can sever important linkages for children and families that are reliant on schools for social work support,” added Kurt Larrick, Assistant Director, Arlington County Department of Human Services.

“Though suicide happens in all age groups, it is the ... 2nd leading cause of death for youth [between] 10-14,” added Lisa Jackson-Cherry, Ph.D., who is Professor and Director, School of Counseling at Marymount University, and co-author of the book, “Crisis Assessment, Intervention, and Prevention.”

While families with health insurance have access to a variety of resources, local health departments want parents and caregivers to know that there is free or low-cost mental health assistance as well as the warning signs that such intervention might be needed.

“At my agency, the DHS Children’s Behavioral Healthcare Bureau provides a wide range of services to children and their families experiencing mental health and substance use issues,” said Larrick. “We focus mostly on youth from low-income and uninsured households whose needs cannot be met elsewhere and who do not have alternative resources.”

Local health departments offer mental health assistance to teens, parents are caregivers. “Our agency has counselors, workshops, trainings and other resources to help reduce youth suicide and substance use,” said Lisa Flowers, Director of Communications and Public Information Officer, Fairfax-Falls Church Community Services Board.

In addition to knowing that there are resources for mental health services, parents should be aware of the signs that a child needs help, advises Stephanie Will, LCPC, Mental Health Services Program Manager, Montgomery College.

“Adults should be looking out for signs of withdrawing from loved ones and usual interests, feelings of hopelessness and helplessness, engaging in risky behaviors like substance abuse, unsafe sex, driving too fast, acting out, giving away prized possessions, and saying goodbye through notes, texts, or

Get Help

The toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential. <http://www.suicidpreventionlifeline.org>

Fairfax County:

❖ Community Services Board
Emergency mental health services - Available 24/7 703-573-5679 TTY 711
<https://www.fairfaxcounty.gov/community-services-board/mental-health>

❖ Healthy Minds Fairfax, provides resources to parents and caregivers
<https://www.fairfaxcounty.gov/healthymindsfairfax/>

❖ Community Regional Crisis Response 844-627-4747 to access 24-hour rapid response to youth and adults facing a mental health and/or substance use crisis who may be at risk for hospitalization.

social media posts,” said Will. “Other signs to look for include self-harming behaviors like cutting or burning their skin and significant changes in mood. Most importantly if someone tells you they are thinking about suicide, believe them and get them help.”

“There is not one specific profile or checklist of a suicidal individual,” added Jackson-Cherry. “Some mental health concerns that may increase suicidal risk are a history of mood disorder, including bipolar and major depressive disorder; anxiety, schizophrenia, eating disordered behaviors, and substance use.”

Create an environment that can mitigate some of the mental health issues that lead to suicide include several tools, advises Jackson-Cherry. “It is also important to know

that there are protective factors that include a strong family and social support system, access to resources, sense of belonging and acceptance, sense of purpose, hopefulness,

ability to problem solve and work through prior conflicts.”

Be sure any suicidal person does not have access to firearms.

According to the National Institute of Mental Health, in 2020 suicide was the second leading cause of death among individuals between the ages of 10-14 and 25-34, the third leading cause of death among individuals between the ages of 15-24, and the fourth leading cause of death among individuals between the ages of 35 and 44.

In 2020, there were nearly two times as many suicides (45,979) in the United States as there were homicides (24,576). In 2020, firearms were the most common method used in suicide deaths in the United States, accounting for over half of all suicide deaths (24,292).

Suicide is the second leading cause of death for youth ages 10-14.

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Progressively More Irritating



By KENNETH B. LOURIE

Recently, after years of radio and television advertising/sponsorships, I blinked. I switched from one frequently advertised auto insurer to another. And sure enough, there was savings to be had. More than enough in fact to compensate me for the time spent on the phone comparing policies, provisions, premiums, et cetera. Every month when I make my new payment, I feel the joy. The joy being that I saved so much money that I was nearly able to pay for my new homeowner's policy without increasing the cash flowing out.

Part of the inducement to make the change was the prospect of additional savings in a few months. That inducement by way of a device to be installed in my car/under the driver's dash, which measures - presumably, my driving tendencies (speed, acceleration, aggressive stops and so forth) in some algorithmic way to evaluate the driver's actual risk to the insurer. On paper, as a careful between-the-lines driver, I saw no downside (actually, I'm not sure if my rates can increase if my driving fails to match expectations) so I agreed and have installed the devices in both our cars. I suppose I'll know in six months if there is damage yet to be done. I kind of remember a timeline but can't recall if there were any potential rate-type consequences. No matter, overall, it sounded reasonable, and the savings were enticing so the change was made.

Off paper, there have been consequences, and they have nothing to do with price. They have to do with people. One of those consequences involves my wife, Dina and the other involves me (actually, they both involve me). The part which specifically involves my wife is the part of the device that beeps three times if it doesn't like the stopping speed/braking pressure. The beeping serves as a friendly reminder to the driver to moderate some aggressive tendencies and to drive more defensively. The beeping also serves to bring attention to the passenger - usually my wife, Dina, of my driving skills or lack thereof - according to her, and therein lies the problem. What was once unseen/unnoticed/lost in the shuffle of every day traffic has now become front and center/in my wife's face, and in turn in my ear and as a result, has now become the bane of our driving togetherness. That damn beeping is interfering with our driving compatibility - which was never great to begin with, is now worse than ever. Previously, it had more to do with getting lost and my having a poor sense of direction than it did with yours truly stopping short or accelerating through a yellow light. Now my driving indiscretions - which I didn't really think I had, have been laid bare not simply to me, but to my wife. And for those of you who share regular time in your vehicles with a significant other with whom you've already shared a significant amount of time/life together, there might be a slight risk of too much of good thing is not a good thing anymore.

The emotional issue aside, I wonder if there will be rate consequences when my new rate is renewed after this initial six-month trial-type interval has ended. Will that new rate be based on actual real-time data, or will it continue be on than favorable presumptions/lower rate which enticed me to change carriers in the first place? I suppose I can always switch to yet another carrier if there are rate consequences. There's certainly enough of them around and one insurer's experiences are different than another's so my past indiscretion might not be so obvious. But for me, the real problem isn't the insurer, it's the passenger.

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

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