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Annandale massage therapist found dead after arrest

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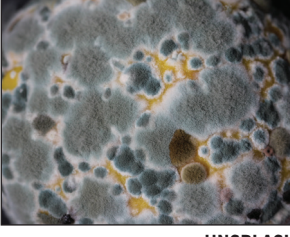
County residents learn how to 'Stop The Bleed'

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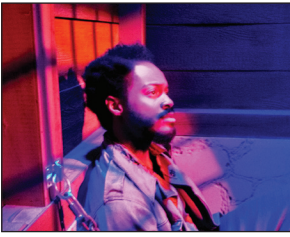
Fairfax doubled affordable housing goals

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Clinical accounts of mold in the body

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NextStop Theater Company presents 'Nat Turner in Jerusalem'

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Autism Awareness Month

NOVA launches aid program for Ukrainian refugees

By Sravan Gannavarapu
 FAIRFAX COUNTY TIMES

Elected officials of Northern Virginia announced last week that they are launching an aid program to assist refugees from Ukraine who fled their residences due to the Russian invasion.

Fairfax County Board of Supervisors Chairman Jeffrey McKay announced the program in a press conference, citing the need to take action and help a group that has suffered from a situation that they did not provoke nor have any bearing upon.

"There is a humanitarian crisis existing," said McKay. "Russia's unprovoked and unjustified invasion of Ukraine has forced individuals to flee their homes and refuge throughout the world. We do not want to sit on the sidelines; we want to jump in and help people who are in need."

NOVA's leaders have been through this situation before. In 2013, they assisted Syrian refugees who fled their homeland to



ROB CANNON

Mason District Supervisor Penny Gross and Salvation Army Administrators Maj. Paul and Dawn McFarlan with donated coats for Ukrainian refugees as they're being boxed for transport at the Salvation Army Northern Virginia Adult Rehabilitation Center in Alexandria.

Turkey. Once again, they are prepared to assist.

Starting March 23, multiple locations across NOVA will open for residents and businesses to drop off donations; Donations will be picked up on April 18, and transported to refugees in Poland and residents in Ukraine. Items for donation include new/gently used coats and new blankets, socks, and gloves.

McKay also called for the media, elected officials, and community members to work together to spread the word; additionally, there will be a total of 34 drop-off locations where items can be donated until April 15.

Falls Church Mayor David Tarter was also in attendance and said that democracy both here in the U.S. and worldwide is fragile and must be fought for.

"Russia sought to kick down the door of Ukraine's fledgling democracy," said Tarter. "We must not allow the world to descend into a dark new era of strong men and authoritarianism, for an attack on democracy anywhere is an attack on democracy everywhere."

Fairfax Mayor David Meyer spoke about how residents have witnessed the damage that Putin has caused

and the toll it has taken on the Ukrainian residents.

"We have witnessed in recent weeks Vladimir Putin and his sycophant, fellow travelers, what we have witnessed is autocracy and authoritarian practice that has plagued humanity for eons," said Meyer. "These despots are like the Pharaohs of ancient history. The only difference is that they carry cell phones, and their weapons are far more lethal."

Vice Mayor Amy Jackson of Alexandria brought up how an Alexandria resident went to great measures to speak directly from Poland and give us a glimpse of what Ukrainian refugees need other than prayers and positive thoughts for their safety.

Northern Virginia Regional Commission Chair Cydny Neville said that Paxton Moving would assist in the logistics and shipping of the materials to Wilmington, N.C. A local company in North Carolina will then ship the donations to Poland to distribute to refugees in Poland and residents in Ukraine.

FCPD announces reward for information on murder suspect



COURTESY PHOTO

By Heather Zwicker
 FAIRFAX COUNTY TIMES

Fairfax County Police announced a \$40,000 reward for information that leads to the arrest of Joel Mosso Merino, 27, of Alexandria.

The reward is being offered through Crime Solvers and comes from Choi's family and generous community donations, according to Maj. Ed O'Carroll, bureau chief of Major Crimes, Cyber and Forensics.

Merino is wanted as a suspect in the murder of Hannah Choi of Alexandria who was last seen March 5, before her body was found in Piscataway Park in Maryland

March 24. FCPD detectives had previously searched more than 800 acres of wooded area in the park March 11 and 14. FCPD Search and Rescue was slated to return to the park March 24, but they were notified by the Charles County Sheriff's Office that a body had been found by a passerby, according to Lt. Erin Weeks, a Major Crimes Bureau detective.

"Our search and rescue teams along with human remain detection canines from George Mason University and many partners, we combed through as much as we

See REWARD, Page A4

POSITIVE Vibes
 BY JAYA PATIL • Fairfax County Times

Special kids, special families

The Joey Pizzano Memorial Fund's ongoing workforce program

"Our number one mission is to improve the lives of individuals with disabilities and their families. But a lot of what we do is awareness," said Paola Pizzano, co-founder of the nonprofit Joey Pizzano Memorial Fund (JPMF). Following the loss of their son, Joey, the Pizzano family took to raising money for programs benefiting those with disabilities. Donations kept flowing in and so began the nonprofit.

Pizzano said they created JPMF "to celebrate Joey's smile and his laugh, that love of life—let me live life and enjoy all the things out there.' We're trying to provide people those opportunities as well as open the eyes of others in the community to see these individuals just as anyone else."

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PUBLIC SAFETY



COURTESY PHOTO
Kyung Pil Chang

Annandale massage therapist found dead after arrest

Detectives from the Fairfax County Police Department Major Crimes Bureau are investigating the in-custody death of 55-year-old Kyung Pil Chang.

Officers responded at 4:39 p.m. yesterday to the Adult Detention Center (ADC) for an inmate found unresponsive in his single cell. Fire and Rescue personnel responded and pronounced Chang deceased. The Office of the Chief Medical Examiner conducted an autopsy on March 30. Preliminarily, there are no signs of foul play.

Chang had been arrested and charged with four felony offenses committed while performing a massage. On Jan. 25, the victim reported that earlier that day she went to a medical practice in the Annandale Gerontology Clinic, 4216 Evergreen Ln, Suite 121, Annandale, for treatment. During the massage, the man, who was an unlicensed masseuse, unlawfully fondled the victim's breasts and digitally penetrated her vagina. The victim was able to stop the assault, left the business, and reported the incident.

Detectives from the Fairfax County Police Major Crimes Bureau responded that night to assume the investigation. The detectives identified the masseuse as Chang, of Haymarket. Detectives obtained three warrants for aggravated sexual battery, one warrant for object sexual penetration, and practicing as an unlicensed masseuse on March 24. Chang turned himself into the ADC on March 25 and was held without bond.

Through their investigation, detectives learned Chang was contracted for several other businesses in Fairfax County. Detectives are continuing to investigate in attempts to identify other potential locations. Detectives are asking anyone with information about this case or believes Chang had inappropriate contact with them to please call the Major Crimes Bureau, option 3. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).



COURTESY PHOTO

The fire was accidental Cause of two-alarm Centreville building fire determined

Units from the Fairfax

County Fire and Rescue Department and the Prince William County Department of Fire and Rescue were dispatched for a building fire in the 14600 block of Lee Highway in the Centreville area of Fairfax County at approximately 2:34 p.m. March 10.

Crews arrived on the scene of a two-story, commercial business building with smoke showing from the roof in front of the building. Firefighters arriving in the back of the structure reported fire evident from a second-floor window. A second alarm was requested. A coordinated transitional fire attack was made that controlled the bulk of the fire. They quickly extinguished the fire on the second floor. The fire was confined to one unit. There were no reported civilian or firefighter injuries.

Four occupants were in the unit at the time of the fire. The unit was not equipped with smoke alarms or a fire sprinkler system. 9-1-1 was called by an employee who saw smoke and flames.

Fire investigators determined that the fire was accidental in nature and started in the back of the second-floor unit. The cause of the fire was a mechanical failure within the motor of an air compressor.

No one was displaced because of the fire. Red Cross assistance was not required. Damages as a result of the fire were approximately \$200,000.



COURTESY PHOTO
David Thach

Alexandria man arrested

Officers found an unoccupied 2009 Toyota Highlander at 9 p.m. March 19 in the 3400 block of Carlin Springs Road. The vehicle had been reported stolen earlier in the day.

As officers were investigating, David Thach, 28, of Alexandria returned to the vehicle. The man was arrested and charged with grand larceny, and possession of a schedule I and II drug.

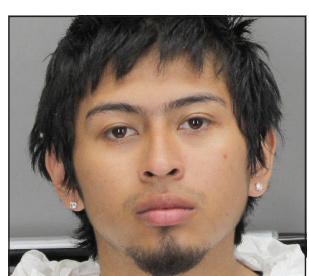
Inmate dies in the Adult Detention Center

Fairfax County Police detectives are investigating the in-custody death of 65-year-old inmate George Redmond.

Redmond was found unresponsive by a Sheriff's deputy in his single cell in the

Adult Detention Center on March 28, at approximately 9:20 a.m. A medical emergency was called and rescue was summoned. The deputy immediately rendered aid until relieved by ADC medical personnel. Rescue arrived, continued lifesaving measures and transported the inmate to a hospital. Redmond was pronounced deceased by hospital personnel.

Redmond had been in the custody of the Fairfax County Sheriff's Office and incarcerated at the ADC since March 25. On that date, he was originally arrested by Alexandria City Police. Custody was transferred to FCPD officers, and he was taken to the Fairfax County ADC. He was arrested for a failure to appear warrant related to an original charge of trespassing and destruction of property. FCPD detectives are coordinating with the Fairfax County Sheriff's Office to gather the facts and circumstances surrounding this death.



COURTESY PHOTO
Alex Navidad Ostorga

Falls Church man arrested after stabbing

Officers were called to the area of Arlington Boulevard and Patrick Henry Drive for an assault at 2:58 p.m. March 24.

When officers arrived, they determined one man was involved in two separate verbal altercations that escalated when he stabbed two separate victims. Officers found the man, Alex Navidad Ostorga, 21, of Falls Church, nearby and took him into custody without incident. Both victims were taken to the hospital and treated for injuries that were not considered life threatening. The suspect was also taken to the hospital and treated for injuries that were not considered life threatening. The man was charged with two counts of malicious wounding.

Alexandria Police Department investigates first homicide of 2022

Alexandria Police Department received a call for service at approximately 6:50 a.m. March 23 in the 4500 Block of Raleigh Avenue for a person who was lying in the bushes and unresponsive.

Upon arrival officers discovered, Elijah Williams,

25 years of age, City of Alexandria resident deceased on the sidewalk near one of the residences in the area. The medical examiner ruled this death a homicide due to upper body trauma.

APD is investigating this incident and is asking anyone with information related to this incident to please contact Detective Ryan Clinch by phone at 703.746.6673 or email Ryan.Clinch@alexandriava.gov or call APD's non-emergency number at 703.746.4444. Tips can be anonymous.

This is the first homicide in Alexandria this year.



COURTESY PHOTO

No injuries reported

Great Falls house fire caused by electrical event

Fairfax County Fire and Rescue Department and Loudoun County Fire and Rescue were dispatched at approximately 11:22 a.m. March 22 for a reported house fire in the 9900 block of Deer Pond Drive in the Great Falls area of Fairfax County.

Units arrived on the scene of a two-story, single family home with fire in the attached garage. Crews were able to quickly knock down, and extinguish, the fire. There was no extension of the fire beyond the garage. There were no reported civilian or firefighter injuries.

No occupants were home at the time of the fire. The fire was discovered when a neighbor saw fire coming from the garage door. 9-1-1 was notified. There were working smoke alarms in the home. They did not sound due to the location of the fire.

Fire investigators determined that the fire was accidental in nature and started in the garage. The cause of the fire was an electrical event involving wiring to a garage door opener.

No occupants were displaced because of the fire. Red Cross services were not required. Damages as a result of the fire are approximately \$87,500.

Megan Hargan found guilty of murder

The jury has reached a verdict in the case of murder in McLean that happened almost five years ago.

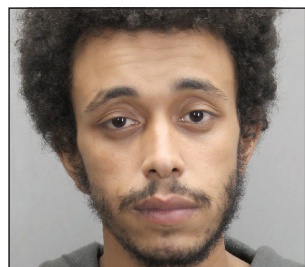
"Today, a jury of Fairfax County residents found Megan Hargan guilty of two counts of first-degree murder

and two counts of use of a firearm in the commission of murder for the July 14, 2017 shoot deaths of her mother, Pamela Hargan, and sister, Helen Hargan," said Fairfax County Commonwealth's Attorney Steve Descano.

Evidence submitted at the trial revealed Megan was angry because she thought she favored her sister Helen, and because Pamela did not make a \$400,000 wire transfer to purchase a home for Megan, according to a statement released by Descano.

The scene initially appeared like a murder suicide, but as the investigation deepened Megan became the primary suspect. She was arrested in November 2018 after being indicted by a multi-jurisdictional grand jury.

"We in Fairfax County have no tolerance for such disregard for human life and I am committed to addressing crimes of this magnitude with the seriousness they merit," said Descano. "We will be asking for a substantial sentence that reflects the seriousness of the crime."



COURTESY PHOTO
Leule Assefa

Man from Alexandria arrested on outstanding warrant

Officers saw a Leule Assefa, 25, of Alexandria operating a 2014 Chevrolet in the 5800 block of Seminary Road March 22 at 1:06 a.m.

Assefa, who had an outstanding warrant, was taken into custody without incident. Further investigation revealed the displayed registration did not belong on the vehicle and the vehicle was stolen. Assefa was charged with grand larceny and the outstanding warrant was served.



COURTESY PHOTO

Detective Leah Smith is honored as Detective of the Month.

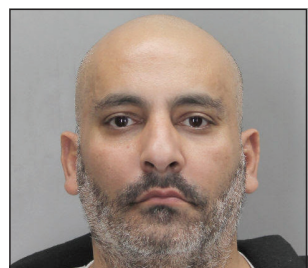
FCPD names detective of the month

Fairfax County Police Department has named Detective Leah Smith, Major Crimes Bureau (MCB) Detective of the Month.

Smith has been with the department for 16 years and started in MCB in 2015. She worked child abuse cases for three years until she transferred to the Homicide Squad in 2018. Over the last three years, Smith has become a leader on the squad.

The detective's most recent homicide exemplifies her work ethic. In this case, the suspect was arrested, but that doesn't mean the investigation stops. Smith continued to investigate and gained valuable evidence for a case. She did this all while training a new member of the homicide squad and balancing other important investigations.

Smith has distinguished herself as an outstanding detective. Her tenacity, dedication, drive, and the never-ending search for justice have been exemplified throughout her time on the Homicide Squad. FCPD says she is a key part of the homicide team. Smith is always the first to volunteer to cover on-call for her team and always makes herself available to assist on all cases. She is meticulous and has proved herself to be a phenomenal detective, trainer, and mentor in the Major Crimes Bureau.



COURTESY PHOTO
Daniel Messiha

Vienna man arrested in Fairfax

Fairfax City Police officers responded to Home Depot at 3201 Old Lee Highway for a larceny at approximately 1:07 p.m. March 24.

Loss prevention observed a male subject conceal power tools in a storage bin and exit the store without paying. Officers located and identified the subject nearby.

The items were recovered and Daniel Messiha, 44, of Vienna, was taken into custody and transported to the Fairfax County Adult Detention Center where he was charged with Grand Larceny. Messiha was held without bond. Messiha was trespassed from the property as requested by management.

NVCC closes campuses after bomb threats

At approximately 4 a.m. Tuesday, Northern Virginia Community College Police were notified of an anonymous bomb threat to the Alexandria Campus through an electronic support system. As NOVA Police worked with local, state, and federal agencies to assess and investigate the threat, the College decided to close the campus out of an abundance of caution.

Around 10 a.m., NOVA Police were notified of a second bomb threat received through the same electronic support system for students. This threat mentioned all of NOVA's campuses and all campuses were then closed.



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PEOPLE AND PLACES



COURTESY PHOTO

One panel is dedicated to Penny, an enslaved girl given by Mason to his daughter.

Enslaved People of George Mason Memorial to be dedicated

It was the summer of 2017, and five George Mason University students and three faculty members were beginning their research into the children enslaved by George Mason IV, the university's namesake.

Wendi Manuel-Scott, a professor of integrative studies and history, and one of the faculty members on the project, recalled how the students at one point "began to talk about how it would be awesome if years from now they came to campus and there's a plaque that honors the enslaved people held by George Mason."

As it turned out, they got much more than a plaque, as what was the Enslaved Children of George Mason project led to the Enslaved People of George Mason Memorial, a focal point of how the university is addressing its identity as it relates to a complicated Patriot.

"The purpose of the project was to raise awareness about George Mason IV, the man, the patriot and the slaveholder," Manuel-Scott said. "Our goal was to focus on expanding our community's understanding of Mason, and to focus on the people he owned and what they thought about freedom."

The memorial on the Fairfax Campus is the centerpiece of the newly renovated Wilkins Plaza, named for the African American civil rights leader, Pulitzer Prize-winning journalist, and beloved Mason professor.

It will be dedicated at 1:30 p.m. on April 4, as part of the university's 50th anniversary celebration.

"I started that project the summer after my sophomore year, and it sounded cool to have research that maybe would contribute to a memorial on campus," said Mason alum **Kye Farrow**, BA History '19, MS Management '20. "But it was really difficult at the time to see how it would get there. So, yes, still today, I'm absolutely amazed the work we did went to the product that's there today."

Other students on the project were **Alexis Bracey**, BA Global Affairs '19; **Ayman Fatima**, BS Systems Engineering, BA Government and International Politics '21; **Farhaj Murshed**, BS Statistics '20; and **Elizabeth Perez-Garcia**, BS Criminology, Law, and Society '19.

It was important each student came from a different academic discipline, Manuel-Scott said.

"Each brought a different way of seeing and thinking, and a different way to analyze and explore records," she said. "That interdisciplinary created a richness in terms of the project."

The project was launched by Manuel-Scott; **Benedict Carton**, a faculty member in History and Art History; and Mason alum George Oberle, Mason's history librarian and a term faculty member in the Department of History and Art History.

All are leaders in the Center for Mason Legacies, an interdisciplinary and collaborative research center established by the University Library and College of

Humanities and Social Sciences that encourages student research to preserve and examine the legacy of George Mason IV and the people he enslaved.

The Enslaved People of George Mason project "shows that Mason is striving to be an exemplar institution in relation to the idea of promoting student inquiry and being open to where that goes and takes us, even if it's not always a happy story," Oberle said.

The memorial includes the iconic statue of Mason. A new pedestal includes four quotes which highlight the different aspects of his life, including the penning of the Virginia Declaration of Rights, the foundation of the U.S. Bill of Rights. But Mason also enslaved more than 100 people at his Gunston Hall plantation and did not free any upon his death.

Memorial panels are also dedicated to Penny, an enslaved child given by Mason to his daughter, and James, Mason's personal attendant. A fountain contains stones in a pattern that symbolize an African custom of gathering and prayer.

To acknowledge an altar that was constructed next to the Potomac River by the enslaved at Gunston Hall, and to acknowledge that the land on which the university was built was originally inhabited by indigenous people, water from the Potomac River will be poured into the fountain.

"It's a way to interconnect the worlds, between the place of enslavement, the place of difficulty, but also a place that's life-giving," said **Gabrielle Tayac**, an associate professor of public history at Mason, and a Piscataway tribal citizen. "To pour the water into the fountain that recalls those connections and all of those hopes and dreams and memories the people had, it's a way of awakening and blending those intentions."

"Our project sought to guide students' sense of moral duty, as they branched out to discover hidden histories," said Carton. "This duty is focused on reconstructing the everyday humanity of enslaved people whose lives had deep meaning, despite the cruelties of enslavement."

"The moral duty," he said, "is in the learning."

FCHD team honored by National Association of County and City Health Officials

The National Association of County and City Health Officials (NACCHO), representing the country's nearly 3,000 local health departments, has recognized the **Fairfax County Health Department's Acute Communicable and Emerging Diseases Program** team as an Infection Prevention and Control Champion. NACCHO's Infection Prevention and Control Champion designation recognizes well-versed and respected leaders in the field of infection prevention and control. These individuals work at local health departments and advance infection prevention and control capacity, activities, guidelines, and engagement.

"It's an honor to be nominated and to receive Infection Prevention and Control Champion recognition. I am incredibly proud of our team, partners and community to see our work over the past five years recognized," said Barbara L. Downes, MS, CIC, manager, Acute Communicable and Emerging Diseases Program, Division of Epidemiology and Population Health. "Infection prevention and control saves lives. Our community is the reason we

do what we do, we are fulfilling our Health Department's mission to protect, promote, and improve quality of life. Every one of us has a role in infection prevention and control for a healthier, better-informed community. Through partnerships and connections, we are enhancing collaboration and witnessing firsthand the positive outcomes that result from effective infection prevention and control work."

The Fairfax County Acute Communicable and Emerging Diseases Program team, established in 2017, is responsible for conducting surveillance, disease prevention, and outbreak control for all reportable conditions (except Tuberculosis, sexually transmitted infections, and rabies), antimicrobial resistance, healthcare-associated infection prevention, and outbreak response.

During the COVID-19 pandemic response, the Acute Communicable and Emerging Diseases Program team's interactions with healthcare facilities, such as skilled nursing facilities, expanded to include surveillance and reporting, more frequent site visits with an emphasis on ensuring compliance with mitigation measures, assessment of personal protective equipment use and other infection prevention measures, outbreak investigations, and testing and vaccination support. In addition to onsite communication, they expanded outreach to include monthly webinar meetings with long-term care facility partners to better address COVID-19, healthcare-associated infection prevention, and antimicrobial resistance updates.

"The Fairfax County Acute Communicable and Emerging Diseases Program is a model for building, maintaining, and leveraging partnerships with critical facilities to respond swiftly and effectively to outbreaks, support implementation of infection prevention and control measures, and deliver education to local facilities," said NACCHO Chief Executive Officer Lori Tremmel Freeman. "NACCHO recognizes Fairfax County as an Infection Prevention and Control Champion for their exemplary work with facilities in Fairfax County, along with their commitment to sharing best practices at both the state and national level."



COURTESY PHOTO

Officials from the Town of Herndon and A&M Concrete Corporation, the project contractor, broke ground March 25 for the commencement of construction on a major road project to improve the intersection of Van Buren Street and Herndon Parkway. The cost for the project is \$10.9 million which includes \$4.5 million for the Herndon Parkway intersection and \$6.5 million for the Van Buren "complete streets" portion. The project provides significant enhancements to primary roads necessary due to the anticipated opening of the Herndon stop on the Silver Line. The town anticipates construction will be complete in spring 2023. In the photo (L-R) are Scott Robinson, director, Public Works, Town of Herndon; Bill Ashton, town manager, Town of Herndon; Virginia Delegate Irene Shin; former Herndon Mayor Lisa Merkel; Herndon Mayor Sheila Olem; Herndon Councilmember Naila Alam; Brian Glover, vice president, A&M Concrete Corporation; Richard Smith, senior civil engineer, Town of Herndon.



COURTESY PHOTO

Steve Knotts



COURTESY PHOTO

Elizabeth Schultz

Fairfax GOP re-elects chairman; honors state official

At the biennial convention of the Fairfax GOP March 26, **Steve Knotts** was re-elected to a second term as chairman.

Looking ahead to this November's midterm elections and next year's state-level contests, Knotts rallied the GOP faithful with a message of unity. "When we unite behind our nominees, as we did last year, we win," Knotts told convention delegates and attendees. "Glenn Youngkin proves that; Jason Miyares proves that; and the absolutely fabulous Winsome Sears proves that!"

While Fairfax remains a Democrat stronghold, Republicans made significant gains in the county last year. "In deep blue Fairfax County, Youngkin's goal was to cut his losses compared to GOP gubernatorial performance in 2017," the Virginia Public Access Project wrote following the release of enhanced 2021 election data. "Youngkin met his goal in eight out of 10 precincts."

Knotts sees evidence of continued GOP momentum in the region. "Soon, we will choose our 2022 congressional nominees," the chairman noted. "Reflecting our party's revitalization here in Northern Virginia, we have many candidates in each race: five here in the 11th District; somewhere in double digits for the 10th; and believe it or not, five candidates in the 8th!"

During the convention program, the Fairfax GOP honored Virginia Assistant Superintendent **Elizabeth Schultz**, who formerly served on the county's school board. "As a committee, we commend Ms. Schultz's ongoing efforts to reform public education for the benefit of Virginia's students," the GOP said in a formal proclamation. "Further, we are determined to bolster and defend Ms. Schultz in this noble cause, however we are able."

New COVID policy coming for GMU Center for the Arts

The College of Visual and Performing Arts (CVPA) at George Mason University announces an update to the vaccination/testing policy for audiences at the Center for the Arts in Fairfax and the Hylton Performing Arts Center in Manassas, beginning May 2, 2022. After close consultation with the health and safety leaders at George Mason University, it has been determined that current health conditions allow the venues to discontinue requiring patrons to provide proof of vaccination or a negative COVID-19 test result upon entry into most events, as of May 2, 2022.

Beginning May 2, 2022, audience members will not be required to show proof of vaccination, or a negative COVID-19 test result prior to attending most events, except when required by the event



COURTESY PHOTO

FACETS' team members recently met with Afghan women refugees who are living at Wedgewood apartments to learn about their families' needs as they settle.

FACETS, a nonprofit that helps those suffering the effects of poverty in Fairfax County, provides a myriad of services to residents living at Wedgewood through its Education and Community Development Program (ECD). FACETS' ECD program operates year-round in four low-income, subsidized communities offering a continuum of supportive services to break the cycle of poverty including educational, preventative and enrichment programs to help adults and youth, including mentoring and tutoring, and a variety of classes such as ESL, budgeting, literacy, art, and computers. In addition, residents receive on-going case management to connect residents with services to help them succeed.

organizer or artist. If proof of vaccination or a negative COVID-19 test result is required for a specific performance, it will be indicated on the webpage with event details.

Face coverings will continue to be required for indoor performances. The venues are implementing a step-down approach to the current pandemic policies. This approach also includes assessing the masking policy. The venues will announce any changes to this policy with at least 14 days notice on their website.

Dean of the College of Visual and Performing Arts and Executive Director of the Hylton Center Rick Davis

shares, "Our audiences, artists, staff, and community members have been wonderful partners in the effort to contain COVID-19. Thanks to their dedication, we have been able to return to live performance and remain safe. While this virus is still worthy of concern, and caution is still appropriate, we are looking forward to easing our restrictions soon. We appreciate everyone who has helped us keep the arts alive and well during this challenging time."

Events scheduled from March 23 through May 1 at all CVPA venues will continue with the previously announced safety protocol.

OBITUARIES

In Loving Memory
Veer Vrat Bhartiya

Veer Vrat Bhartiya was a devoted family man, a loving husband, a dedicated father, a jolly friend, and a remarkable businessman who led with his heart and his intuition. His fantastic adventures on this Earth came to a close on March 21, 2022, at age 73.

Veer was born to Vimal C. Manav and Shanti Devi in Haryana, India as the middle child of 7 children. As a child, he was a rebellious prankster in a very conservative and lower-class family who was able to make his siblings laugh and feel comfortable despite their challenging upbringing. He was also gifted with a great mind. His academic aptitude allowed him to secure an extremely rare scholarship from the Indian government to earn his master's degree at either Stanford or MIT. He chose MIT.

His magnetic charm, generosity, and jovial nature made him instantly likeable in Boston. He would host any student - even strangers - arriving in Boston to stay in his apartment until they were situated. He was the Indian Student Association president, admired by many for his integrity and compassion, and the center of many parties and campus theater events. Upon his return flight to India, he was escorted by his peers with a parade-like spectacle all the way to the airport.

As was customary then, Veer sought an arranged marriage. However, he was never one to take life or it's big moments too seriously. His first interaction with his future wife's family involved him showing up to the meeting late (this would be a habit throughout his life) and dressed only in a "lungi" or Indian pajamas. He then had the audacity to declare "The candidate is here." Luckily, his intelligence, charm, and warmth won the day and the heart of his future wife, Purnima.

From an early age, Veer had vowed to make it to America. He eventually convinced his new bride Purnima to take a leap of faith with him. Without a job waiting for him or even a place to live, he followed what felt right to him. Together with their newborn son, they found their way in a new country. There, the family put down roots in the Northern Virginia community and led busy social lives filled with music, dancing, laughter, and countless speeding tickets.

The first several decades in the US had their own unique challenges though - living in a joint family, attempting to start a new business aligned with his goals and values, and raising a family in a foreign country. But through sheer brute force, an unflinching focus on delivering quality, and a little luck, the company he built survived. It was not uncommon to find Veer fixing the broken leg of a desk or carrying supplies from office to office, even as CEO of a growing company. Service was in his soul.

With Veer's vision and fortitude, REI Systems is now a thriving enterprise with nearly 1,000 staff across the world. It is a company that embodies all the principles he holds dear - integrity, quality, hard work, and service to others.

Veer believed that life was meant for living, for giving, and for loving. As he transitioned into retirement, he sought to give back by establishing a medical center in India to provide free healthcare services to those in need - just like his own family so many years earlier. His profound impact will live on for generations.

His ferocious love for life's beauty and pursuit of joy lives on through his wife Purnima, his sons Wagish and Manish, his daughters-in-law Resmi and Shwetha, and his three grandsons.

A funeral service took place Thursday March 24, 2022 at Adams-Green Funeral Home.



In loving memory
Ngoc Ho

Ngoc Ho, passed away at age 65, on March 26, 2022. He is survived by his wife, Van, and his children Anh, Julian, and Allison. Ngoc was born in Vung Tau, Vietnam on April 2, 1956. His humble beginnings taught him the value of hard work. As a boy he worked as a street vendor to support his large family. Torn apart from his home country by war, he immigrated to the United States when he was 19 years old. He got a job as a line cook to put himself through college in Pennsylvania. He studied hard and eventually became a computer programmer in Northern Virginia. His career lasted for almost 30 years and he mentored many eager young minds. His greatest joy was spending time with loved ones. He was a proud father, a loving husband, a devoted brother and uncle, and a loyal friend. He will be dearly missed.

Visitation will be held April 10th at Fairfax Memorial Funeral Home from 10am to 12pm. Memorial contributions to the Leukemia and Lymphoma Society would be appreciated.

MEET THE CANDIDATES

McLEAN COMMUNITY CENTER 2022 GOVERNING BOARD ELECTIONS

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote for members of MCC's 2022-2023 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

1234 Ingleside Avenue, McLean, Va. 22101
703-790-0123/TTY: 711 mcleancenter.org



ADULT CANDIDATES THREE POSITIONS OPEN



ANNA BARTOSIEWICZ annaformcc@gmail.com
My name is Anna Bartosiewicz, and I am excited to bring an international perspective to the MCC board. My family is multilingual and multicultural, and I work hard every day to instill a sense of curiosity and acceptance in my two daughters. As a board member, I would work to create an inclusive space where everyone in our community is welcome to contribute and participate, enriching us all. In my work as a consultant, my most successful projects fostered consensus through facilitation, an approach I look forward to using as we make every voice heard during the decision-making process.



DEBRA BUTLER debra4mcc@gmail.com
I moved to McLean 17+ years ago. It's been a marvelous place to raise a family, and my children have had a wonderful life here. Part of that is McLean Community Center. It's time for me to give back now that they are grown! I'm interested in bringing in art events that incorporate younger participants to the theater, like open-mic music and comedy. I'm also interested in cultural innovations that incorporate the rich tapestry of our diverse community from around the world. And the restoration of our greenspace and helping to advance an enriched Central Park. I'd love your support.



ARI GHASEMIAN ariformcc@gmail.com
My name is Ari Ghasemian, and I'm running for the McLean Community Center Governing Board this year. As a product of public education—from Chesterbrook Elementary School to the University of Virginia—I know firsthand the role institutions like the Community Center play as a hometown's anchors. I seek to serve on the MCC Governing Board in order to be a steward of the values that make McLean the vibrant community we are: respect for difference, giving back and the belief that we can all learn something new from one another.



KATIE GORKA katiegorkamclean@protonmail.com
I moved to McLean with my family in 2008, and I found it to be a wonderful place to raise our young children. Now that they are older and out of the house, I wanted to find a way to give back to the community. I always enjoyed the events at the McLean Community Center and feel it is a great asset. As a member of the board, I would help ensure that programming represents all members of the McLean community and that it responsibly stewards funds and other resources that are entrusted to it by members of our community.



KRISTINA GROENNINGS kristinaformcc@gmail.com
I grew up less than a mile from McLean Community Center. I attended theater classes and arts programs there and performed on stage. It would be an honor to participate on the board to ensure that the same opportunities that were afforded me, continue to be available to residents. It's vitally important that we foster a sense of community, by presenting quality programming and opening MCC's doors to civic and cultural activities. I would bring arts experience as a former concert pianist, policy and board experience as former lead counsel to PBS and experience as counsel to major entertainment companies.



LAUREN S. KAHN laurenskahn@gmail.com
I have lived in McLean since 1976. My townhome is about five minutes by car from the MCC. My kids attended Fairfax public schools. My son got his start in dramatics in the MCC children's play with lead roles in two successive years. I am opposed to the interference of the culture wars in this election. I believe that funds could be better spent on programs for our diverse constituencies rather than spending \$250,000 on electric vehicle chargers in the parking lot so that a few people can charge their EV's at public expense.



JAMES LAWLESS jimformcc@gmail.com
I'm a lifelong resident of McLean. I was in the first class at McLean High School, where I met my wife Barbara in Latin. We were married while I was in law school. I spent my profession as a lawyer for NOAA. We lived in Scotts Run where I was HOA president. Barbara and I strongly supported the establishment of McLean Community Center in 1972. Since her death in 2014, I've lived in King's Manor and served as HOA president. I serve on the Board of McLean Citizens Association. If elected, I will work to improve programs, outreach and participation.



MAIRE SHINE maire4mcc@gmail.com
Born and raised in McLean, I want to give back to our community by shaping its future while honoring the traditions that make McLean so special. I have always appreciated the MCC for uniting and enriching the lives of the McLean community by offering diverse and engaging activities for all. I hope to carry those efforts forward as a member of its Governing Board, building on my foundation of community engagement as a longtime volunteer with McLean youth sports. If elected, I would serve as an energetic, collaborative Board member who understands the importance of preserving McLean's sense of community.



ISHAH "LAURAH GUILLEN" WRIGHT ishahwright@gmail.com
I'm one of the few publicly known CIA. My teacher frequented this community, so it is comfortable for us publicly known CIA types being around here. The word "intelligence" in Central Intelligence Agency, means high IQ. All CIA employees are chosen for being the world's top IQ (smart level), so we're the best at anything (even center improvements). I've direct access to top rich and famous, giving me greater fundraising capability legally, and to place our students in movies. As a visual artist, I relate to visual art aspects of our center. I want to give back to the community.

YOUTH CANDIDATES ONE POSITION OPEN

Langley High School Boundary Area



CHARLOTTE LOVING charlotterloving@gmail.com
For as long as I can remember, I've been going to McLean Community Center. Whether it was watching a play or taking classes, the center has been part of my whole life. I'm very familiar with McLean and I have friends in both the McLean and Langley districts through softball, church and other activities. I'm president of the Langley Nice Cream Club and it has taught me how to lead and plan along with how to make and achieve goals. Since the center has been a big part of my past, I'd like to be a part of its future.

YOUTH CANDIDATES ONE POSITION OPEN

McLean High School Boundary Area



MAX BLACKSTEN max4mcc@gmail.com
I am honored to be in candidacy for reelection to the MCC Governing Board. I want the opportunity to continue serving on the center's Governing Board because I want to be able to influence policies at the MCC and Old Firehouse, and I feel that I have the skills and experience working on the Governing Board over the past year to bring even more impactful change in 2022 and 2023. Outside of the MCC, I am highly qualified to serve due to the diverse set of leadership skills I have attained through my extracurricular activities. Thank you for your consideration.



SARAH TRAN sarahtran4mcc@gmail.com
My name is Sarah Tran, and I am honored to be a candidate for the McLean Governing Board. McLean has been excellent to me, and I view this position as an opportunity to contribute to such a friendly and welcoming community. I have led numerous activities that brought teens together and foster fellowship through nonprofit organizations, school clubs and honor societies. What I enjoy most is working with others who have the same goals in mind, and it is my belief that alongside the governing board, we will achieve the common goal of improving McLean for all of its residents.

For more information on the election, visit mcleancenter.org or email elections@mcleancenter.org.

\$40,000 Reward



- Second degree murder
- Disposal of a body

Joel Mosso Merino
5'7" 230lbs

Submit tips anonymously through
Fairfax Crime Solvers 1-866-411-TIPS or
FairfaxCrimeSolvers.org



REWARD CONTINUED FROM PAGE A1

could of the 800-acre park," said O'Carroll. "While we had not found Hannah, we remained committed to search every inch of Piscataway Park."

Over the weekend the medical examiner positively identified the body as Choi. "We are thankful for her discovery, which brings a sense of closure in this case," said O'Carroll.

Detectives from the FCPD Fugitive Track and Apprehension Unit continue to investigate Merino's whereabouts. They learned prior to the murder that he

had planned to fly to Los Angeles March 8, but they waited for him to arrive at the airport, but he never arrived. They later learned he had traveled to Georgia instead.

"Hannah's been taken away from us," said Mina Choi, Hannah's younger sister at a recent news conference. "I will always remember her as someone who was brave, strong and independent and dedicated her life to helping others. There's still work to be done. Please help us bring justice for my sister." She thanked the local community and police for their support.

O'Carroll encouraged Merino to surrender "at a time and place of your choosing or be arrested on ours. You can tell your story and enjoy a presumption of innocence," he said. "We will not stop until we find Merino." There are two active arrest warrants out for Merino, one for second degree murder and the other for disposal of a body.

Anyone with information about Merino's whereabouts is asked to contact detectives at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).



PIZZANO CONTINUED FROM PAGE A1

JPMF sees a need and strives to meet it. It started with their Splash program, teaching and modeling water safety for people with disabilities. They graduated to funding the creation of the waterpark Our Special Harbor. The free-admission park is maintained in partnership with the Fairfax County Park Foundation and Park Authority.

Splash and Our Special Harbor were modeled after lessons and activities in the Pizzanos' own home. "We tried to take as many disabilities into account in designing [Our Special Harbor]," Pizzano said, but that's true of any JPMF endeavor.

JPMF partnered with ServiceSource for their Building Employment Solutions Together (BEST) program to employ disabled individuals in workspaces throughout the community. The program is customized for all participants, because "Each person is individual," said Pizzano. The small teams of less than four service local businesses with a range of work. The tasks can involve sanitizing or stock-

ing but no one size fits all.

BEST took a trial run in 2020 but had to restructure throughout the pandemic. BEST ideally gets people with disabilities to participate in the community, but JPMF adjusted with participants working from their building in Old Town Alexandria. With COVID limitations, JPMF and ServiceSource focused on training individuals and opened the BEST shop.

The shop is filled with products made by BEST program participants in partnership with local organizations. There are purses, candles, art, and more with all of the proceeds going to those who made the products. Pizzano's own sons, Tom and Matt, will sell "something they made and they're the happiest people in the world," she said.

With limitations lifting, JPMF is returning to deploying BEST participants. "We are actively seeking businesses, shops, and offices that would be open to having the BEST work in their office... to give these individuals the opportunity to provide [employers] a service," Pizzano said.

Anyone interested in utilizing BEST participants

doesn't even need to have a business. They are happy to complete standalone tasks as well—as they did in packing goody bags for JPMF's golf tournament. Pizzano said it's all about "focusing on abilities instead of focusing on limitations."

"We hope that this will be a model that other people will use. It gives everybody an opportunity to get out there and work but also to appreciate and enjoy the people with disabilities," she said. While they started the nonprofit with a focus on equal opportunity for disabled individuals, Pizzano said, "People can take positive ideas and make an impact more than they realize."

"It's best to think outside the box. Just because you haven't done it or it's never been done before, doesn't mean you shouldn't think outside the box," said Pizzano.

Those interested in the BEST program can contact Theresa Piccolo at piccolo@servicesource.org or Paola Pizzano at paolapizzano@jpmf.org and learn more at <https://jpmf.org/programs/the-best/>

County residents learn how to “Stop The Bleed”

By Collin Cope
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Chantilly High School hosted a set of workshops on March 23 hosted by the advocacy group “Stop The Bleed” to better educate the public about the urgency of excessive bleeding resulting from injury.

Retired Air Force Col. John Leech highlighted the importance of this life-saving education as he recently survived a traumatic injury while cleaning a World War II-era Colt 45 pistol.

While cleaning the weapon on Jan. 6, the gun misfired and a round penetrated Leech’s left hand and entered his left thigh, leaving his femoral artery in a dangerous position.

Immediately after the injury, it was apparent Leech was set to lose lots of blood as this artery plays a major role in circulation throughout the body. Had it not been for the immediate actions of his wife Elaine and officers from the

Fairfax County Police Department, he might not be telling this story today.

According to event organizers, a little-known fact is that excessive bleeding is the number one cause of death following injury. At the time of the injury, Mrs. Leech was left with just about 120 seconds to stop her husband’s bleeding before Fairfax County Fire and Rescue showed up to assist.

During this time, she applied direct pressure using an oven mitt before Houston Lamper and Scott Bates from FCPD showed up and utilized Mr. Leech’s belt as a makeshift tourniquet. Each of these actions played a crucial role in saving his life.

As this two-minute period is a short one, “Stop The Bleed” hopes to better educate more people who may encounter a situation as time-sensitive as this.

Additionally, with Leech’s harrowing story as living proof, organizers are working to spread aware-

ness of the methods that can be taken to prevent death in future complications such as this.

At the event, an informational session paired with hands-on experience for local residents to learn how to best reduce excessive blood loss. In the session, attendees had the opportunity to apply pressure to a faux wound, as well as pack the wound and learn how to operate a tourniquet on oneself.

With the help of a partner, organizers hope this experience shows, rather than tells, how attendees can be best prepared for these situations.

Guests with aversions to blood or general squeamishness have the ability to opt out of the tourniquet class, but the event provided necessary education around harm reduction following an injury for everyone who attended.

For more information on this workshop, as well as where to register for future sessions, visit <https://www.stopthebleed.org/>.



COURTESY PHOTOS

Fairfax doubled affordable housing goals

Matching output with the advancing affordable housing efforts

By Jaya Patil
FAIRFAX COUNTY TIMES

Board of Supervisors Chairman Jeff McKay proposed an increased goal amount of new affordable housing units in response to encouraging progress made. They established an initial goal of 5,000 units and, two years later, approved doubling it to 10,000 net new units.

In addressing the board on March 22, McKay highlighted that they have made 2,000 units within two years of setting the production goal for 2034. Nearly halfway to their goal point, which McKay described as “a floor not a ceiling,” they are raising expectations.

The board named the production goal in response to the Affordable Housing Resources Panel identifying a need for 15,000 affordable housing units in the county. They focused their plan on developing and preserving affordable housing for all applicable populations.

Multiple board members praised Director of Fairfax County Department of Housing and Community Development

Tom Fleetwood for his work contributing to the affordable housing plan.

Hunter Mill District Supervisor Walter Alcorn indicated the efforts were also district-specific and said, “By the end of 2027 I want to see 1,000 additional units in Hunter Mill. I would welcome any of my colleagues who want to get a little friendly competition.”

The annual Fairfax County Housing Symposium preceded the board meeting. Symposium participants discussed the impact of affordable housing and noted relevant successes, resources, and continuing work.

“There are 70,000 new vouchers throughout the county ... and there is \$5 billion in new HOME Funds,” said U.S. Department of Housing and Urban Development Deputy Secretary Adrienne Todman.

McKay said that “the county has approved almost \$100 million in one year dedicated to making affordable housing happen” within the next fiscal year. The \$94 million comes from the Affordable Housing Development and Investment Fund, American

Rescue Plan Act, and Tysons Housing Trust Fund—to name a few.

“What can we do to help increase the supply of affordable housing?” asked Virginia Housing CEO Susan Dewey. “We need to think differently in terms of financing, construction, land use, and what we can do to reduce the property tax burden.” Regarding the ongoing process, the opening speakers acknowledged areas lacking such as starter home supply, equity, and rental subsidies.

Both the active parties and the funding involve various state and federal resources, strengthening the effort to provide sufficient affordable housing in the county.

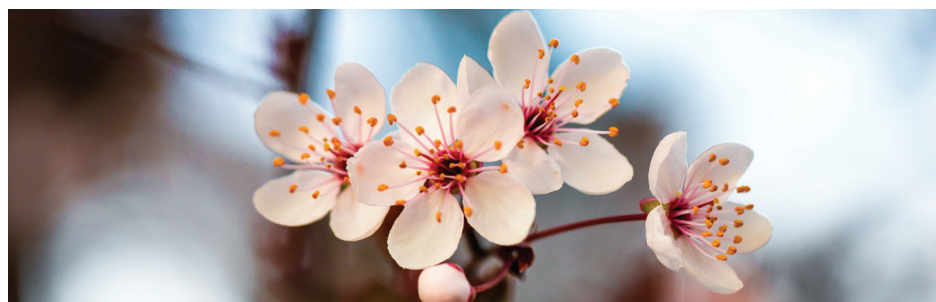
“Housing is absolutely integral to Virginia’s economy. The location, the availability, and the cost of a home all impact the ability of our workers to save, to build wealth, and to contribute to overall economic growth in their community,” said HousingForward Virginia Executive Director John Knopf.

“We excitedly accept and endorse this new goal

established by the Board of Supervisors and look forward to continuing to build on the success we have achieved,

making every affordable housing project a model for the next, and infusing affordable housing in every corner of the

county,” said Fairfax County Redevelopment and Housing Authority Chairman Melissa McKenna.



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UNSPASH

Clinical accounts of mold in the body

Two local practitioners share their experiences with mold illness

By **Jaya Patil**

FAIRFAX COUNTY TIMES

An estimated 25 percent of the population is highly susceptible to mold toxins, thanks to genetic mutations, and some of them are physicians. The stories often start the same, someone was healthy as a horse and quickly descended from a myriad of symptoms before discovering they had been exposed to dangerous mold indoors.

For Dr. Pete Hilgartner of Hilgartner Health and Wellness, the exposure was in an old building where they moved their practice to in 2012. He had been training for intensive masters rowing at the time and “was feeling good and strong. Within three months of being in [that] building, I could barely get on the rowing machine for more than about three minutes. I lost about 25 pounds,” he said.

“It affected my respiratory system, my nervous system. One day [I] had an asthma attack that turned into an anxiety attack. I’ve gone through combat and never had any of that,” said Hilgartner.

Dr. Carmel Dekel

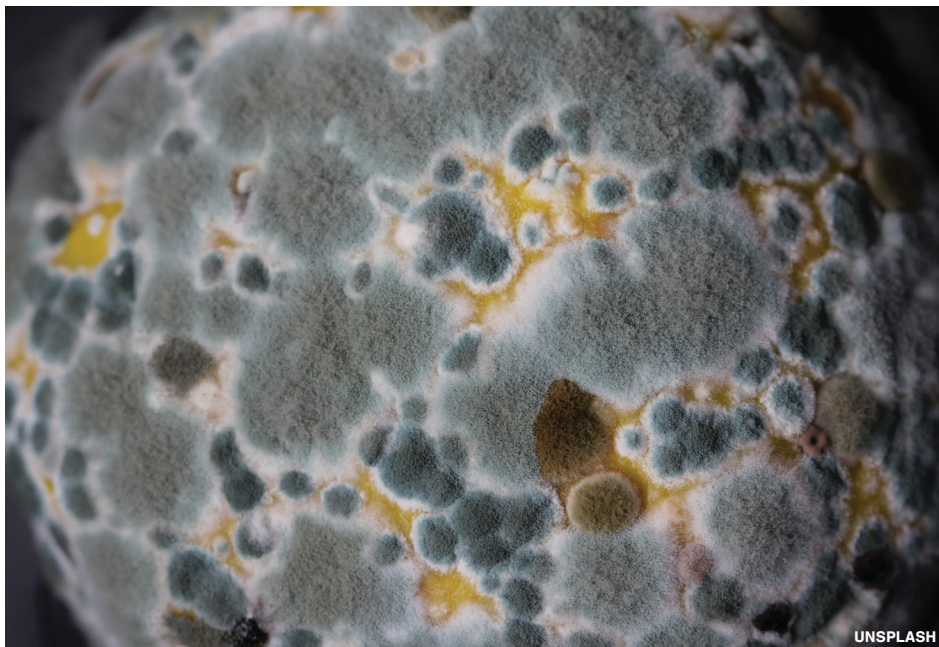
Wiseman had unusual fertility issues for nearly 10 years and additional odd symptoms that prompted her to seek a functional medicine doctor.

As they found that they were genetically predisposed to mold illness, the two also discovered mold-in Hilgartner’s workplace and Wiseman’s home. They began their education, with Hilgartner attending conferences by the American Academy of Environmental Medicine (AAEM) and Wiseman getting certified in functional medicine.

“A lot of people in a lot of different fields have gotten exposed and had to learn about this the hard way,” said Hilgartner.

“The problem is you can take something like body aches, fatigue, brain fog and you can attribute it to other conditions too,” said Wiseman. Most people aren’t even aware that they’ve been exposed.”

Wiseman noted it took more than a year of treatment to regain a fraction of her normal athletic energy, one treatment being an infrared sauna. “I’ve had patients who presented with MS [Multiple Sclerosis] or Parkinson’s and



UNSPASH

then we get them out of mold and start to detoxify their body and those symptoms either go away completely or improve significantly,” Hilgartner said.

Hilgartner used the analogy of a rain bucket to explain the effect of exposure to toxins. A person’s body is like a rain bucket, the rain being environmental toxins. The bucket has proper holes for drainage ways to get rid of toxins in the body. The body’s detoxification process races to keep up

with the incoming toxins but those with genetic mutations have a bucket with less drainage ability.

If the bucket can’t drain, it’s easier for it to overflow. Any accumulation of toxins can outweigh the body’s ability to detoxify and result in diseases that take advantage of an overwhelmed system.

“Once you’ve been exposed to mold—whether you have the gene or not—and you’ve had a reaction, you’re

now sensitive and susceptible to things like viruses and bacterial infections,” Wiseman said. Recovery is difficult but, she said, “If people can’t get away from the source of their exposure, they’ll never heal”—stressing the importance of avoiding mold exposure for pregnancy and holistic health.

“What’s your health worth?” Hilgartner posed, as many affected individuals must leave work or their homes and pay for their treatment

out-of-pocket. There is scarce awareness about mold illness as research doesn’t seem to be federally funded. “People don’t have the resources or the information to try and figure out what’s going to work for them and pharmaceutical drugs don’t heal it,” added Wiseman.

Mold appears to be ignored as a factor in observed problems. “It should always be considered as a differential diagnosis until determined otherwise,” Wiseman said. Additionally, Hilgartner encouraged people to approach it as a process of elimination and rule out mold as a source of chronic conditions or even behavioral problems and learning disabilities in children.

“Twenty-five percent of the population is being relegated to the sidelines and participating in life in that area because we haven’t educated people, elevated our standards, or made it safe for them,” concluded Hilgartner.

Editor’s Note: This is the second story in our series on mold illness. Last week we had intended to cover how Fairfax County Public Schools handles mold, but they did not respond to our questions.

Everything You Need to **KNOW**

A Free, Virtual Educational Program



Advanced Healthcare Decisions

How to Prepare for a Healthcare Event and Eliminate the Burden from Loved Ones

Thursday, April 28

Doors open for in-person attendees 11:30 AM

Program begins (virtual and in-person) 12:15 PM

Learn how to find and complete the advance care planning documents you need, while having healthy communication with loved ones about your wishes.

Presented by **Betsy Sue Scott, Esq.**, Elder Law and Estate Planning Attorney working with Advance Medical Directives, Health Care Powers of Attorney, mental health commitments, guardianships, Veterans benefits, wills, and probate. **Tall Oaks Director of Nursing Mavis Adu** will join Betsy Sue for a question-and-answer session following the presentation.



Betsy Sue Scott



Mavis Adu

This event is free and open to the public.

Advance registration is required!

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How to decrease inflammation

KEYS TO BETTER HEALTH
CINDY SANTA ANA



UNSPASH

Most people think any inflammation is a bad thing, but this is not necessarily true. Inflammation is part of the body’s healing process. It’s the body’s response to pathogens, damaged cells, injury, infection, or irritants. Your immune system sends white blood cells to surround and protect the compromised area, creating redness and swelling (inflammation).

You actually do NOT want to interrupt acute inflammation because it defends and repairs tissue by sending oxygen and white blood cells to the area. Without inflammation, injuries could fester and grow, and simple infections could become deadly.

Chronic inflammation, on the other hand, destroys tissue slowly and continuously. It’s maladaptive and doesn’t shut off. Unfortunately, chronic inflammation is linked to every major disease.

So, what can we do to shut off chronic inflammation?

First and foremost, we’ve got to support the gut. Probiotics and prebiotics have a significant effect on promoting beneficial microbes that support the body’s response to inflammation – both acute and chronic. That means we have to feed the gut what it needs and remove what it does NOT need. Your gut doesn’t like GMO foods, chemicals, antibiotics, and alcohol.

Whole foods include a variety of fresh fruits and vegetables, olive oil, fatty fish and, pastured animal foods that are rich in omega 3’s, and probiotic-rich cultured foods like

pickles, kimchi, sauerkraut, and kombucha.

Plus, there are many culinary herbs and spices that have strong anti-inflammatory properties:

- Ginger
- Garlic
- Turmeric
- Cilantro
- Parsley
- Oregano
- Sage
- Rosemary

There is also an abundance of ancient healing herbs that are anti-inflammatory:

- Ashwagandha
- Berberine (Oregon grape root, barberry, goldenseal)
- Astragalus
- Cat’s Claw
- Chamomile
- Echinacea
- Fenugreek
- Lemon Balm
- Licorice Root

There are many ways to eliminate chronic inflammation and reduce your risk of ALL major diseases across the board.

Read ingredient labels and avoid soybean, canola, and

cottonseed oils; high fructose corn syrup, and MSG. But, there are some other important things to look for on a label, such as the variety of questionable ingredients added to products such as flavorings, preservatives, anti-caking agents, emulsifiers, etc.

Any of the ingredients below are a reason for me to look for an alternative product:

Sweeteners – acesulfame potassium, sucralose, aspartame, corn syrup

Emulsifiers – xanthum gum, guar gum, cellulose gum, hypromellose (hydroxypropyl methylcellulose)

Anti-caking agents – maltodextrin, tricalcium phosphate, silica or silicon dioxide
Preservatives – sodium benzoate or benzoic acid, BHA, BHT

Manufacturing aids – magnesium stearate or stearic acid

Eating a nutrient-dense, whole foods diet is essential for overall health and to decrease inflammation in the body. For more support, visit www.UnlockBetterHealth.com.

Ways to get ready for gardening and growing season

Courtesy of Fairfax County Master Gardeners Association

With temperatures rising and spring bulbs poking through the earth, we offer these tips/services to get your lawn and garden ready for spring.

Need advice? Contact a master gardener

For more than 40 years, the Fairfax County Master Gardeners Association has served as the area's experts in helping local gardeners with a host of horticultural conundrums — from selecting the right plants and understanding how to care for them, to conducting home soil tests and helping address pest issues.

During the growing season, master gardeners are on duty five mornings a week, Monday through Friday, from 9 a.m. to noon. Phone: 703-324-8556 Email: HelpDesk@FairfaxGardening.org

Do you need advice in person? Attend plant clinics, which begin April 9.

The Park Authority's Green Spring Gardens also has a master gardener's group.

Plant native

Native plants have numerous benefits, ranging from supporting wildlife to needing little maintenance. Native species will tolerate the environment of our region: the soil, temperature, and rainfall, and they have the added bonus of attracting local birds and butterflies.

By planting native species, you will:

- Reduce erosion



COURTESY PHOTO

- Reduce runoff
- Reduce the spread of non-native species
- Maintain the integrity of local habitats
- Maintain or improve soil fertility
- Help sequester carbon
- Increase birds and other wildlife
- Plant deep-rooted options, as the graphic shows below (versus the roots of grass)
- Native trees are also essential to our local ecosystem. Learn more about Plant NOVA Native Trees, a five-year campaign to encourage all of us to plant more beneficial trees.

Lawn fertilizer and soil test tips

If you think you need to fertilize your lawn, think again! Don't fertilize in the spring if you have cool-season grass, like tall fescue, Kentucky bluegrass, and perennial ryegrass. Most grasses in Northern Virginia are cool-season grasses. Feeding your lawn at the wrong time

of year can actually hurt your grass in the long run.

When it rains, excess fertilizer runoff also harms the health of our creeks, streams and the Chesapeake Bay.

A soil test is the best tool available for determining if fertilizer is actually needed. Learn how to get your soil tested at Virginia Tech's Soil Testing Laboratory from the Northern Virginia Soil and Water Conservation District.

Visit local garden centers

Whether you're planning a colorful flower patch or a bountiful backyard veggie garden, these nature centers and nurseries in Fairfax County have you covered. Find seeds, specialty plants, flowers, herbs, veggies, planters, and everything in between. Check out this list from Visit Fairfax: <https://bit.ly/3LrZsxQ>.

Get free mulch

Applying a layer of mulch in spring will help maintain soil moisture and control weeds. Mulching also insulates soils keeping them

warmer in winter and cooler in summer.

We produce good quality, double-shredded wood mulch for residents for free. Mulch is usually available at the I-95 and I-66 transfer stations.

Note: Despite the appeal of those attractive mulch mountains, don't pile mulch against tree trunks or plant stems. It can stress plants causing insect and disease problems.

Make a composting plan

Composting is nature's way of recycling. And it has evolved a lot in the last few years, including new food compost drop-off spots at our I-66 and I-95 transfer stations, as well as at select

farmers' markets.

Whether you decide to compost at home, contract for curbside collection, or take your organic matter elsewhere, you will be doing your part to help recycle natural matter.

Spring cleaning

Do you have insecticides, weed killers, or another household hazardous waste you want to get rid of safely? We'll take those corrosive, ignitable, toxic, and reactive materials items for free at our I-66 and I-95 recycling locations.

Learn what's accepted and not accepted, what's OK to drain, and what's OK to trash.

Check out library resources

Yes, go to the library to get the best out of your lawn and garden. There are more than 1,300 "gardening" titles available to check out.

In addition, view the "Field Guide to Fairfax County's Plants and Wildlife," which helps identify common species found in typical neighborhoods, schoolyards, parks, and other areas. The guide is a useful resource for any resident who wants to know more about the local environment where they live,

work, and play.

Mark your calendars: farmers' market schedule

By providing access to locally grown foods, our 10 farmers' markets strive to improve the health of residents, support local food producers, and protect the environment. Markets open on a rolling schedule beginning April 16. Of course, fresh vegetables, fruits, and other goods are available for purchase, as are vegetable plants for your own garden.

Add your gardening actions to the county-wide map

Use our "Watch the Green Grow" mapping application to record environmentally friendly practices in your yard. Upload pictures to show your progress. Each positive report triggers a green spot on a county map. The green areas grow with each beneficial action.

Prevent tick bites

As you're gardening and enjoying the outdoors, ticks are ever-present depending on conditions. There are three tick species regularly found in Fairfax County that can transmit disease to humans. Make simple changes to your yard's landscaping to keep ticks away. Learn eight ways to prevent tick bites.

Don't miss this step before your next project

Courtesy of BrandPoint Media

With spring officially here, homeowners and landscape professionals alike will be reaching for their shovels to start digging projects - from planting trees and creating garden beds to installing new mailboxes, fences or pools. Before you put your shovel in the ground, don't miss the critical step that can protect you, your neighbors and the utility services you rely on: contacting 811.

As 58% of American homeowners plan to dig this year - according to research from the Common Ground Alliance (CGA) - contacting 811 before digging is critical to avoid unintentionally striking a utility line. Unfortunately, approximately 34.9 million people across the country will skip this crucial step before starting their project, which can result in inconvenient outages for entire neighborhoods, serious harm to yourself or your neighbors, and significant repair costs.

Contacting 811 - by making a free call to 811 or, in most areas, a request online - connects you to your local one call utility notification center to have underground utilities marked so that they are not damaged during digging projects. Every digging

project, no matter how large or small, warrants contacting 811. Installing a mailbox or fence, building a deck and landscaping are all examples of digging projects that should only begin a few days after calling 811 or submitting a request online.

"A utility line is damaged every few minutes in America because someone decided to dig without contacting 811 to learn the approximate location of buried utilities in their area," said CGA President and CEO Sarah Magruder Lyle. "With an estimated 71 million Americans planning home improvements as the weather warms up, contacting 811 a few days before any projects that require digging - including common landscaping projects like planting trees and shrubs - is critical to preventing incidents like service outages and serious injuries."

To help keep yourself safe and connected to important utilities, follow these simple safe digging steps before your next project:

1. A free, simple phone call to 811, or a visit to www.811beforeyoudig.com to submit an online request, makes it easy for your local one call center to notify appropriate utility companies of your intent to dig. Contact 811 a few days prior to digging to ensure enough time for the approximate location of utility lines to be marked with flags

or paint.

2. Know where you plan to dig and have a basic idea of what you plan to do. When you contact 811, your local one call center will ask you to provide the location and description of your digging project.

3. Your local one call center will notify affected utility companies, which will then send professional locators to the proposed dig site to mark the approximate location of buried utility lines with colored flags and paint.

4: Wait the required amount of time for the lines to be marked. Once all lines have been accurately marked, carefully dig around the marked areas.

There are more than 20 million miles of underground utility lines in the United States, which equates to more than a football field's length of utilities for every person in the U.S. Your family depends on this buried infrastructure for your everyday needs, including electric, natural gas, water and sewer, cable TV, high-speed internet and landline telephone. With that much critical infrastructure underground, it's important to know what's below and contact 811 before digging. To find out more information about safe digging, including links to your local one call center, visit www.811beforeyoudig.com.

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SPORTS

PAGE A-8

FAIRFAX COUNTY TIMES

Friday - Sunday, APRIL 1 - 3, 2022 fx

Fairfax County firefighters defeat police in charity hockey game

By **Sravan Gannavarapu**
FAIRFAX COUNTY TIMES

Between pandemic restrictions that canceled last year's season and new recruits with little experience in cheer, the varsity cheerleaders at Bishop Ireton faced a daunting task when stepping up to the mat at the Christian Cheerleaders of America Nationals in Fayetteville, N.C. last month.

It was all for a good cause, but the firefighters got the bragging rights that came with victory.

Against the Fairfax County Police Department last Friday, the Fairfax County Fire and Rescue team scored a 6-2 victory at Reston Skatequest. While the scoreboard doesn't tell this story, both sides can leave the ice with their sticks held high as they played for a bigger purpose.

The charity-themed exhibition game was to provide donations to RedHelp.org and BlueHelp.org, organizations that provide mental health services and support to first responders.

"We have this event to help break the stigma around first responder suicide and mental health," said Eric Provo.

Provo reached out to Lt. Bill Harrington of the fire department about holding a game between them and the police department and immediately

was given a yes. Additionally, Harrington contacted Maj. Eli Cory of FCPD and, they also agreed to take part in this event.

As an added bonus on the side, the losing department chief would be forced to wear the opposing department's hockey jersey to work on Monday.

"The big winner is the charity," said Harrington before the game. "The police chief will be wearing that jersey Monday morning and it will be fun."

Turns out, Fairfax County Police Chief Kevin Davis wound up wearing the opposing jersey, this after he initially made the friendly wager with Fairfax County Fire Chief John Butler.

The FCPD took an early 1-0 lead with a little more than 11 minutes left in the first period and it stayed that way at the end of 1. Moreover, throughout the first period and early into the second, there were more chances for the blue team to take control, as they had several shot attempts.

But, like they do when the fire starts to get hotter, the FCFRD team quickly extinguished the opportunities and ran off six straight goals. Firefighter Wade Munday led the charge, scoring two goals in the winning effort, his first goal tied

the game and by the end of the second period, the firefighters held a 4-1 advantage.

Munday opened up the last period with his second goal before Firefighter John Kurzinger finished the deal with the sixth and final goal for the red squad. Sgt. Nick Salvado cut the deficit to 6-2 with just under five minutes left in the third period, but by then, the game was out of hand and everyone was playing for pride.

After the game, Cory, while naturally disappointed by the loss, was in high spirits as the true winners of the game were the ones who would benefit from the donations given by the public and the bond that was strengthened as a result of this event.

"It brings us together because we all work together and this was a great opportunity for us to have those relationships made stronger and do something for a great cause," said Cory.

Provo says that though this is the first time that a hockey game has taken place between the two departments, there is the hope to make this an annual event. Additionally, the main goal is to continue to raise awareness for mental health amongst first responder communities and provide those resources.



SRAVAN GANNAVARAPU

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COURTESY PHOTO

THE SIBLINGS OF JOSEPH BRING THEIR HARMONIOUS SOUND TO WOLF TRAP

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

It was back in 2014 when Natalie Schepman started her quest for a music career, and invited her younger twin sisters, Allison and Meegan Clossner, to help out on vocals on her debut project.

The trio quickly realized that they had something special, and the alt-folk ensemble Joseph was born, deriving their name as a tribute to their hometown of Joseph, Oregon, and their grandfather, Jo.

Joseph's debut release, "Native Dreamer Kin" was a big hit, and the sisters were signed to a record deal after much competition from various labels. That led to the 2016 release of "I'm Alone, No You're Not," which debuted

at No. 1 on Billboard's Heatseekers chart, with the song, "White Flag," hitting No. 1 on Billboard's Adult Alternative Songs chart.

Three years later, Joseph scored another success with the follow-up, "Good Luck, Kid," which only magnified the group's crystalline vocal work and harmonies.

Joseph will be heading to Wolf Trap for two nights, April 2 and 3, to play fan favorites as part of their "The Request Only" tour, with Utah indie rockers Brother, opening up.

"The whole idea behind this is at our merch table, we have it set up where fans can link up to a QR code and then request any of our songs from our catalog, and we'll make the set list right before we go on and then sing the songs every-

one chose," said Meegan Clossner. "It's been a really fun tour so far, and it's just the three of us playing as a trio."

The sisters enjoy the fact that every night has been different, and they'll never know what's in store for them until about an hour before their set begins.

"It's kind of a crazy undertaking for sure," Clossner said. "The first couple of nights we

did this, we were like, 'oh my, what did we sign up for,' but now that we've gotten a couple under our belts, it's actually turned out to be so fun. It's really good practice for us, and it helps us to make sure we know all of our songs."

Besides the hits from the two studio releases, there have been a lot of requests from

See SISTER ACT, Page B4

NextStop Theatre Company presents
"Nat Turner in Jerusalem"



Kevin Thorne and Bobby Libby star in powerful historical drama

By Keith Loria
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Nat Turner was an enslaved African-American preacher who famously organized and led a four-day rebellion of enslaved and free Black people in Southampton County, Va. in 1831.

His story is now being told at NextStop Theatre Company in the powerful play, "Nat Turner in Jerusalem," inspired by Turner's recorded "confession" and his personal justification for the insurrection, reported to be the largest slave uprising in the history of the U.S. The show will be staged weekends from April 1-17.

"NextStop is honored to bring such a critical piece of work to our audiences. This play is true American history, tragic Virginia history, and begins a conversation that is as relevant today as ever," said Evan Hoffmann, artistic director for the theatre. "One of the reasons we picked 'Nat Turner in Jerusalem,'

is because it is a story that invites audiences to connect, engage, and grapple with how we determine the 'right way' to pursue justice."

Written by playwright Nathan Alan Davis and directed by Bryanda Minix, the play reimagines Turner's final night in a jail in Jerusalem, Va., as he articulates the mission he believed was ordained to him by God, the bloody results and consequences of the insurrection he led, and his own prophecy for America.

"This play is sure to intrigue audience members and act as a relevant reminder of our shared responsibility to bridge any divides and work together for a positive future," said Hoffmann.

The show stars Kevin Thorne in the title role and Bobby Libby as attorney Thomas R. Gray.

This is Thorne's first time performing at NextStop, and he came to the role having known Minix for a while, with her having directed his first show in the D.C. area.

"She knew what I was capable of and we've kept a wonderful

relationship," he said. "One day, she hit me up and told me she had something right up my alley, so she sent me the script and I literally could not put it down. I read it all at 12 a.m., and read until the last word."

Thorne was intrigued with not the violent aspect of nature it references, but how it spoke to the desperation of people to want to have injustice end. Plus, it falls in line with his acting philosophy of creating work that leads to difficult conversation and calls for change.

"When injustice doesn't cease, then you have the possibility of uprising to cause greater harm to people who don't see it coming," Thorne said. "No one wants for violence, but at the same portion, you can't blame people who are put in dire straits. It calls on people to really analyze the actions of the nation they live in today and forces them to make difficult and tough decisions to be critical of their own house."

See NAT, Page B4

HOT LINKS
BY COLLIN COPE



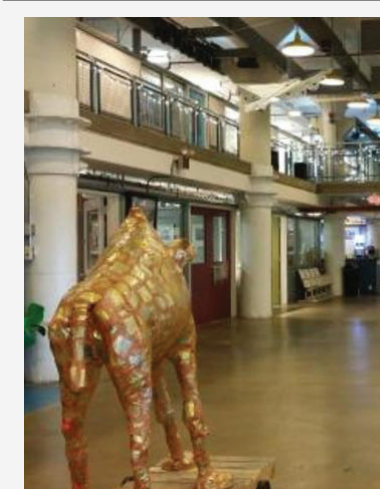
Rediscover spring and head into the woods
April 2

Herndon's Frying Pan Farm Park hosts a self-guided tour of the grounds on April 2 featuring their luscious cherry blossoms in bloom. Bring out the whole family for an exploration of multiple stations throughout the park which aim to educate and entertain guests along the way. At the end of the tour, guests will be funneled towards the historic Meeting House, which is more than 200-years-old. The event will be free for all, but registration is required. To register, call 703-222-4664 or visit <https://bit.ly/3DzV6Ct>.



Art blooms at Mosaic • April 2 and 3

Mosaic District hosts its annual two-day festival to ring in the spring season April 2 and 3. With a variety of fun-filled activities available, spend the weekend celebrating the very best the county has to offer in the way of arts and local business. Those attending the festival include URBNmarket, FRESH-FARM, Caboose Brewing Company, and more. Additionally, there will be live music from Groovalicious on April 2 and Hit Parade on April 3. Both shows will play from 3 p.m. until 6 p.m. The event will be free to attend. For more information, visit <https://bit.ly/3Ny46fV>.



Cherry blossom exhibition at The Torpedo Factory throughout the month

Through the month of April, local art enthusiasts are encouraged to visit Alexandria's Torpedo Factory Art Center for an exhibit of colorful works inspired by the recent bloom of Cherry Blossoms in Washington, D.C. With viewing available from 10 a.m. until 6 p.m. from Wednesday through Sunday, there are plenty of opportunities to see the latest the center has to offer. Attendance is free and more information is available at <https://bit.ly/3IRoIBz>.

COURTESY PHOTOS

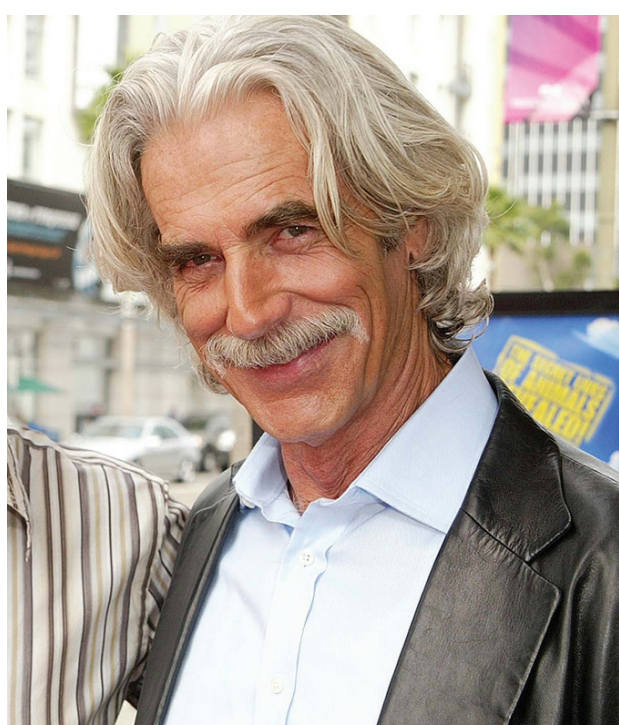
HOLLYWOOD

by Tony Rizzo

Hugh Bonneville of "Downton Abbey" and "Paddington 1-2-3" recently tweeted, "Until today I had no idea who provided the voice of @paddingtonbear in Ukraine. Speaking for myself, thank you President Zelensky!" That's right, the president of the Ukraine, Volodymyr Zelensky, is the voice of Paddington the bear in "Paddington 1 & 2." The Russians knew he was a comedian, but didn't know they were dealing with the brave and cunning Paddington!

James Wolk's agent recently called him to say he had bad news and good news. The bad news was NBC has canceled his series "Ordinary Joe." The good news was he's going to star in a film George Clooney is directing, "The Boys in the Boat." Wolk will be playing the coach of the University of Washington's rowing team, which won a gold medal at the 1936 Berlin Olympics. Joel Edgerton, Callum Turner, Jack Mulhern, Luke Slattery, Sam Strike, Courtney Henggeler, Thomas Elms and Tom Varey co-star. Wolk is best known for "Zoo" (2015-2017), two seasons of "Tell Me a Story" for CBS Access, and HBO's "Watchmen."

The ever docile and gentle Sam Elliott rarely speaks out about things. However, Sam, a veteran of 10 Western movies, 10 made for TV Western films, guest-starring roles on "Lancer" (1969-70), the classic "Gunsmoke" series (1972) and his series "The Yellow Rose"



Sam Elliott

DEPOSITPHOTOS

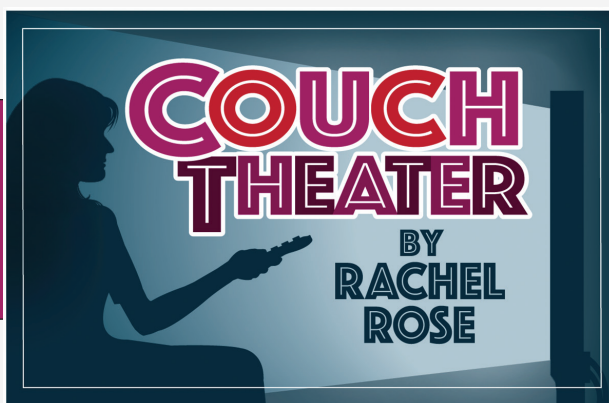
(22 episodes), was noticeably upset at how cowboys are portrayed in "The Power of the Dog."

Sam took aim with, "They made them look like those guys in New York wearing bow ties and not much else; That's what all those f**king cowboys in that movie looked like. They're all running around in chaps and no shirts. What the f**k does this woman (Jane Campion) -- a brilliant director, I love her work -- but what the f**k does this woman from New Zealand know about the American West? And why shoot a movie in New Zealand and call it Montana, saying this is the way it was?"

I've known Sam Elliott for 50 years, and he's the gentlest, softest-spoken,

kindest guy who rarely, if ever, would stand on a soap box. He's certainly not anti-gay, but when someone starts showing the West, where men were men, as we've been told, someone has to stand up for the macho cowboys of yesteryear, and Sam didn't even address the scene in which Benedict Cumberbatch pleased himself. Sam didn't know "The Power of the Dog" started shooting in January 2020, was shut down in March due to COVID, and thanks to its New Zealand location resumed in June and finished in July 2020. Hats off to the critic who referred to Cumberbatch's performance as a "stroke of genius!"

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"The Oscars" (NR)

If you missed the 94th Academy Awards live premiere on ABC, it's now available to stream. This year, the Academy of Motion Picture Arts and Sciences had a much larger film collection to select nominations from than the previous year, due to a smaller number of films being released because of the COVID-19 pandemic. "The Power of the Dog" leads with 12 nominations, followed by "Dune," "West Side Story" and "Belfast." In the Best Picture category, 10 films were nominated, but only five of the directors of those 10 films were nominated for Best Director. With beautiful movies to celebrate and the first performance of the hit song "We Don't Talk About Bruno" from "Encanto," the highly esteemed award show finally makes its way back to its normal state (much like the rest of us).

"Thermae Romae Novae" (NR)

Now available for streaming, "Thermae Romae Novae" is an anime based on the Japanese manga series by Mari Yamazaki. Lucius, an architect from ancient Rome, gets tasked with building a bathhouse, yet he's unable to think of any worthwhile ideas. Suddenly, Lucius gets sucked into a time-traveling tunnel that leads him into a bath-



Olivia Rodrigo in "driving home 2 u"

DISNEY+

house in modern Japan. Overwhelmed with all the new inventions that have appeared over centuries and centuries of time, Lucius gets inspired to return to his home and build a bathhouse the ancient Romans never could have imagined in their wildest dreams. (Netflix)

"driving home 2 u" (NR)

Pop superstar Olivia Rodrigo got her start on Disney+ with a main role on "High School Musical: The Series," and she's back on the streaming platform -- this time in a documentary film showcasing her experience creating her very first album, "SOUR." Rodrigo owned the charts last year as a force in pop music that hasn't been seen in a while, and "SOUR" was an incredible success, with her first three singles dominating radio stations and music streaming platforms. Get to know a different, more humanized side of this young

songwriter in "driving home 2 u." (Disney+)

"The Fairly Oddparents: Fairly Odder" (TV-Y7)

As the second longest-running television show on Nickelodeon, "The Fairly Oddparents" became a true staple for millennials and Gen Z. While the original animated show wrapped in 2017, a live-action series was put into the works; thus, "The Fairly Oddparents: Fairly Odder" was born. "Fairly Odder" follows Vivian "Viv" Turner, Timmy Turner's cousin, who begins a new life after her family becomes blended in with her father's new wife and her new stepbrother, Roy. From the now older Timmy, she receives a gift to help her navigate her new life: our favorite, very odd, fairy godparents, Cosmo and Wanda! Premieres March 31. (Paramount+)

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2022

THE BARNNS

AT WOLF TRAP

JOSEPH BROTHER
APR 2 | 8 PM
APR 3 | 7:30 PM

TOM PAXTON & THE DONJUANS
BUFFALO ROSE
APR 13 | 8 PM

PAUL THORN
APR 27 | 8 PM

CHOIR! CHOIR! CHOIR!
APR 29 | 8 PM

THE QUEBE SISTERS
MAY 7 | 8 PM

CHAMBER MUSIC AT THE BARNNS

THE JAZZ EFFECT
CHAMBER MUSIC SOCIETY OF LINCOLN CENTER
MAY 8 | 3 PM

WOLFTRAP.ORG

King Crossword

ACROSS

1 Bar legally

6 Decorator's theme

11 Floodgate

12 Apple music service

14 Maidens of myth

15 Nap

16 Doctrine

17 Varieties

19 Up to

20 Casual tops

22 — Paulo

23 Optimum

24 Passover repast

26 Heller and Conrad

28 Chips go-with

30 Small barrel

31 High-ranking angels

35 Nintendo princess

39 Neural transmitter

40 Snitch

42 Eye drop

43 Spasm

44 Croc's kin

46 GI's address

47 Runs off to wed

49 Transforms (into)

51 Safe and sound

DOWN

1 Parisian palace

2 Tallied

3 Bit of advice

4 Folksinger Phil

5 Mexican money

6 Identified incorrectly

7 Elevator name

8 Calendar abbr.

9 Foot part

10 Fixation

11 Tizzies

13 Mariners

18 British rule of India

21 Auto style

23 Sire

25 Shred

27 "— who?"

29 Sentence parts

31 Fills up

32 Driven out

33 Highly ornate

34 Perched

36 Figure skater, at times

37 Author du Maurier

38 Got up

41 Actress Marisa

44 Richard of "Chicago"

45 Crucifix

48 Young dog

50 HDTV brand

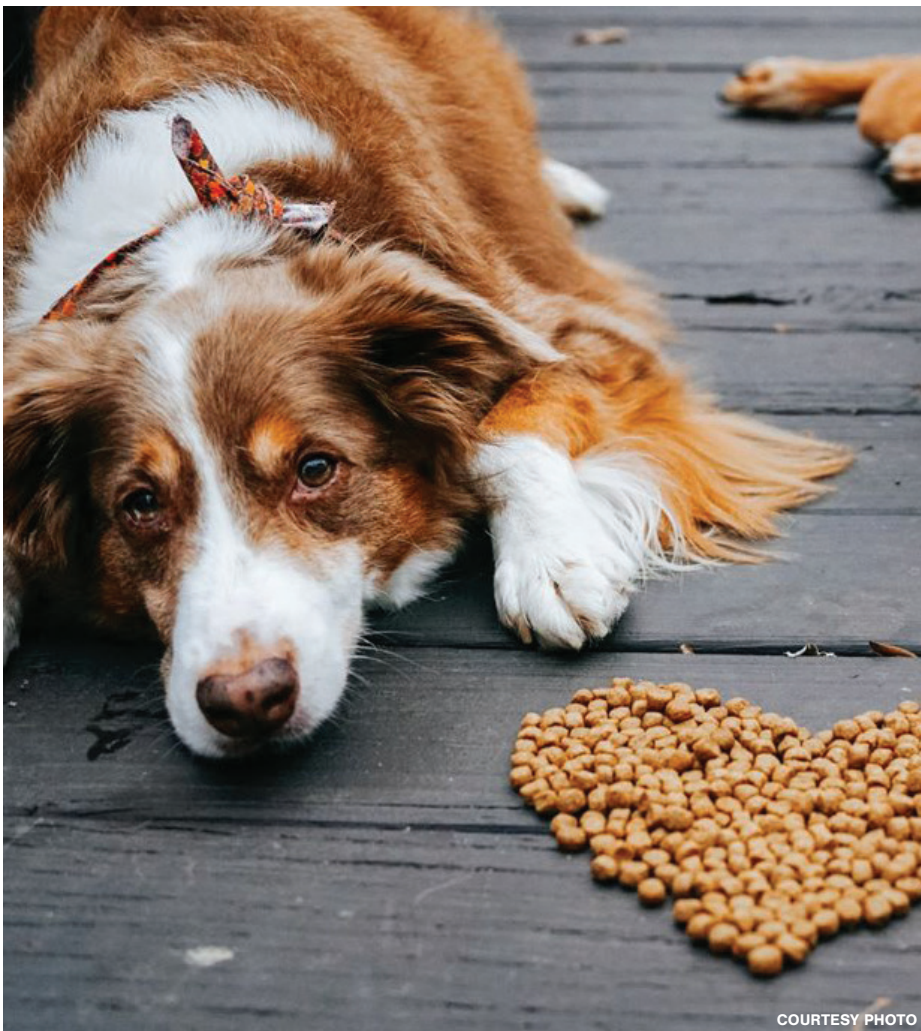
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ZED by Duane M. Abel

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Five ways to show your pet some extra love



COURTESY PHOTO

Courtesy of Brand Point Media

Your pets are part of your family, and you would do just about anything for them. From the tail wags and face licks to the head bumps and purr-fests, your pets show their unconditional love in many ways, every single day. If you're looking for ways to reciprocate, consider the following tips for things you can do to show your pet some extra love.

1. Have a "yes day" with your pet

When was the last time you devoted time to solely focusing on your pet and doing the activities you know they love to do? The truth is, your beloved pets love nothing more than hanging out with you - so why not make a whole day of it?

Start by making a list of all the activities your pet enjoys or saying "yes" to your pet's cues to see where the day takes you. One more treat after a walk through the park? Yes! One more minute of scratches behind the ear? Yes! Whatever you end up doing, know that any time spent with your pet is time they'll love.

2. Feed them nutritious, delicious food

One simple, yet important, way to keep your dog or cat happy and healthy is by feeding them nutritious and tasty food and treats. Choosing food that uses all-natural ingredients will

not only help maintain their well-being, but your four-legged family member will love it.

While finding pet-food products with organic fruits and vegetables and sustainably sourced ingredients may seem like a daunting task, raw pet food leader Stella & Chewy's has a variety of products to keep your pet happy and healthy. For cats, consider Raw Coated Chicken and for dogs, check out the Red Meat With Grain Raw Blend - or find your own favorite by visiting StellaAndChewy's.com to learn more.

3. Find a great new toy

Animals need the occasional stimulation of a new toy or game, and they love playing with you. Try a new interactive toy or activity that can keep you both entertained for hours. When playtime is done, put the toy away so it's still fresh the next time you bring it out for a play session.

4. Take some PTO for your P-E-T

Between family and busy work schedules, you may be wondering how to carve out dedicated time for your pets. Why not take a day off work for exactly that?

"At our company, we make sure everyone has an extra day off to spend dedicated time with their pets," said Marc Hill, CEO of Stella & Chewy's. "Just as you might take a day off to celebrate a loved one's birthday or anniversary, our pets are also our family, and

we believe our employees - and their pets - deserve an additional day off to bask in the raw, unadulterated love we share with each other."

With more than two-thirds of pet parents agreeing that it's important for family vacations to be pet-friendly, consider taking that extra day off to embark on a road trip with your pet. Visit friends, head to a dog-friendly beach or go sightseeing at a national or state park. Whatever you do with your time off, your pet will appreciate the extra day hanging out with their favorite person - you!

5. Teach your pet a new trick

Most dogs - and even some cats - enjoy the challenge of learning something new.

Use their favorite treats to teach simple tricks at home like:

- "Paw" - Get your dog in a sitting position and show them you have a treat. Hold the treat in your hand close to your dog's face and under their chin. Most dogs will try to paw at your hand to get to the treat. If your dog does this and touches your hand, give them the treat and praise.

- "Roll Over" - Sit in front of your cat with a treat 2-3 inches away from their nose. If you want your cat to roll to your right/their left, slowly arc the treat on a slight incline toward their right ear. For the left side, do the opposite, and reward with a tasty treat when the trick is completed.

ADOPT A DOG

INFO@AFOREVERHOME.ORG

ABBY

Breed: Doberman pinscher Mix
Age: 5 years
Gender: Female Spayed

Abby was found on a rural road in Mississippi with her puppies. This quiet little girl is very sweet. She is learning to be more confident. She is good with other dogs and people.



ADDAMS FAM PUGSLEY

Breed: Terrier mix
Age: 6 months
Gender: Male

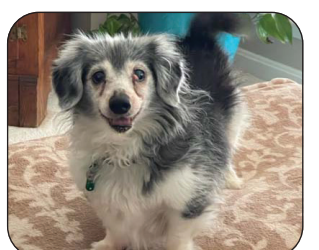
Pugsley is just a wonderful boy. He is so smart and is learning sit and lie down. He just loves to play fetch and is very treat motivated, making training a lot easier. He is crate trained and sleeps in there without issue. Pugsley is very affectionate and loves sitting snuggled up to his humans.



ALFIE/MURPHY

Breed: Pomeranian mix
Age: 19 years
Gender: Male neutered

Murphy is the friendliest, happiest little guy. He's always excited to see you, greeting you with a constantly wagging tail. He's pretty easygoing, great with dogs, cats and children, but he also lets you know when there is something he wants. For a senior, he still gets around pretty well. All he really wants to do is sit in your lap and snuggle.



ALLIE

Breed: Hound mix
Age: 9 months
Gender: Female

Allie found herself with Animal Control in rural Mississippi and her family never came looking for her. She is a sweet girl is good natured. She is very playful and enjoys people of all ages. She enjoys to the company of other dogs and is really good with everyone.



AMBUSH 5 BONNIE

Breed: Labrador retriever mix
Age: 4 months
Gender: Female

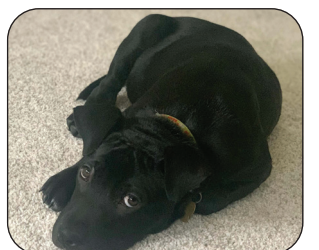
Bonnie just loves attention. She is great with her foster siblings who are much bigger than she is and loves everyone she meets. She is working hard on houstraining and sleeps in her crate all night.



BOOKER 1 DJ

Breed: Labrador retriever / pit bull terrier mix
Age: 6 months
Gender: Male

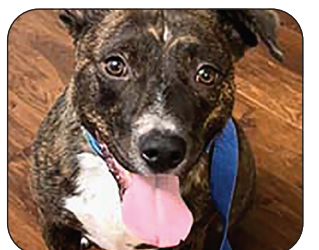
DJ is such a sweet and happy puppy. He loves people and is good with kids. He likes to play and wrestle with other dogs, including tug of war. DJ is good in a crate, sleeps through the night, and rides well in a car in the crate. He is houstraining and walks well on the leash.



ELLIE

Breed: Pit bull mix
Age: 9 months
Gender: Female spayed

Ellie is one of the best dogs I have ever met! This girl really LOVES her people. She has great house manners too. She does not bark, she is crate trained, and is completely houstraining. Ellie also loves to go for walks and really enjoys cuddling. This girl is so gentle, she would do well in any family. She also gets along with other pets but is mild mannered is more interested in cuddling with you.



CENTER PARK SIMBA

Breed: Chihuahua / Labrador retriever mix
Age: 8 months
Gender: Male neutered

Hi, I am Simba. I am crate trained, houstraining, and am working on my leash skills. I get along with other dogs and love kids. I like a ton of attention and would be happy with a big family or as the only pet. Love is all I need. I am a fun-loving active boy who is waiting patiently for my forever home.



COCO

Breed: Hound / Australian shepherd mix
Age: 2 years
Gender: Female spayed

Coco is a sweet girl who will talk to you if you talk to her. She gets along with other dogs and is super friendly. She loves long walks, riding in the car and new adventures. Her curiosity is endless. She also loves squeaky toys and playing chase or tug of war. She can't wait to find a loving new home.



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TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, April 6, 2022, at 7:30 p.m. in the Herndon Municipal Center, Second Floor Conference Room, located at 777 Lynn Street, Herndon, and a public hearing on Wednesday, April 20, 2022, at 7:30 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR SIGNAGE, ARB #22-005, to consider an application for a business identification wall sign located at 208 Elden Street, Herndon, Virginia, further identified as Fairfax County Tax Map 0171 04 0006A and is located on the north side of the Elden Street and approximately 600 feet east of the Elden Street and Herndon Parkway intersection. The property is zoned as CS, (Commercial Services District), and consists of 77,350 square feet of land. Owner:GMP Investments LLC. Applicant: Hamza Jaber.

APPLICATION FOR NEW SITE FEATURE, ARB #22-006, to consider an application for a new site feature on the site of an existing structure located at 231 Spring Street, Herndon, Virginia, further identified as Fairfax County Tax Map 0162 02 0177C and located in the southwest quadrant of the Spring Street and Herndon Parkway intersection. This property is zoned as O & LI (Office & Light Industrial) and consists of 432,166 square feet of land. Owner: 460 Herndon Parkway LLC. Owner Agent: Cushman & Wakefield. Applicant: Nelson Gault, FM Studios.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 1, 2022, after 3:00 p.m.

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish April 1 / April 8, 2022

Market Research Analyst (Herndon, VA).
Research, collect & analyze data on the market conditions, trends, customer preferences & buying habits. Gather data on competitors & analyze prices. Forecast & track mktg & sales trends. Bachelor's deg., 2 yrs exp. 40 hrs/wk. Send resume w/ cvr ltr to Erhan Turk, General Manager, My Kitchen and Bath Inc., info@mykitchenandbath.com

Amazon Web Services, Inc., an Amazon.com company - Herndon, Virginia.
Cloud Support Engineer II: Provide advanced remote technical support to customers by responding to difficult technical inquiries related to large & production critical issues to propose solutions to &/or resolve root causes of cloud network &/or system issues. (AMZ6526).
Data Center Infrastructure Engineer II: Work with design & engineering professionals on concepts & build projects. (AMZ566817).
Multiple job openings. Apply online: www.amazon.jobs - search by AMZ job #(s). EOE.

Macedon Consulting, Inc seeks a Senior Consultant in Herndon, VA to be responsible for designing, developing, and implementing complex business processes using the Applan platform, with supervision. Requires travel to client sites 10% of the time as needed. Telecommuting is permitted. Apply at jobpostingtoday.com/ Ref #85893.

Project Manager: Oversee the operation of a software developing project. Ensure teams follow the correct procedures, policies & doc reqmts. Instruct team through the development, testing & implementation stages & review work. Provide direction & technical expertise. Make decisions & solve tech problems. Identify resource & equipment reqmts, efficient capacity planning & manage software & hardware availability. Make presentations. Provide technical training & serve as tech mentor. Oversee the project lifecycle. Monitor expenditures & project progress. Recommend changes. Min. reqmts: Bachelor's degree in Business Management and/or Business Administration. 72 months exp. in Project Manager for software developing project. Must have a valid Project Management Professional (PMP) certification. Must have the following certifications: Certified SAFe 5 Scrum Master certification & Certified ScrumMaster. Must have exp. managing projects through the entire Software Development Life Cycle. Exp. ensuring software is free from defect using Java/J2EE Applications, Agile with Scrum, RUP, ABUP, Waterfall, Selenium, SOAPUI-Pro, Rational Mercury Tools (such as Rational Manager, Clear Quest, QTP), Oracle, Red Hat Linux, JIRA & Microsoft Suite. Exp. with creating project plan, project timelines, test plan, test strategy; test automation plan & defect management. Exp. training & mentoring team members. Resumes to Job Loc: Pyramid Systems, Inc., 2677 Prosperity Avenue, Suite 700, Fairfax, VA 22031. ATTN: C. Gross

Hunters Woods Fellowship House - Apartments for 62+ or Disabled

WAITLIST OPEN

April 23, 2022 from 9am-2pm only

Applications only accepted at Herndon Neighborhood Resource Center
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Registered Nurse: Admin nursing care to ill, injured, convalesc, or disabled patients & sr citizens. May advise sr citizens & patients on health mainten & disease prev or prv case mgmt. Consult & coord w/ healthcare team members to assess, plan, implemnt, or eval sr citizen & patient care plans. Reqs: 1. Bachelor's in nursing, bio, pharm, or rtd & 2. Registered Nurse (RN) License. Send resume to 7700 Little River Tnpk Ste 600, Annandale, VA 22003, Friends Health Care Team Attn: Ms. Cho for interview.

AXL Global Consulting LP seeks a Dayforce Solutions Manager for a position in Reston, VA. Successful candidates must have a BS in Comp. Sci. or Comp. Eng and 3 years of experience as a Computer Systems Analyst or substantially similar pos. Telecommuting from any location is permitted. E-mail resumes to: Lynda.Taniguchi@axglobal.com.

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TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold work sessions on Tuesday, April 5 and Tuesday, April 19, 2022, at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and public hearings on Tuesday, April 12 and Tuesday, April 26, 2022, at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following item.

Ordinance, to amend Chapter 74 (UTILITIES), Article II (Sewers & Sewage Disposal), Division 5 (Sanitary Sewer System Rates & Charges), Section 74-262 (Schedule of Rates); and Article III (Water), Division 2 (Service), Subdivision II (In-Town Service Charges), Section 74-326 (Schedule of Charges), to increase the service and usage charges for sanitary sewer and water, effective for meter readings taken on or after July 1, 2022.

BE IT ORDAINED by the Town Council for the Town of Herndon, Virginia, that:

1. The following sections or provision of the Herndon Town Code, as amended, are amended and re-ordained as follows:

CHAPTER 74 (UTILITIES)

ARTICLE II. SEWERS & SEWAGE DISPOSAL

DIVISION 5. SANITARY SEWER SYSTEM RATES & CHARGES

Sec. 74-262. Schedule of Rates.

(a) The rate schedule for sanitary sewer service shall be determined on the basis of water consumed and shall be charged at the rate of ~~\$6.28~~ **\$7.16** per 1,000 gallons of water used, except as otherwise provided in this division.

(f) A service charge per bill rendered shall be assessed for all metered water service as follows:

Quarterly Billing

Meter Size (inches)	Charge
5/8	\$ 7.40
3/4	\$ 10.21
1	\$ 15.85
1 1/2	\$ 29.96
2	\$ 46.89
3	\$ 92.02
4	\$ 142.79
6	\$ 283.83

ARTICLE III. WATER

DIVISION 2. SERVICE

Subdivision II. In-Town Service Charges

Sec. 74-326. Schedule of charges.

(a) The water usage charge shall be ~~\$3.21~~ **\$3.31** per 1,000 gallons, based on the consumption of water as measured by readings of the water meter serving the property.

(b) A service charge per bill rendered shall be assessed for all metered water service as follows:

Quarterly Billing

Meter Size (inches)	Charge
5/8	\$ 10.54 \$ 8.97
3/4	\$ 15.80 \$ 13.45
1	\$ 26.33 \$ 22.41
1 1/2	\$ 52.68 \$ 44.83
2	\$ 84.27 \$ 71.72
3	\$ 168.55 \$ 143.45
4	\$ 263.36 \$ 224.14
6	\$ 526.73 \$ 448.28

(c) All water consumed during the peak use periods in excess of the average consumption of the preceding two winter quarter billing periods shall be charged an additional amount of ~~\$5.46~~ **\$5.64** per 1,000 gallons. This peak use period charge shall be applied in addition to the base water usage charge in subsection (a) above.

2. This ordinance shall be effective for all meter readings taken on or after July 1, 2022.

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

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on April 1 / April 8, 2022

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

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Ordinance, to amend Chapter 30 (FINANCE AND TAXATION), Article II (Real and Personal Property), Division 2 (Assessment and Collection), Section 30-39 (Date real property taxes due and payable; penalties and interest), to reduce the rate of interest on any unpaid tax from ten to one percent and to change the interest rate to accrue upon failure to pay any installment when due.

BE IT ORDAINED by the Town Council for the Town of Herndon, Virginia that:

1. The following sections or provision of the Herndon Town Code (2000), as amended, are amended and re-ordained as follows:

CHAPTER 30 (FINANCE AND TAXATION)

ARTICLE II. REAL AND PERSONAL PROPERTY

DIVISION 2. ASSESSMENT AND COLLECTION

Sec. 30-39. Date real property taxes due and payable; penalties and interest.

(b) Upon failure to pay any installment when due, a penalty of ten percent will be incurred and assessed, and interest will accrue and be assessed on any unpaid tax and penalty at the rate of **ten one** percent per annum beginning the first day following the day such taxes are due. **For the second and subsequent years of delinquency, interest will accrue and be assessed on any unpaid tax at a rate of interest established pursuant to section 6621 of the Internal Revenue Code, as amended, or ten percent annually, whichever is greater. Interest on any tax payment that is past due shall begin to accrue on the date after the tax is due and such interest shall continue to accrue until the date on which payment is made.** Any penalty assessed shall become a part of the tax and in no case shall exceed the amount of the tax assessable.

2. The ordinance shall be effective on and after June 1, 2022.

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

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

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Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on April 1 / April 8, 2022

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NOTICE OF PUBLIC HEARING

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Ordinance, to amend Chapter 30 (FINANCE AND TAXATION), Article VII (Business, Professional, Occupational License), Division 1 (Generally), Section 30-211 (Definitions), Section 30-246 (Enumeration), and to add Section 30-266 (Personal, Business Services, and all other business occupations not specifically listed), to recognize the massage therapist occupation as a business and to classify massage therapist for BPOL tax purposes.

BE IT ORDAINED by the Town Council for the Town of Herndon, Virginia that:

1. The following sections or provision of the Herndon Town Code (2000), as amended, are amended and re-ordained as follows:

CHAPTER 30 (FINANCE AND TAXATION)

ARTICLE VII. BUSINESS, PROFESSIONAL, OCCUPATIONAL LICENSE

DIVISION 1. GENERALLY

Sec. 30-211. Definitions

License year means the calendar year for which a license is issued for the privilege of engaging in business.

Massage means the treatment, for compensation, of soft tissues for therapeutic purposes by the application of massage and bodywork techniques based on the manipulation or application of pressure to the muscular structure or soft tissues of the human body, unless the massage is excluded from regulation by Code of County of Fairfax § 28.1-1-4.

Massage establishment means any fixed place of business where a massage is administered to a client, unless the place is excluded from regulation by Code of County of Fairfax § 28.1-1-4.

Massage therapist means any individual certified as a massage therapist by the Board of Nursing of the Commonwealth of Virginia.

Operator of coin-operated machines means any person selling, leasing, renting or otherwise furnishing or providing a coin-operated amusement machine operated on the coin-in-the-slot principal; provided, however, that this term shall not include a person owning fewer than three coin-operated machines and operating such machines on property owned or leased by such person

DIVISION 2. FEES AND TAXES

Sec. 30-246. Enumeration

(b) There is no fee for the issuance of such license. In addition to the license tax specified in subsection (a) of this section, and except as may be otherwise provided in this article or in Code of Virginia, §§ 58.1-3712, 58.1-3712.1 and 58.1-3713, every such person or business with annual gross receipts, purchases, or retail or wholesale sales, as appropriate, of more than \$100,000.00 shall be assessed and required to pay annually a license tax on all the gross receipts, purchases, or retail or wholesale sales, as appropriate, of such persons includable as provided in this article at a rate set forth in this subsection (b) for the class of enterprise listed:

- (1) For contractors and persons constructing for their own account for sale, \$0.13 per \$100.00 of gross receipts (Code of Virginia, § 58.1-3706 A.1);
- (2) For retailers, including those engaged in the short-term rental business as defined in Code of Virginia, § 58.1-3510.4(B) (however defined), (but excluding those engaged in commercial leasing covered by section 30-265) \$0.13 per \$100.00 of gross receipts (Code of Virginia, § 58.1-3706 A.2);
- (3) For financial, real estate and professional services, \$0.40 per \$100.00 of gross receipts (for the license tax for money lenders, see section 30-252) (Code of Virginia, § 58.1-3706 A.3);
- (4) For personal and business services and all other businesses and occupations not specifically listed or exempted in this article or otherwise by law, \$0.21 per \$100.00 of gross receipts (for the license tax for repair services, see section 30-263) (Code of Virginia, § 58.1-3706 A.4);
- (5) For wholesalers, including peddlers at wholesale, \$0.05 per \$100.00 of purchases (Code of Virginia, §§ 58.1-3718, 58.1-3719);
- (6) For carnivals, circuses and speedways, \$0.00 for each performance held in this town (Code of Virginia, § 58.1-3728);
- (7) For fortunetellers, clairvoyants and practitioners of palmistry, \$500.00 per year (Code of Virginia, § 58.1-3726);
- ~~(8) For massage parlors, \$1,000 per year (Code of Virginia § 58.1-3706);~~
- (9)(8) For itinerant merchants or peddlers (except as provided below), \$12.50 per week, not to exceed \$500.00 per year (Code of Virginia, § 58.1-3717);
- (10)(9) For photographers, \$30.00 per year (Code of Virginia, § 58.1-3727);
- (11)(10) For permanent coliseums, arenas or auditoriums having a maximum capacity in excess of 10,000 persons, open to the public, \$1,000.00 per year (Code of Virginia, § 58.1-3729);
- (12)(11) For savings and loan associations and credit unions, \$50.00 per year (Code of Virginia, § 58.1-3730); and
- (13)(12) For direct sellers as defined in Code of Virginia, § 58.1-3719.1, with total annual sales in excess of \$4,000.00, \$0.20 per \$100.00 of total annual retail sales, or \$0.05 per \$100.00 of total annual wholesale sales, whichever is applicable (Code of Virginia, § 58.1-3719.1). Direct sellers are governed by rules governing emerging businesses set out in section 30-247(b)-(d).

Sec. 30-266. Personal, Business Services, and all other business occupations not specifically listed.

Every person conducting or engaging in any personal service occupation, businesses, trades, or callings not specifically classified as "financial, real estate, or professional service" shall pay an annual license tax of \$0.21 per \$100.00 of gross receipts of the base year. The license tax imposed by this section shall be in addition to any other specific town license tax. Massage therapists and massage establishments under this chapter should be considered as other business occupation for business tax purposes so as long as they are in compliance with Chapter 14-70 Massage Regulation.

2. This ordinance shall be effective on and after July 1, 2022.

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

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

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

Wiki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on April 1 / April 8, 2022

[(Full name(s) of owner(s)):
Bellas Eatwell Nova LLC

Trading as:
Luciano Italian Restaurant & Pizzeria
2946 G Chain Bridge Rd
Oakton, Fairfax County, VA 22124-3023

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

Reinaldo Naranjo, Member Organizer
Luz Mireya Naranjo, Member Organizer

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

3009309 (03-25-22, 04-01-22)

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

Trading as:
Black Rose Lounge
5815 Seminary Road
Falls Church, Fairfax County, VA 22041

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

Samuel Ashine, President

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

3009307 (03-25-22, 04-01-22)

[(Full name(s) of owner(s)):
Audacious Aleworks Brewery & Taproom

Trading as:
Audacious Aleworks LLC
10940 Fairfax Boulevard Suite E
Fairfax City, Fairfax County, VA 22030

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

Brian C. Reinoehl, Managing Partner

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

3009302 (03-25-22, 04-01-22)

[(Full name(s) of owner(s)):
JT Food Group LLC

Trading as:
Senior Ramon Taqueria
11790 Baron Cameron Ave
Reston, Fairfax County, VA 20190-5872

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

Gabriel Dajcz Owner

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

3009306 (03-25-22, 04-01-22)

[(Full name(s) of owner(s)):
T&N Elden LLC

Trading as:
Elden Street Sunoco
640 Elden St.
Herndon, Fairfax County, VA 20170-4602

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

Tajammal Ali, President

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

3009332 (04-01-22, 04-08-22)

[(Full name(s) of owner(s)):
Aslin Beer Company

Trading as:
Aslin Beer Company
765, 771, 791 Elden St
Herndon, Fairfax County, VA 20170-4639

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer (on and off premises) and mixed beverage restaurant/keg permit/delivery permit license to sell or manufacture alcoholic beverages.

Andrew Kelley, Director/Shareholder

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

3009309 (03-25-22, 04-01-22)



NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold work sessions on Tuesday, April 5 and Tuesday, April 19, 2022, at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and public hearings on Tuesday, April 12 and Tuesday, April 26, 2022, at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the following items.

Ordinance, to Levy Taxes on Real Estate and Manufactured Homes, and Other Subjects for the Fiscal Year 2023 budget, to consider levying the Town of Herndon taxes for Fiscal Year 2023 as follows: Real Estate \$2.2650 per \$100 of valuation; personal property \$.00 per \$100 of valuation; farm machinery, farm tools, and farm livestock \$.00 per \$100 of valuation; and to levy all other taxes and licenses previously enacted and imposed by the town at the same rate, except as provided by other ordinances adopted by the town council in this budget cycle, or to make such levies at such rate as the town council may determine at such hearing.

Resolution, to adopt a Fiscal Planning Resolution for the Fiscal Year 2023 budget for the Town of Herndon, to consider the proposed total budget as submitted to the town council in the amount of \$57,331,154. A brief synopsis of the budget follows: Expenditures and Revenues (including interfund transfers, use of assigned and unassigned fund balances, and other financing sources, where applicable); General Fund, \$37,196,821; Water and Sewer Fund, \$10,932,053; Chestnut Grove Cemetery Fund, \$903,246; Golf Course Fund, \$2,543,384; and the Capital Projects Fund, \$5,755,650. The budget includes the Fiscal Year 2023 portion of the Capital Improvements Program (CIP).

Ordinance, to Appropriate Funds to Implement the Fiscal Year 2023 budget for the Town of Herndon, establishing the pay plan, and reserving on-going and capital funding for this fiscal year.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning at 3:00 p.m. on Friday, prior to the meeting.

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

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

Wiki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on March 25 / April 1, 2022



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Ordinance, to establish the compensation to be paid to the Town of Herndon mayor and council members, as provided under Section § 15.2-1414.7 of the Code of Virginia. No increase in salary shall take effect during the incumbents' term in office.

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

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

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Wiki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on March 25 / April 1, 2022



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