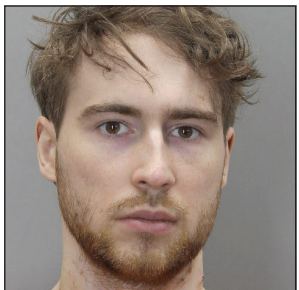
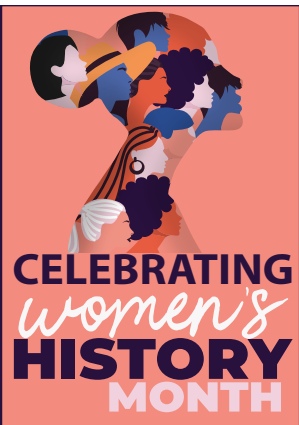




THIS WEEK INSIDE:



Man arrested in domestic-related stabbing of GMU professor

SEE PAGE A2



Three women, two flags, one nation

SEE PAGE A4



Last marijuana reform bill of the legislative session dies in committee

SEE PAGE A6

INDEX	
Public Safety	A2
People & Places	A3
Sports	A7
Opinion	A8, A9
Arts & Entertainment	B1
Pets	B3
Arts Calendar	B4
Community Calendar	B4
Health & Wellness	B5
Classifieds	B6

25¢  
NEWSSTAND  
PRICE

0 70628 24100 1

# Decision to rename County districts is not sitting well with residents

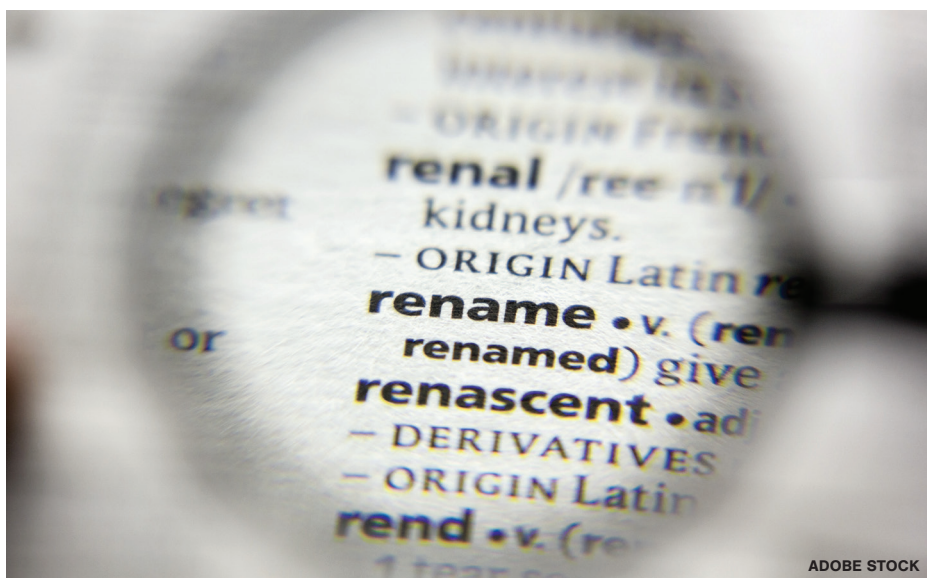
By Sravan Gannavarapu  
FAIRFAX COUNTY TIMES

Fairfax County's Lee and Sully Districts potentially face name changes after the Fairfax County Redistricting Advisory Committee deemed them closely connected with slavery. The decision to recommend the name changes was announced during a March 1 meeting, with a unanimous vote by the board.

A group known as UnSully is in favor of changing the name. They also accuse the founding father Richard Bland Lee, younger brother of Maj. Gen. Henry ("Light-Horse Harry") Lee, and owner of the former Sully Plantation, as being a former wholesale slave trader. However, the fact has not been corroborated or validated.

Furthermore, the decision to change the names isn't sitting well with some individuals for several reasons. Cameron Ward says there is no reason to change the names and offered a strong perspective on her views.

"Why are we spending money on this? Why are we



increasing my taxes so that we can do this? What purpose does it serve?" said Ward.

In a letter to the Advisory Committee, Jeffrey Parnes, president of the Sully District Council of Citizens, outlined that they know how the Sully District got its name from a plantation. Additionally, he requested that the Fairfax County Redistricting Advisory Committee not include the Sully District as a candidate for renaming.

"Does this district's name violate the spirit or explicit meaning of the One

Fairfax policy? Does it apply only to the Sully District? If the use of any former plantation name is unacceptable in Fairfax County as a violation of the "One Fairfax," how can Mount Vernon be retained?" said Parnes.

"Has there been any discussion of changing Mount Vernon to the "Washington District"? That would seem to maintain the historical relationship with George Washington, would do nothing to change the name of the estate, but would remove the linkage to slavery," he said.

Other districts were

brought into the equation, including Mount Vernon, Mason, and Springfield. Ward, a Springfield resident, says that confusion is bound to occur by changing the names of these areas.

"The Springfield district is also a geographical area," said Ward. "And when people live in geographical areas or visit geographical areas, they come to know these areas by these names. All of a sudden, they're gonna rename it? For what? And soon we're going to come back and this, this area is now Area X. What's area X known for?"

Paul Berry, chairman of the Mount Vernon Lee Chamber of Commerce, also reached out to the Committee in a statement, citing the importance of the name of the district and its historical value.

"Mount Vernon is more than the name of George Washington's home; it has become a nationally recognized geographic designation. Mount Vernon is a recognized community much larger than the historic estate," said Berry. "We strongly encourage the Advisory Committee to keep Mount Vernon as the name of a magisterial district.

Berry also urged the Committee to keep the Springfield district name as well, citing the economic hardships that may occur if the name were to change. Ultimately, the Springfield District escaped any name changes after a vote led by Supervisor Pat Herrity.

So far, alternate names have been discussed. The Lee District could be changed to several different names, including new names Franconia, Huntley, Laurel Grove, and Dogue Creek. No alternate names have been listed for the Sully District.

## Fairfax judge renomination is withdrawn after hearing



By Michael Marrow  
FAIRFAX COUNTY TIMES

A Fairfax County district judge's renomination was withdrawn after concerns about his conduct surfaced in a hearing of the General Assembly.

Judge Michael H. Cantrell, who was seeking reappointment to a six-year term on the bench, appeared before a joint meeting of the House Committee for Courts of Justice and Senate Committee on the Judiciary in December, where lawmakers pressed him on allegations raised by attorneys who litigated in his courtroom.

Cantrell had received the lowest score in a survey of attorneys and other members of the court system (like bailiffs, court reporters and clerks), called a Judicial Performance Evaluation. Among 50 judges in the survey, Cantrell ranked last. The low scores were across the board, including in categories such as impartiality, fairness, and knowledge of the law.

"After seeing those scores, I was shocked and embarrassed," Cantrell said in the hearing. He attributed his behavior to personal matters such as underlying

See JUDGE, Page A5



## How hobbies can comfort a community

Theresa Fruet spends years making afghans to donate

"There was always a crochet needle in her hands, she was always doing something," said Chris Chaisson about her mother, Theresa Fruet. Fruet picked up crocheting when she noticed her parents could use a bit more warmth when sitting out on their deck.

Fruet crocheted her parents an afghan for their comfort. An afghan is a sort of blanket, simple to construct and free to be any size. After decades of crocheting and continuing at 94 years old, Fruet said there is no hard part to the process, that it has become reflex.

While it started for her parents, Fruet began making afghans for friends and the activity blossomed from there. The same way she noticed her parents, Fruet saw those experiencing homelessness and how they would benefit from better warmth and comfort.

"I made them and gave them to the people who walk the streets when the weather was getting cold because I thought they'd be a little more comfortable," Fruet said.

See AFGHANS, Page A4

**We Restore & Upgrade Old Unsafe Decks**

Trex Upgrade / New Wood / Maintenance Free / 25 Year Warranty

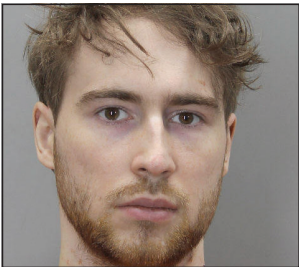
**0 down, 0% financing for 18 months**

For a free estimate please visit  
**www.DeckManDC.com**  
or call **703-457-6853**

**Trex**



PUBLIC SAFETY



COURTESY PHOTO  
Axel Buschmann

Man arrested in domestic-related stabbing of GMU professor

A 59-year-old man died March 2 in a fatal stabbing that occurred in the 9800 block of Palace Green Way in Vienna.

Officers were called at 5:33 p.m. to the intersection of Chain Bridge Road and Babcock Rd for the report of a man in the road with a knife. When officers found the man covered in blood, he discarded his jacket on the ground. Officers observed a kitchen knife near the jacket as he walked away. Officers were able to safely take him into custody. The man was taken to a hospital for injuries that were not considered life threatening and placed under an Emergency Custody Order for further evaluation.

While at the hospital, the man was identified as Axel Buschmann, 26, of Vienna. Officers determined where he

lived and based on the blood on his clothing, responded to do a welfare check at the home. As officers looked inside the home, they saw a man lying on the ground and appeared to be unconscious. Officers made entry into the home through an unlocked door and found the man suffering from stab wounds to the upper body. Fire and rescue personnel responded and pronounced him deceased at the scene.

Preliminarily, the victim, Michael Buschmann, of Vienna, resided at the home with his wife and son, Axel. Axel and Michael were the only two at the home when Axel stabbed his father then left. Detectives continue to investigate the circumstances that led to the stabbing. Axel has since been charged with second degree murder. He was released from the hospital March 5 and taken to the Adult Detention Center.

Detectives are asking anyone who may have information about this incident to contact them at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).

Victim specialists from the Major Crimes Bureau’s Victim Services Division have been assigned to ensure that the victim’s family is receiving appropriate resources and assistance.

This is the fifth homicide of the year in Fairfax County. Year to date, there were two homicides at this point in 2021.

Sheriff’s office establishes behavior health services for staff, families

Dr. Grace Davidson, Licensed Professional Counselor, recently joined

the Fairfax County Sheriff’s Office under contract full-time to provide behavioral health services for the agency’s 550 employees and their families. She continues her role leading the agency’s Peer Support Team, which earned accreditation in October 2021 from the Virginia Office of Emergency Medical Services. To maintain state accreditation, Davidson must provide quarterly team training sessions every year.

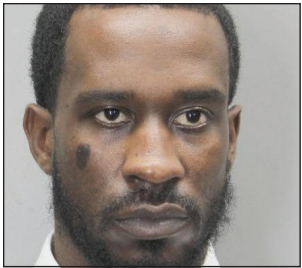
Davidson operates her practice out of Woodbridge. “What’s unique and exciting is that my office is offsite,” she said. “Staff can access me without concern for being seen coming in or out. Confidentiality is crucial for a counselor to be trusted.” She is also certified in telehealth, which further enhances confidentiality and convenience.

When Davidson counsels law enforcement, she points out that they are everyone else’s 911 and asks who is there for them? “Who is your 911?”

While not professional counselors, members of the Sheriff’s Office Peer Support Team are well-trained active listeners who are empathetic, trusted and always reachable. Team members have phones dedicated strictly to peer support and keep all contacts confidential. If a team member believes an employee’s issues warrant a licensed professional, they make a referral to Davidson who is also available 24/7.

Fairfax County Sheriff Stacey Kincaid is a long-time advocate of treatment and support for mental illness and substance use disorders. She expressed gratitude for the work being done by the agency’s Peer Support Team.

“It’s hard for most of us to admit when we need help, but the team under Dr. Davidson’s leadership is helping to lessen the stigma associated with behavioral health issues,” said Kincaid. “Asking for help should never be considered a sign of weakness.”



COURTESY PHOTO  
Richard Kenneth Pearson IV

Man arrested for fatal shooting in Centreville

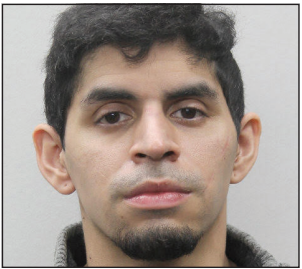
Fairfax County Police detectives have arrested and charged a 31-year-old man for the Feb. 21 fatal shooting of Amaru Amin Shabazz, 37, of Leesburg.

Detectives determined that Richard Kenneth Pearson IV, of Falls Church, was at the Centreville home on the night of the shooting. Shabazz arrived at the home to visit an individual who resides there. Detectives are continuing to investigate the circumstances that led to the shooting but have determined Pearson IV shot Shabazz multiple times inside the home then left prior to officers arriving.

On March 3, following numerous interviews and review of evidence collected from the scene, detectives obtained a warrant for second degree murder and use of a firearm in the commission of a felony. Detectives from the FCPD Fugitive Track and Apprehension Squad found and arrested Pearson IV March 4. He was taken to the Adult Detention Center and held without bond.

Detectives are asking anyone who may have information about this shooting to contact them at 703-246-7800, option 2. Tips can also be submitted anonymously

through Crime Solvers by phone – 1-866-411-TIPS (866-411-8477).



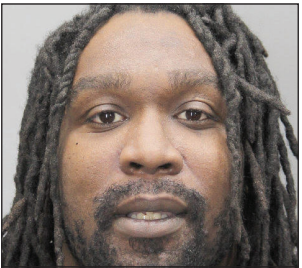
COURTESY PHOTO  
Angel Herrera

Man arrested in Fairfax after grabbing victim

Fairfax City Police officers responded to the 10500 block of Main Street March 5 at approximately 11:50 a.m. for an assault.

The reporting person stated that a male subject approached them from behind and grabbed their hand. Minor injuries were reported. Officers located the male subject nearby.

During the investigation, the subject was also determined to be under the influence of alcohol. Angel Herrera, 34, of no fixed address, was taken into custody and transported to the Fairfax County Adult Detention Center where he was charged with Assault and Battery and Drunk in Public.



COURTESY PHOTO  
Christopher Johnson

Fort Belvoir man arrested for active warrant

Fairfax City Police officers responded for a suspicious report in the 9500 block of Fairfax Boulevard at approximately 5:55 p.m. During the investigation, officers identified a male subject who had an active warrant out of Fairfax County.

Christopher Johnson, 40, of the Fort Belvoir area, was taken into custody and transported to the Fairfax County Adult Detention Center where the warrant was served. Johnson was held on no bond.

Man hurt outside county courthouse

Fairfax County Police said an injured man was found in a parking garage complex at the courthouse complex in the block of 10600 Page Avenue Tuesday. Initially reported as a

shooting, police now believe his injuries may have resulted from him jumping from the garage.

The man was taken to the hospital with injuries which were considered life threatening.

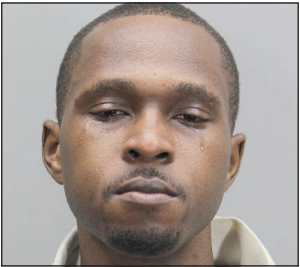


COURTESY PHOTO  
Larry Burnett

North Carolina man arrested in Clifton

A man forced entry into three businesses in the 7100 block of Main Street in Clifton: Clifton Café, La Bella Luce Antiques, and Senator Barker’s office, on March 3 at 9:20 a.m., and took property.

Officers located the Larry Burnett, 40, of North Carolina in one of the businesses. He was charged with burglary, trespassing, petit larceny, and intentionally damaging property. An additional outstanding warrant was also served.



COURTESY PHOTO  
Devon Lewis Lesene

D.C. man arrested after fatal crash

Virginia State Police is investigating a fatal crash in Fairfax County. The crash occurred at 9:27 p.m. March 5 on Interstate 495 near Exit 174/Eisenhower Ave Connector.

A disabled Honda CRV was stopped on the west-bound shoulder when it was struck by a Buick Verano. The impact of the crash caused the Honda CRV to catch fire. The CRV had flares lined up behind it and its hazards flashing when it was struck.

The driver of the Honda, Katherine A. Reyes, 20, of Montgomery, Ala., was seated inside her vehicle when it was struck. She died at the scene.

The driver of the Buick, Devon L. Lesene, 31, of Washington, D.C., suffered minor injuries in the crash. State police arrested Lesene for DUI manslaughter, DUI, refusal to take a breath test, and for driving on the shoulder. He is being held at the Fairfax Adult Detention Center.

Fill Us In!


In-Person Public Hearing on the McLean Community Center’s FY 2024 Programs

Wednesday, March 23, 2022, 6:30 p.m.

The governing board and staff of the McLean Community Center seek **input from residents** of Dranesville Small District 1A at a Public Hearing on Programs for FY 2024 (which runs July 1, 2023, through June 30, 2024).

This is an opportunity for residents to suggest class offerings, community events, theater programs, art exhibits, youth events and teen activities that are meaningful to the community.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers’ list. You may also submit comments to [holly.novak@fairfaxcounty.gov](mailto:holly.novak@fairfaxcounty.gov).




McLean Community Center  
1234 Ingleside Ave., McLean VA 22101  
703-790-0123, TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)


Turbo charge your savings

with a Premium Online Savings Account


Start earning 0.55% APY<sup>1</sup>




9x<sup>2</sup> the national average



24/7 online and mobile access



Just \$5 to get started!



PenFed.org/Savings

Federally Insured by NCUA. To receive any advertised product, you must become a member of PenFed Credit Union. 1. APY (Annual Percentage Yield) is accurate as of last dividend declaration date of March 3, 2022 and is subject to change at any time. Fees may reduce earnings. \$5 minimum to open the account. Premium Online Savings account holders must agree to electronic delivery of account opening disclosures and monthly statements. 2. Sourced directly from: <https://www.fdic.gov/resources/bankers/national-rates/> as of February 22, 2022. © 2022 Pentagon Federal Credit Union.

Established 1965  
fairfaxtimes.com

**FAIRFAX COUNTY TIMES**  
Publisher  
Rich Whippen, 703-439-1867  
rwhippen@wspnct.com

Editor  
Heather Zwicker  
heather@fairfaxtimes.com

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

Calendar Submissions  
ffxtimesevents@gmail.com

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

Positive Vibes Column  
Jaya Patil  
oliviajayp@gmail.com

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

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

National Advertising  
Simmy Murdock, 703-463-9228  
simmy@wspnct.com

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

Simmy Murdock, 703-463-9228  
simmy@wspnct.com

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

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

Angie Wyatt, Creative Designer  
angiew@wspnct.com

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

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

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

Send event information to:  
ffxtimesevents@gmail.com



PEOPLE AND PLACES



COURTESY PHOTO

Food For Neighbors volunteers at the Falls Church site collected and sorted more than 5,300 pounds of food for students at Luther Jackson Middle School and Falls Church High School.

Food For Neighbors collects nearly 18,000 pounds of food

Food For Neighbors held its fourth 2021-2022 school year Red Bag event, with huge food collections in five Northern Virginia areas: Falls Church, Fort Hunt, Herndon, Springfield, and Sterling March 5.

Thanks to generous community members, the nonprofit collected 17,811 pounds of food from 1,146 households. This food will help to provide food security to more than 1,500 vulnerable students in 25 schools in Fairfax County and Loudoun County.

During the event, Food For Neighbors Cofounder and Executive Director Karen Joseph recognized the nonprofit's five-year anniversary and thanked the many Falls Church area volunteers and participating schools for their support.

"Our lead volunteer in the Falls Church area is our amazing Area Manager Paula Prettyman," said Joseph. "Paula communicates regularly with Luther Jackson Middle School and Falls Church High School staff and heads a team of dedicated volunteers who work tirelessly to battle teen food insecurity."

Prettyman explained that the Falls Church area has a huge discrepancy between the "haves" and the "have nots". For her, addressing food insecurity at the very local level made perfect sense—"from our community to our community." She said that Food For Neighbors provides a very efficient platform that enables local volunteers to address food insecurity in a sustainable way. "All the people already doing this work are busy.... Food For Neighbors makes it easy. It doesn't take a lot to do a lot with Food For Neighbors."

"About 60 percent of the food that we have to offer our families every week comes directly from the Red Bag drives that we do with Food For Neighbors," said Jenna von Elling, the Luther Jackson Middle School pantry coordinator. "The impact is huge. It means we get to ease that burden of stress on families a bit. My goal is for parents to feel confident that they will have enough food this week for their kids to thrive."

What began as 13 donors and two volunteer drivers has now grown to 328 donors, 216 volunteers and 22 drivers. They've enabled the area to provide nearly 41,000 pounds of food to Luther Jackson Middle School and Falls Church High School.

Joseph explained that, while Food For Neighbors mobilizes thousands of community members to help their neighborhood schools, the highly supportive school administrators, like Luther Jackson Middle School Principal Mike Magliola and Falls Church High School Principal Benjamin Nowak, and their dedicated school staff are key to the program's success.

"They make a tremendous effort to help students at their schools," she noted. "They make additional time

to find food storage space, identify students in need, and connect them with this resource. This builds their relationships and allows them to identify other needs the students may have. Food For Neighbors is happy to support this vital work."

"We appreciate Food For Neighbors for working collaboratively with us to help provide for our families in need and allow us to run the pantry with autonomy," said Carolina Dotel, the Family Liaison at Falls Church High School.

"During the shutdown, some of our families could not come to the school because they did not have transportation, so we delivered to them," noted Kate Lauderdale, a Food For Neighbors volunteer and ESOL teacher at Luther Jackson Middle School. "Families were always grateful. Mothers teared up. They were surprised about how generous we were.... I love being able to volunteer with Food For Neighbors. I love being a part of a community that supports its own. It's a real way to help our families and neighbors."

Technology services company to expand, create 61 jobs

Governor Glenn Youngkin announced March 7 that Easy Dynamics Corporation, a technology services provider with a core focus in cybersecurity, cloud computing, and information sharing, will invest \$100,000 to expand its operation in the Tysons area of Fairfax County.

The project will create 61 new jobs, including software engineers, business analysts, project managers, and other business support roles.

"Northern Virginia has emerged as one of the nation's leading and thriving tech hubs for driving growth and innovation for our nation," said Poupak Afshar, CEO of Easy Dynamics. "We chose Fairfax County as our corporate headquarters due to the proximity and access to federal agencies, industry partners, and top talent. Northern Virginia is home to the second largest cybersecurity workforce in the U.S. and the state's attractive business climate make the area a fantastic location for technology companies of all sizes."

Founded in 2006 in Fairfax County, Easy Dynamics brings well-architected solutions and management consulting to its clients and is committed to delivering unparalleled quality and service in all aspects of its organization, providing customers with technical excellence and the business acumen to advise on both tactical and strategic initiatives.

"We are proud to be the home of Easy Dynamics and gratified to see it continue to expand in Fairfax County," said Victor Hoskins, president and CEO of the Fairfax County Economic Development Authority (FCEDA). "The company also has been an innovator in workforce development, and we look forward to using our Fairfax County-funded talent initiative to help it grow in the county."

"Congratulations to Easy Dynamics on the expansion of its operations in Fairfax County," said Fairfax County Board of Supervisors Chairman Jeffrey C. McKay. "The Board of Supervisors has worked hard to create an environment where businesses of all kinds, and entrepreneurs from all backgrounds, can grow and thrive, and I thank Poupak Afshar and her team at Easy Dynamics for the vote of confidence that they have shown in taking advantage of the assets we have built here for companies and their employees."

Afshar noted that she and Easy Dynamics are working to broaden the tech talent pool being created now.

"Easy Dynamics has recently become one of the first Virginia-based companies to participate in Break Through Tech's Sprinternship

program, an initiative that aims to propel more young women into technology through corporate guidance and mentorship," Afshar said. "We are committed to a more inclusive future of tech and invest in programs that develop the next generation of tech leaders in our community."

The FCEDA worked with the Virginia Economic Development Partnership to secure the project for Virginia and will support Easy Dynamics' job creation through the Virginia Jobs Investment Program (VJIP), which provides consultative services and funding to companies creating new jobs in order to support employee recruitment and training activities. As a business incentive supporting economic development, VJIP reduces the human resource costs of new and expanding companies. VJIP is state-funded, demonstrating Virginia's commitment to enhancing job opportunities for residents.

"Northern Virginia is a top-ranked tech talent market in the U.S. and Easy Dynamics will benefit from our industry workforce pipeline at its Fairfax County location," Youngkin said. "Supporting the growth of existing businesses of all sizes is a priority, and the Virginia Jobs Investment Program will provide valuable assistance to the company in the recruitment and training of 61 new employees."



COURTESY PHOTO

Claudia McDowell

FCPS employee recognized nationally

Claudia McDowell, a school social worker at Lynbrook Elementary School, has been named the 2022 National School Worker of the Year by the School Social Work Association of America (SSWAA) for her commitment to the profession and for positively impacting the lives of the students, families, and staff of the communities she serves.

McDowell will receive the award during the SSWAA National Conference held April 6-9 in Chicago.

"Claudia has worked tirelessly with our families who experience any type of basic need and has helped them access immediate support while she works collaboratively with the family and community resources to find long-term supportive solutions," said Lynbrook Elementary Principal Kathleen Sain. "Always there to help in a moment of need, she has had many times where on her way home from work or in the early evening she has dropped off supplemental food gift cards to families that have an immediate food or formula need."

McDowell has worked for 10 years at Lynbrook, which is a Title I school with a high level of students in poverty whose families often experience food, clothing, and housing insecurity, as well as a lack of access to healthcare.

McDowell also works with the school's attendance program, helping to counter chronic absenteeism by developing class-wide and student-specific systems of support to increase all students' sense of belonging, confidence, and engagement in the school.

"Prior to COVID, we saw significant decreases in the number of students with chronic absenteeism. We worked from the ground up, meaning that we made sure Lynbrook was a welcoming school community where children and families felt seen and heard," said McDowell. "We also made sure to build a strong attendance team that

was supporting students and families that might need more help to address barriers to consistent school attendance."

"Claudia is not just a phenomenal social worker, but she is an outstanding leader and champion for students and families in Title I schools," said Sain. "She is an incredible employee who positively impacts the lives of all the students and staff she supports here at Lynbrook."



COURTESY PHOTO

Keira Cheng

Fairfax resident is finalist in World Wildlife Day Youth Art Contest

Artist Keira Cheng of Fairfax, has been selected as one of the finalists of the 2022 World Wildlife Day International Youth Art Contest.

Cheng is one of 13 finalists recognized in the United Nations General Assembly's annual celebration, in conjunction with the International Fund for Animal Welfare's (IFAW), Secretariat of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), and the United Nations Development Programme (UNDP). More than 1,500 impressive entries from 58 countries around the world were submitted.

"The talent displayed as well as the overall response from this year's contest was extraordinary," said Danielle Kessler, U.S. director of IFAW. "Choosing one winner was no easy task for this year's panel. Generating nearly three times the number of entries as in past years, the depictions of both flora and fauna created by such young artists not only exquisitely captures this year's theme, but also vividly reflects their deep sense of connection to the natural world. It is an honor to continue hosting this global international contest that provides them with a platform for such expression."

In coordination with World Wildlife Day's theme "Recovering key species for ecosystem restoration", this year's art contest encouraged artists to depict endangered and critically endangered wildlife within the habitats and ecosystems where they live. Drawing attention to endangered as well as critically endangered wildlife while highlighting the power of conservation efforts, this year's theme and contest tap into the creativity of global youth artists, encouraging them to embrace their sense of stewardship through conservation while also raising awareness of the threats faced by so many of the world's species today. Cheng's entry, as well as the winning artwork, can be found on the IFAW website.



COURTESY PHOTO

Liam Henry



COURTESY PHOTO

Maeve Costello

Local residents serve in AmeriCorps

AmeriCorps Week 2022, coming up March 13-19, is

an opportunity to recognize the service of the 250,000 Americans engaged in AmeriCorps and AmeriCorps Seniors programs annually. These dedicated citizens help communities across the nation, ensuring students stay on track to graduate, combatting hunger and homelessness, responding to natural disasters, fighting the opioid epidemic, helping seniors live independently, supporting veterans and military families, and much more.

Maeve Costello and Liam Henry, both of Fairfax, are currently serving with the National Civilian Community Corps (NCCC), a 10-month, full-time AmeriCorps program. Founded in 1994, AmeriCorps NCCC strengthens communities and develops its young adult members into leaders.

AmeriCorps NCCC operates out of four campuses, which serve as regional administrative hubs and training facilities. These campuses, located in Sacramento, Calif., Aurora, Colo., Vinton, Iowa, and Vicksburg, Miss., train and deploy new classes of members several times each year. Costello began her term of service in early 2022 at the North Central Region campus in Vinton, Iowa and will graduate from the program in November 2022. Henry began his term of service in Fall 2021 at the Pacific Region campus in Sacramento, Calif. and will graduate from the program in June 2022.

As Corps members, Costello and Henry are completing a series of different six- to 12-week-long service projects in different places across their assigned regions as part of 8- to 12-person teams. Projects support disaster relief, the environment, infrastructure improvement, energy conservation, and urban and rural development. More information about their specific service projects is available upon request.

Before joining the NCCC, Henry graduated from Robinson Secondary in June 2021. "I want to work hard and gain experience in a team environment so I can use that experience in a future career," he said. "I want to collaborate with like-minded people because we would share similar motivations and be able to accomplish a lot in a short period of time. I also want to meet and work with people with different points of view because I want to develop a more comprehensive idea of the bigger picture by combining those points of view with my own. I am hoping to transform that experience into usable skills to use for the rest of my life."

AmeriCorps NCCC members complete at least 1,700 hours of service during the 10-month program. Corps

Members are all 18 to 26 years old; there is no upper age limit for team leaders. In exchange for their service, all program participants receive \$6,495 to help pay for college. Other benefits include a small living stipend, room and board, leadership development, team building skills, and the knowledge that, through active citizenship, they can indeed make a difference. AmeriCorps NCCC is one of hundreds of programs administered by the larger AmeriCorps agency. For more information about AmeriCorps NCCC, visit the website at www.americorps.gov/nccc.



COURTESY PHOTO

The Heath Equity Grants program will award \$1 million in funding this year.

Inova announces \$1 million grant program to address health equity

Inova Health System is calling for applicants for its 2022 Health Equity Grant program. This year, the Heath Equity Grants program will award \$1 million in funding – the largest level of funding to date for the program – to nonprofit organizations that provide services to address health needs for the under-resourced and promote equity for all.

In 2021, Inova awarded \$240,000 to 14 nonprofit organizations in Northern Virginia through the (then named) Community Health Fund. With the healthcare inequities experienced by many in our community exacerbated by the global pandemic, Inova nearly quadrupled its grant funds to \$1 million and refocused the program to specifically address health equity locally.

"Meeting the healthcare needs of the Northern Virginia community is a priority for Inova, and our community partners are instrumental in helping us identify effective ways to support under-resourced groups," said J. Stephen Jones, MD, President and CEO of Inova Health System. "Improving the health of our community is about more than direct healthcare, and we are proud to offer these grants to the wonderful organizations who provide the resources our residents need to thrive."

Inova is dedicated to supporting programs and opportunities that make a difference in the quality of life, health, and welfare of the communities it serves. Council and La Cocina VA.

OBITUARIES

In loving memory Tobias Benjamin "Toby" Moyer



Tobias Benjamin "Toby" Moyer, age 40, of Fairfax, VA (formerly of State College, PA) passed away Friday, February 25, 2022, as a result of a hit and run accident in North Hutchinson Island, FL. Toby was born in State College, PA on July 31, 1981, a son of Glenn M. Moyer and Lois (Jeffreys) Moyer of Bellefonte, PA. He was married to Beth Joan Patrizzi of Fairfax, VA, a daughter of Jean (Russ) Patrizzi and the late Joseph John Patrizzi, Jr. on August 10, 2019.

In addition to his parents and wife Beth, Toby is survived by a brother, Matthew Moyer, and his wife Danielle and nieces Amelia Isobel (Millie) and Alexandra Mackenzie (Alex) of Perth, Australia; a sister, Jamie Giamalis, and her husband James and nieces and nephew Amanda, Sydney, and Christian of Zionsville, PA; a brother-in-law, Joseph John Patrizzi, III, and his wife Melissa and nephews Wyatt and Cody of Summerville, SC.

Tobias was a lawyer, entrepreneur, and eDiscovery expert, working for multiple companies during his successful legal career, most recently acting as a Project Manager at Consilio LLC. Toby graduated from the Valley Forge Military Academy & College with high honors in 1999. He received his Bachelor of Science in Crime, Law, and Justice with a minor in Law and Business from the Penn State University in 2003. In 2010, he received his Juris Doctorate in Law from the American University, Washington College of Law.

He enjoyed the outdoors, including hiking, hunting, SCUBA diving, and riding his Onewheel. He was an active member of the Conklin Hollow Land Association, with his father, Glenn. Toby loved his music and was an avid fan of the Dave Matthews Band and O.A.R..

Services will be held on Saturday, March 12, 2022, at Koch Funeral Home (2401 South Atherton Street, State College, PA), with visitation from 11 a.m. to 1 p.m. followed by a memorial service at 1 p.m. which will be officiated by Reverend Becky McGee.

In lieu of flowers, the family requests that memorial contributions may be made to the Mount Nittany Health Foundation, 1800 E. Park Ave., State College, PA 16803.



# Three women, two flags, one nation

Historian highlights three significant women in Fairfax County history

By Jaya Patil  
FAIRFAX COUNTY TIMES

In celebration of Women’s History Month, we will highlight women who shaped our region into what it is today, reaching from our county to our country.

“The thing about Fairfax County is that a lot of us are transplants,” said Fairfax County History Commissioner Jenee Lindner. The women highlighted here were not born in Virginia. They ended up in Fairfax County at a point and, as a result, “the trajectory of their lives was significantly changed,” Lindner said. These three women were in the area during the five-year period of the Civil War.

Clara Barton gradually made her way south from her hometown of Oxford, Mass. Barton grew a career as a school teacher and established schools from nothing. She realized the significantly unequal salary between her and male colleagues and left teaching. Barton was resolute to not work for less due to gender. She found work at the U.S. Patent Office in Washington nearly 10 years before the start of the war.

In April 1861, shortly after the war began, “the 6th Massachusetts Infantry was attacked by mobs” on their way to defend in Washington, said Lindner. The surviving soldiers arrived wounded and Barton went to see them as some were former students. Bar-

ton provided supplies from her own household for their comfort, according to Lindner who said Barton saw the severe need for supplies and made that her mission.

Thousands of soldiers in need were brought to Fairfax Station in Sept. 1862 following the Battle of Second Manassas and the Battle of Chantilly. Barton championed supply collection by gathering donations ahead of time. Across three days, Barton and a handful of assistants and physicians tended to the soldiers while they waited for transportation to Washington.

While Barton started bringing supplies to soldiers, writer Julia Ward Howe was working for the U.S. Sanitary Commission. In Washington for a work conference, Howe heard of an exhibition of troops to be held for review by President Abraham Lincoln in Nov. 1861.

As the military was gathered at Bailey’s Crossroads, Howe attended and happened to hear a tune from soldiers. The words of a poem came to Howe that same night in the hotel. Howe published her poem, “The Battle Hymn of the Republic.” The poem was turned into a song using the melody of the inspiring tune. The emotional hymn “became a calling card for the Civil War, the Union,” said Lindner.

Sarah Tracy’s story encompassed the life of the

Civil War. Following the Mount Vernon Ladies Association acquiring George Washington’s historical estate, Tracy was secretary to the organization’s founder, Pamela Ann Cunningham. Cunningham lived in the south and was stuck there when the war broke out. Tracy and the caretakers were tasked with preserving the estate.

Tracy established an agreement with Confederate and Union leadership to keep the grounds safe from conflict. They “were able to have Mount Vernon declared neutral territory,” the only neutral place during the war, Lindner said.

Tracy required that visiting soldiers leave rifles at the door and cover military insignia with shawls she provided for that purpose. She sold flowers and food grown on the land to make whatever revenue possible. Tracy was resolute in harboring a safe place that bloomed instead of perishing.

Barton was an asset on battlefields throughout the war, educated the public on the Civil War after its end, and founded the American Association of the Red Cross in 1881. Howe led the way with women’s organizations for equality. Tracy symbolized peace throughout the Civil War on the grounds of Mount Vernon.

All three women resembled resiliency from every angle and embedded such tenacity in the roots of Fairfax County.



COURTESY PHOTOS

Clockwise from top right: Julia Ward Howe, Clara Barton, and Sarah Tracy.

EXPERIENCE THE FINEST  
Senior Living Lifestyle Coming to Fairfax County



NOW OPEN

MEET FAIR OAKS

We invite you to visit our community and discover how our exceptional team, carefree lifestyle, and personalized services will make life brighter for Virginia seniors.

- Monthly rentals with no large entrance fees – a great value
- Social, lifelong learning, cultural, and entertaining events and programs
- Upscale pub, movie theater, fitness center, and salon
- Thoughtfully appointed apartments, chef-prepared meals, housekeeping, transportation, and concierge services
- Independence plus on-site continuum of care and assistance available
- Award-winning dementia care neighborhood



BRIGHTVIEW  
SENIOR LIVING  
FAIR OAKS

Call 571.495.5907 to schedule your visit today.  
12725 Langston Boulevard | Fairfax

Independent Living | Assisted Living | Dementia Care





AFGHANS  
CONTINUED FROM PAGE A1

Thousands of donated afghans later, without the need for a plan or design, she simply said the activity fills her time.

“Crocheting keeps me busy and out of trouble,” she joked. For those on the receiving end of the donations, the afghans are a reminder that their comfort matters.

Fruet moved from Muncy, Pa. to the county 14 years ago. Up in Pennsylvania, she commonly gave afghans to low-income nursing homes in the region. As residents transition into nursing homes, their sense of home can be at risk.

Color and warmth are important for helping an environment feel more like home. Fruet’s handmade afghans are the fusion of those two elements. A colorful afghan can become personal for each resident and carries home in its yarn.

Since becoming a resident of Fairfax County, Fruet began donating afghans to Marian Homes. The nonprofit works to provide independent living options to adults with intellectual and developmental disabilities.

In situations where adults with disabilities risk not having necessary accommodation, they can often be neglected and abandoned by the systems in place. Marian Homes aims to help those adults thrive.

The organization has seven homes dedicated to those in need and is only growing. They managed to acquire an eighth home despite the tight housing market and reduced fundraising opportunities during the pandemic.

Fruet’s crocheting skills have also grown—although they admittedly skipped a generation, as Chaisson said, “all that talent leaped right over me.” Chaisson chuckled that she would “get a stomachache thinking about [crocheting].”

Instead of her daughters, Fruet crochets with her grandchildren. Two of her great-grandchildren are learning to crochet. “It takes a little bit of time, but that gives me more time with them,” she said.

When she’s not sharing the activity with her family, Fruet is persistently motivated by the plain act of doing something worthwhile. She knows it’s something that anyone can do and hopes that people will offer their own talents to the causes in their communities.

Regarding those lacking resources or comfort Fruet said, “They needed it and I thought I could give it to them.” She encourages more people to similarly put their abilities to use for the “many people out there who need something.”

To anyone considering where to start, Fruet advised that “it wouldn’t cost them that much of anything, just their time.” After all, “plenty of people need a little bit of warmth,” she said.



JUDGE  
CONTINUED FROM PAGE A1

medical issues and treatment for anxiety, as well as other conditions like the pandemic and the new Commonwealth’s Attorney.

Cantrell was not immediately available to respond to a request for comment.

Former Delegate Mark Levine (D-Alexandria), whose term ended in January, pushed for the hearing to be live-streamed before questions commenced, noting that attorneys had contacted him to request access to the hearing over concerns that the process “rubber-stamped” the confirmation process for judges.

“I take that as a very solemn responsibility,” Levine said in an interview. “I think we need to go over judges’ records,” adding that “We rubber stamp judges a little too easily. We need a higher standard.”

Levine explained that both houses of the General Assembly must confirm judges by a majority vote. However, he noted that county delegations consisting of members of the House and Senate for a judicial district undertake their own informal process to put candidates forward for confirmation, which are then typically approved by the two relevant House and Senate committees before moving to a full floor vote.

Prior to the hearing, Levine contacted the Judicial Inquiry and Review Commission, a state body established by the Constitution of Virginia that investigates allegations of misconduct against members of the judiciary. Levine requested that any misconduct allegations against Cantrell be turned over, pursuant to a state law that permits legislators to access them.

The JIRC did not disclose any allegations to Levine, reasoning that unsubstantiated allegations could not be provided, which prompted him to file a lawsuit, known as a writ of mandamus, to force the commission to turn over any allegations on file.

The Virginia Supreme Court dismissed the lawsuit. “The legal issue still stands and any sitting delegate or senator could re-test it at any time,” Levine said. “I hope they do, and I expect they will.”

In the hearing, Cantrell said he

was aware of one JIRC complaint filed against him, which stemmed from a citation for driving under the influence in Maryland in 2017. According to a report in the Washington Post, Cantrell was subsequently removed from presiding over cases involving drunk driving.

Levine said he was contacted by a number of Fairfax County attorneys who raised concerns about Cantrell. Andi Geloo, a criminal defense attorney, supplied specifics. She detailed a case where a client she was representing pro bono, a young Black man who she said previously suffered from homelessness, was facing charges of driving on a suspended license and failure to appear for a hearing. Her client pleaded not guilty.

Geloo provided court records that showed the Commonwealth’s Attorney had moved for a nolle prosequi, which would have dropped the charges. Cantrell then refused to grant the motion, Geloo said, and sent her client to jail.

In the hearing, Levine asked whether Cantrell ever sent someone to jail when prosecutors had motioned for charges to be dropped. “No sir,” Cantrell replied.

Watching the hearing live, Geloo and her client were stunned. “That’s insane right there for real,” her client texted her at the time.

In the aftermath of the hearing, Cantrell’s renomination was withdrawn. Though he will not be reappointed, he could still serve as a substitute judge if he is appointed by Circuit Court Chief Judge Penney S. Azcarate.

Levine and Geloo both noted that attorneys are often wary of coming forward with allegations of judicial misconduct for fear of repercussions for themselves and their clients.

“It takes a lot of courage to speak out against a sitting judge,” Geloo said. “When you get to a point where the behavior is just so off the charts, you have to speak up, because you’re putting your future clients in a precarious position.” She praised Levine’s leadership for spearheading a more rigorous vetting process. “We would not be where we are without Mark,” Geloo added.

Cantrell was first appointed to the court in July 2016. His term expires this year.

# County’s Tibetan residents seek to spread awareness



Tenzin Werner spent time reconnecting with her family and her roots on her 2019 trip to Dharamsala in the Himachal Pradesh region of India where there is a large Tibetan community

By Anisha Iqbal  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Fairfax County is an amalgam of many cultures, but the vibrant Tibetan community is often overshadowed. The group mainly consists of refugees who have had to leave behind their tumultuous homeland in the Himalayas fraught with human rights violations at the hands of the Chinese Communist Party (CCP).

“Since 1959, the Chinese have been illegally occupying our country. The CCP views Tibetan culture as a threat and is on a mission to exterminate it,” explained Tenzin Sangmo Werner, who is half-Tibetan and was born in a Tibetan refugee settlement in Dharamsala, India. “We don’t even know how bad the situation truly is in Tibet because the media isn’t allowed inside.”

Following the invasion, more than 6,000 Buddhist monasteries were destroyed, religious practices were restricted, and teaching the Tibetan language was banned in some areas. Tibetans who advocate for Tibetan cultural preservation face jail time, often without a trial. This cultural sinicization has caused more than 150 Tibetans to self-immolate in a desperate effort

to gain media attention for the human rights abuses suffered.

Tibetans that are part of the diaspora face a conflicting position in which they are part of about 130,000 Tibetans outside their country and possess rights to political and cultural expression. At the same time, their friends and families back home are voiceless.

“Tibetans overseas have a lot of pressure when it comes to the future of Tibet because it is in our hands. We live in countries where we can freely speak our minds, learn our language and practice our culture. It is our privilege and responsibility to keep these practices going, and it should not be wasted,” said Tenzin Tsega, a Tibetan-American from a refugee family.

However, being a Tibetan in the west is not without hardship. As part of an ethnic minority, ignorance is unfortunately rampant.

“People assume that because Tibet is under China, [I am] Chinese. There have also been people I met that believe that Tibetans were ‘liberated.’ Instead of getting upset, I always choose to educate them because I see it as an opportunity to spread awareness,” expressed Tsega.

Even using freedom of speech to advocate for the Tibetan cause is not a guarantee of safety. Werner made an Instagram post when

she was 15 years old with a caption stating, “FREE TIBET,” which garnered thousands of comments in both support and hate.

“CCP supporters found [my post], and I received hundreds of rape and death threats. My house address got doxxed, so I ended up having to report this incident to the authorities,” said Werner.

Fairfax County has a Tibetan community of at least 200 people. Despite being relatively few, the present population participates actively in their culture and creates a lively dynamic.

“We have Tibetan Sunday schools for kids to learn the Tibetan language, which I have attended for seven years. We also gather and celebrate all the big Tibetan events together,” said Tsega. “It’s not the same as [the community] India, but it is still a way to remain close to my culture.”

Though the issues in Tibet are arduous, people in Fairfax County can support Tibetan Americans and their movement by attending Free Tibet protests, often held in D.C., to help push legislation and raise awareness.

“Not enough people talk about our issues, and many aren’t even aware of our existence,” said Tsega, “so sharing Tibetan stories and helping our voices be heard would be a [tremendous] first help.”

Build Your Savings Today!

22-MONTH PROMOTIONAL CERTIFICATE

1.50% APY<sup>[1]</sup>

MINIMUM DEPOSIT \$1,000

NO MAXIMUM DEPOSIT

INCLUDES IRA CERTIFICATES

Open Online Today!

LangleyFCU.org

844-786-6260

Langley

Save, Borrow & Spend Wisely

[1] Annual Percentage Yield of 1.50% for a 22-Month Certificate. The minimum balance to open the certificate is \$1,000.00. No maximum deposit. Includes IRA Certificates. The minimum to open the IRA certificate is \$500.00. No maximum deposit. Not eligible for Active Rewards rate enhancement and cannot be combined with any other promotional offer. Dividends compound monthly. Penalty for early withdrawal. Limited time offer. Some restrictions apply. Fees may reduce earnings on the account. Rate subject to change. To qualify for the offer, certificates must be funded completely with new deposits or new members in VA, NC, MD, and DC. New deposits are defined as funds not currently on deposit with Langley Federal Credit Union. Insured by NCUA.



# Last marijuana reform bill of the legislative session dies in committee

**By Sravan Gannavarapu**  
FAIRFAX COUNTY TIMES

On Monday, the Virginia House of Delegates Appropriations Committee blocked a bill allowing individuals incarcerated for marijuana distribution to be granted resentencing hearings.

Additionally, individuals serving sentences enhanced by prior marijuana-related convictions will be denied parole hearings as part of the bill not being passed.

Senator Scott Surovell (D-36) was the bill's chief patron. Upon the decision, he expressed remorse, citing how marijuana use in the state has changed.

“The House Appropriations Committee decided to kill a bill with bipartisan support which would have ensured the punishment fit the crime for past felony marijuana convictions,” said Surovell. “The attitude of the majority of Virginians towards marijuana use has changed dramatically since many of these individuals were originally sentenced, and to refuse to acknowledge the draconian nature of these sentences is an injustice.”

SB745 was presented in the Senate back in January and went through a lengthy process, discussion and modification before receiving approval to be sent to the House for a decision. Ultimately, the decision fell short by a 12-10 vote.

The bill was the last marijuana-related bill of the legislative session awaiting committee action. As a result of



this decision, approximately 600 individuals will still be behind bars, and more than 70 will lose the opportunity to apply to the Virginia Parole Board for resentencing.

Gracie Burger, state policy director for The Last Prisoner Project and an advocate along with Surovell, said the decision not to let the bill pass will have ramifications. This, along with the fact that the legislature voted to legalize adult possession of recreational marijuana last year.

“SB 745 provided an

urgently-needed solution to the problem of cannabis prisoners left behind bars since the Commonwealth legalized adult-use marijuana last year,” said Burger. “Public interest has shifted on the criminalization of cannabis, and we must provide a pathway for that shifted position to be reflected in the punishments our state continues to uphold.”

Burger also said Virginians sentenced under outdated laws deserve the opportunity to have their sentence

reconsidered as a matter of fairness and fiscal responsibility. “Continuing incarceration for these individuals is a waste of limited public safety resources that should be prioritized elsewhere.”

The legislation also received support from Justice Forward Virginia and the ACLU of Virginia. Ashley Shapiro of Justice Forward Virginia said in a statement that the organization is incredibly disappointed that despite having bipartisan support in the Senate and

passing through the Republican House Courts of Justice, the bill was defeated on party lines in Appropriations.

"Marijuana was legalized last year, and yet well over 500 people still languish in prisons serving sentences for a substance that is now legal. The racial impact of this decision is also clear, where data has shown that people of color are 3-4 times more likely to be arrested and convicted for a marijuana-related offense, even after legalization," said Shapiro. "Black

and Brown people continue to be incarcerated for what is now a legal substance, and we are deeply saddened that this was turned into a partisan issue.

Shapiro also says that the defeat of this bill solely serves to close the doors of justice to people of color and continue perpetuating discrimination. Additionally, Surovell says that despite the bill not being passed right now, he plans to reintroduce the legislation next year.

A large blue two-story house with white trim and a dark roof is shown at dusk. The house has several windows, some of which are illuminated from within, showing a warm glow. A small patio with outdoor furniture is visible in front of the house. A white Generac generator is installed on the lawn to the right of the house. The sky is a mix of purple, blue, and orange, suggesting sunset or sunrise.

**generator**   
SUPERCENTER

THE STANDBY POWER PEOPLE®

We'll be there in the darkest moments.  
**703.880.9850**

**We Have  
Generators  
In Stock!**

**GENERAC®**



© CHS NOVA 2021

**Generac® Home Standby Generators automatically provide you backup power during a utility power outage** – whether you're home or away. Whether it's for a few hours or several days, your family and home are protected. **Generator Supercenter is the #1 Generac dealer in North America.** We have the experience and expertise you need. From design, local permitting, installation and long-term maintenance support, we are there for you. **That's why they call us the Standby Power People.**

# FREE Whole Home Surge Protector\*

with a generator purchase from Generator Supercenter of Virginia. \*Terms and conditions apply, call for details.

**Schedule Your Free Estimate Today!**  
**Generator Supercenter of Virginia**  
[www.GeneratorSupercenterNOVA.com](http://www.GeneratorSupercenterNOVA.com)

**Visit our showroom at 21005 Ashburn Crossing Drive, Suites 125-130, Ashburn, VA**



# Season preview: Madison girls lacrosse team aims high

By Michael Marrow  
FAIRFAX COUNTY TIMES

Just after 6 p.m. on March 8, the Madison girls lacrosse team filed into the gym at Madison High School, set down their equipment, and got to work.

The Warhawks have a rigorous schedule, and the practice, which is six days a week, needs to match. "There's not a lot of breathing room," noted Head Coach Jean Counts, pausing every so often as lacrosse balls whizzed by throughout the gym. The team will occasionally practice inside, which can provide a different challenge than the field. "It's really easy to see distance and you can get beat much faster indoors," she said.

Last season, which was shortened due to pandemic restrictions, was a "sprint," Counts said, and this season offers an opportunity for a return to normal practice. "It was so hard, there was no downtime, no time to adjust to what we learned from last game because you'd have one practice then have to play another game."

The senior-heavy team, where about half of the 24 Warhawks are in their final year, is leaning into their experience for the season ahead.

The team's solid performance in a tough conference last season has set a high standard they are looking to exceed.

For a moment last spring, it looked like the Warhawks would vanquish their rivals, the Langley Saxons, in the regional semifinals. But after a close game at halftime, the Saxons pulled ahead and went on to win the Class 6 state title with an undefeated 16-0 record.

Preceding that game, the Warhawks girls lacrosse took home the Concorde district title and won out over the Washington-Liber-

ty Generals in the regionals. They finished the season 5-1 in their conference for an overall 9-4 record.

Five players graduated last year, according to Counts. But this year, 17 are returning, 16 of whom were letter winners last season.

The Warhawks girls lacrosse were able to pick up new recruits along the way. Along with four freshmen who made the cut for the varsity team, senior goalkeeper Gabby Bollini is trying her hand at lacrosse for the first time, fresh off a flawless season last year as a goalie for field hockey. With Bollini guarding the goal, the Warhawks pulled in a 15-0 record to win the field hockey state championship, where every victory was a shutout.

"My first day of tryouts, I was terrified," Bollini laughed when asked about the decision to come out for lacrosse. As a goalie for soccer along with field hockey, she is hopeful her previous experience can translate to the new role. "That kind of mindset transfers over really well," she said, which involves skills such as "tracking the ball, communication and keeping the defense intact."

For senior Captain Jordan Condon, lacrosse has long been a part of her life. Growing up with two sisters who played, she was holding a lacrosse stick practically as soon as she could walk. "I've played a lot of lacrosse in Vienna," she said.

Condon is also one of three seniors who has committed to play lacrosse at the college level, Counts said. Condon will continue her career at the University of Pennsylvania, where she will follow in the footsteps of her sister, Alex, who also played there. In the meantime, she'll have the support of another sister, Shannon, who coaches alongside Counts.

In the tight-knit Madison community, family ties are often a large part of their success, and lacrosse is no exception. The team has three sets of sisters: junior Elizabeth and freshman Claire Casto, seniors Jill and Katie Koshuta, and even Counts's daughters, junior Paige and freshman Aubrey.

Counts is not the only parent of the two girls who coaches at Madison, either. Her husband, Justin, heads the football team, which smashed school records last season to be the state runner-ups.

With a long-running coaching career, Counts said watching the girls grow into accomplished players has been a rewarding process. "It's like watching the sunrise," she said. "It's glorious when they're little and get better and brighter as they get older."

She also has somewhat of a different coaching style than what many high schoolers may be used to. "I don't get on kids," Counts said. "They're their worst critic."

The team is refining their approach to be ready for the season, where they will be particularly working on slides and crashing. As they are aiming for greatness, the team's seniors are trying to deepen their relationships for their last season of high school lacrosse. "I'm trying to just stay in the moment," said senior Captain Sam Tadle. "Time flies by so fast."

Like her teammates, she is confident in their abilities. "If everybody is on the same page, we can beat any team."

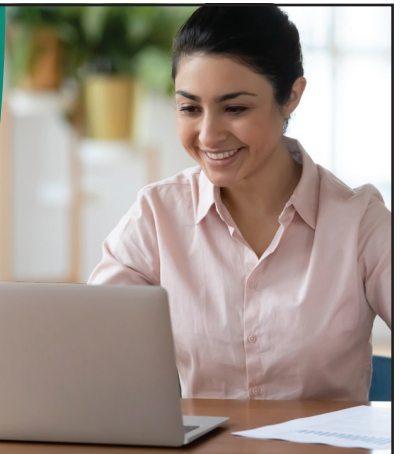
Their coach is well aware of their goals, and cultivating a resilient team chemistry is a top priority. "They put a lot on their to-do list," Counts said. "They expect a lot of themselves. I want them to fulfill what they want to accomplish and depend on each other."



PHOTO BY COLIN K

## Bringing Continuing Education to You

*A free program for professionals: earn continuing education credits at our next interactive webinar!*



## Helping Patients and Clients Avoid the Dangers of Isolation and Loneliness While Social Distancing

**Thursday, March 31  
12-1:15 PM**

While many people are still choosing to socially distance, it's important to remember that this can lead to isolation which can have physical, cognitive, and mental health risks. Join us to learn how to help prevent them in the lives of your patients and clients.



**Presented by Jennifer L. FitzPatrick MSW, LCSW-C, CSP of Jenerations Health Education**

**1 Hour of CE Credit - Continuing Education Credit is approved for the following professions: Social Workers & Certified Case Managers.**

**Registration is required! For more info and to register, visit [jenerationshealth.com/talloaks](http://jenerationshealth.com/talloaks)**

Questions? Email [Stephanie@jenerationshealth.com](mailto:Stephanie@jenerationshealth.com).



**703-834-9800**  
[TallOaksAL.com](http://TallOaksAL.com)  
**A Family Company**

**Tall Oaks**  
ASSISTED LIVING

Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981



PHOTO BY COLIN K



## Change needed in VA-11

Dear Editor,

It is no secret that the current administration was either blissfully ignorant or completely misguided and also grossly unprepared for last week's tragic Russian invasion of Ukraine. As a constituent of Virginia's 11th Congressional District, I have no peace of mind with our current Member of Congress, Gerry Connolly. Gerry Connolly is a career politician who sits on the House Foreign Affairs Committee.

Right now, individuals in Ukraine - some even relatives of constituents of Virginia's 11th Congressional District - are fighting to save their country from an invasion that never should have happened in the first place. The level of gross negligence is beyond the pale. The lack of response is even worse.

Where is Gerry Connolly? He has advocated for the continual shut down of our national energy supply. He has supported the kicking out of our best and brightest members of our military due to an unconstitutional vaccine mandate. He supported President Biden even

with the most botched withdrawal from Afghanistan. That very withdrawal took the lives of 13 heroes and President Biden could not even mention them by name during his State of the Union address. Meanwhile, we have China proactively preparing to take over Taiwan all due to the lack of strength from the United States to firmly stand for freedom globally. Congressman Gerry Connolly has supported policies which give tyrants the green light to not just invade neighboring nations but with horrific force and devastating consequences.

As we sit on the brink of a nuclear war, I have to wonder - where is Gerry Connolly as he certainly seems to be MIA. Will he work to keep my family and I safe? OR will he sit on his hands until it is too late?

We desperately need a change in Congress and that must start with Virginians bringing in a new voice and a fresh perspective from Virginia's 11th Congressional District.

Elizabeth McCauley

## Federal judge rules new TJ admissions process is racist

Dear Editor,

I am writing in response to the article titled "Federal judge rules new TJ admissions process is racist", published in your newspaper on March 4, 2022. As important as it is to acknowledge and seek rectification of disproportional representations of racial groups, it does not warrant the intentional discrimination against other racial groups. Oppression and misrepresentation come in many forms especially for racial minorities like African Americans, but the solution to this is not the oppression

of other racial groups. A solution of the sort would be merely putting a band-aid on top of the real issue at hand. It is crucial to take a step back, and look at the source of the issue, not just what the issue is. If TJ changed their admissions to diversify their student body, we should be looking at the reasons behind the pattern of certain racial groups being misrepresented. Admission to TJ should be fair and merit-based, but factors outside of admissions heavily contribute to disproportionate opportunity for success. Place and community shape opportunity

significantly; underprivileged families and schools may not be able to provide these kids the tools they need to succeed even if they have the same academic skill and drive as other students. Many kids in under-privileged communities have constrained choices, regardless of how hard they work to achieve what those in privileged communities are able to. There should be a systematic solution to this lack of diversity, not a temporary "fix" that oppresses Asian Americans.

Leanna Bartling  
Fairfax



**HAVE SOMETHING  
TO SAY?**  
Share your  
**OPINION** at  
[FairfaxCountyTimes.com](https://FairfaxCountyTimes.com)



**DON'T FORGET TO  
SPRING FORWARD**

REMEMBER TO SET YOUR  
CLOCKS **AHEAD 1 HOUR**  
SATURDAY NIGHT



**PROJECTED  
OPENING  
2024**

defy expectations.

**DISCOVER LUXURY OF A DIFFERENT KIND**

Introducing The Mather in Tysons, Virginia—  
a forward-thinking destination for those 62 and better.

Forget what you thought you knew about senior living.  
Inquire today.

**(703) 348.8522 | [themathertysons.com](https://themathertysons.com)**



**the  
Mather**

Delight • Revel • Aspire



FITNESS CENTER • EXERCISE STUDIO • INDOOR POOL • SPA • RESTAURANTS • EVENT LAWN • WALKING PATHS • CONCIERGE • ROOFTOP CLUBROOM • DOG PARK







SPECIAL ADVERTISEMENT FEATURE

# Last State Silver Bank Rolls up for grabs

*Fortune of old Silver Coins issued by the U.S. Gov't sealed away in the only State Restricted Bank Rolls known to exist are actually being handed over to DC, MD, VA residents*

► **STATE RESTRICTION:** Only residents of DC, MD, VA get the \$19 state minimum - non state residents must pay \$57 per coin

DC, MD, VA - “We’re bracing for the flood of calls,” said Laura Lynne, U.S. Coin and Currency Director for the National Mint and Treasury.

That’s because the next 2 days the last remaining State of DC, MD, VA Restricted Silver Bank Rolls loaded with rarely seen U.S. Gov’t issued Silver Kennedy Presidential Half Dollars are actually being handed over to DC, MD, VA residents who call the National Toll-Free Hotlines listed in today’s newspaper publication.

And here’s the best part. If you are a resident of the state of DC, MD, VA you cover only the \$19 per coin state minimum set by the National Mint and Treasury, that’s twenty rarely seen Silver clad Kennedy Presidential Half Dollars worth up to 60 times their face value for just \$380 which is a real steal because non state residents must pay \$57 per coin which totals \$1,140 if any coins remain after the 2-day deadline.

“National Mint and Treasury recently spoke with its Chief Professional Numismatist who said ‘Very few people have ever actually saw one of these rarely seen Silver Kennedy Presidential Half Dollars minted over 50 years ago. But to actually find them sealed away in State Restricted Silver Bank Rolls is like finding buried treasure. So anyone lucky enough to get their hands on these Bank Rolls had better hold on to them,’” Lynne said.

“Now that the State of DC, MD, VA Restricted Silver Bank Rolls are being offered up we won’t be surprised if thousands of DC, MD, VA residents claim the maximum limit allowed of 6 Kennedy Presidential Silver Bank Rolls per resident before they’re all gone,” said Lynne.

“That’s because the dates and mint marks of the U.S. Gov’t issued Silver clad Kennedy Presidential Half Dollars sealed away inside the State of DC, MD, VA Restricted Silver Bank Rolls have never been searched. But, we do know that these coins date back to the mid 1900’s and some may be worth up to 60 times their face value, so there is no telling what DC, MD, VA residents will find until they sort through all the coins,” Lynne went on to say.

“Rarely seen silver coins like these are highly sought after, but we’ve never seen anything like this before. According to The Official Red Book, a Guide Book of United States Coins many Silver Kennedy Presidential Half Dollars have nearly doubled in collector value in just the last several years,” Lynne said.

“We’re guessing thousands of DC, MD, VA residents will be taking the maximum limit of 6 Bank Rolls because you can only get them rolled this way directly from the National Mint and Treasury and they are the only State Restricted Bank Rolls known to exist,” Lynne continued.


“We know the phones will be ringing off the hook. So make sure to tell everyone to keep calling if all lines are busy. We’ll do our best to answer them all,” Lynne said.

The only thing readers of today’s newspaper publication need to do is make sure they are a resident of the state of DC, MD, VA and call the National Toll-Free Hotlines before the 2-day deadline ends mid-night tomorrow. ■




■ **FLYING OUT THE DOOR:** Calls are pouring in from state residents who are trying to get their hands on the last State Restricted Silver Bank Rolls known to exist sealed away in the secured packages pictured above before the deadline ends. That’s because residents who beat the 2-day deadline printed in today’s publication are cashing in on the lowest ever state minimum price set by the National Mint and Treasury.


## Answering Your Questions




**Q: How to claim the last State Restricted Silver Bank Rolls**  
A: If you are a DC, MD, VA resident read the important information below about claiming the State Restricted Silver Bank Rolls, then call the State Toll-Free Hotline at: **1-800-233-5658 EXT: JFR1911** beginning at precisely 8:30 A.M. this morning.




**Q: Are these Silver Kennedy Half Dollars worth more than other Half Dollars?**  
A: Yes. These rarely seen Silver Kennedy Presidential Half Dollars were minted in the mid 1900's. That makes these silver coins extremely collectible. The vast majority of half dollars minted after 1970 have no silver content at all. In fact, these Kennedy Presidential Half Dollars were the last silver coins minted for circulation. That's why many of them now command collector values of many times their face value so there's no telling how much they could be worth in collector value someday.



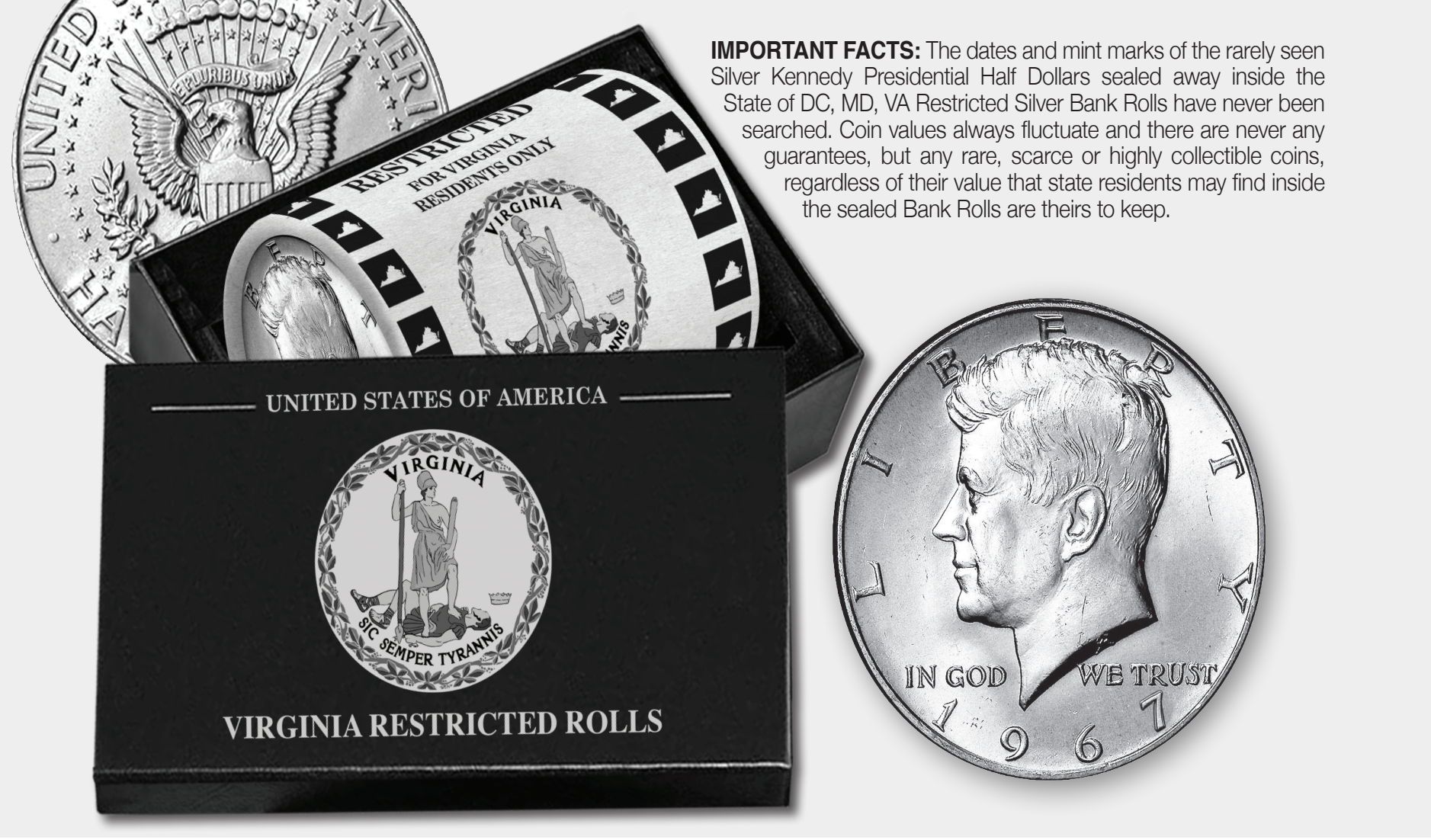
**Q: How much are the State Restricted Silver Bank Rolls worth?**  
A: It's impossible to say, but these Kennedy Presidential Half Dollars date back to the mid 1900's and some are worth up to 60 times the face value and there are 20 in each Bank Roll so you better hurry if you want to get your hands on them. Collector values always fluctuate and there are never any guarantees. But we do know they are the only DC, MD, VA State Silver Bank Rolls known to exist and Kennedy Presidential Half Dollars are highly collectible so anyone lucky enough to get their hands on these State Restricted Silver Bank Rolls should hold onto them because there's no telling how much they could be worth in collector value someday.



**Q: Why are so many DC, MD, VA residents calling to get them?**  
A: Because they are the only State Restricted Silver Bank Rolls known to exist and everyone wants their share. These are not ordinary bank rolls. These are full Bank Rolls containing 20 Silver Kennedy Presidential Half Dollars dating clear back to the mid 1900's some worth up to 60 times their face value. Remember this. Only DC, MD, VA residents are guaranteed to get them for just the \$19 per coin state minimum set by the National Mint and Treasury for the next two days. Non state residents must pay \$57 per coin.



**Q: How do I get the State Restricted Silver Bank Rolls?**  
A: The only thing DC, MD, VA residents need to do is call the State Toll Free Hotline at **1-800-233-5658 Ext. JFR1911** before the deadline ends. Everyone who does is getting the only State Restricted Silver Bank Rolls known to exist. That's a full Bank Roll of 20 Silver Kennedy Presidential Half Dollars for just the \$19 per coin state minimum set by the National Mint and Treasury, which totals just \$380 for the full Bank Roll. That's a real steal because non state residents are not permitted to call before 5 pm tomorrow and must pay \$1,140 for each DC, MD, VA State Restricted Silver Bank Roll if any remain.



**IMPORTANT FACTS:** The dates and mint marks of the rarely seen Silver Kennedy Presidential Half Dollars sealed away inside the State of DC, MD, VA Restricted Silver Bank Rolls have never been searched. Coin values always fluctuate and there are never any guarantees, but any rare, scarce or highly collectible coins, regardless of their value that state residents may find inside the sealed Bank Rolls are theirs to keep.





**PETS: PROTECT YOUR PETS FROM POISONS**  
Page B3



**brings tradition to  
Capital One Hall**



COURTESY PHOTOS

**McLean's own Alex Stone is part of the national tour**

**By Keith Loria**  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

“Fiddler on the Roof” is one of Broadway’s most beloved and well-known productions. The original production won

a total of 10 Tony Awards, including a special Tony for becoming the longest-running Broadway musical of all time.

With a score that includes theatrical classics such as “Tradition,” “If I Were a Rich Man,” “Sunrise,

Sunset” and “Matchmaker, Matchmaker,” even non-musical theater fans are familiar with the tunes.

The latest revival of “Fiddler on the Roof” is currently on tour, and will be making a stop at Capital One Hall in Tysons for five performanc-

es, March 11 to 13.

Directed by Tony winner Bartlett Sher, and choreographed by acclaimed Israeli choreographer Hofesh Shechter, the new production is introducing a new generation of audiences to the show, which tells this heartwarming sto-

ry of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family.

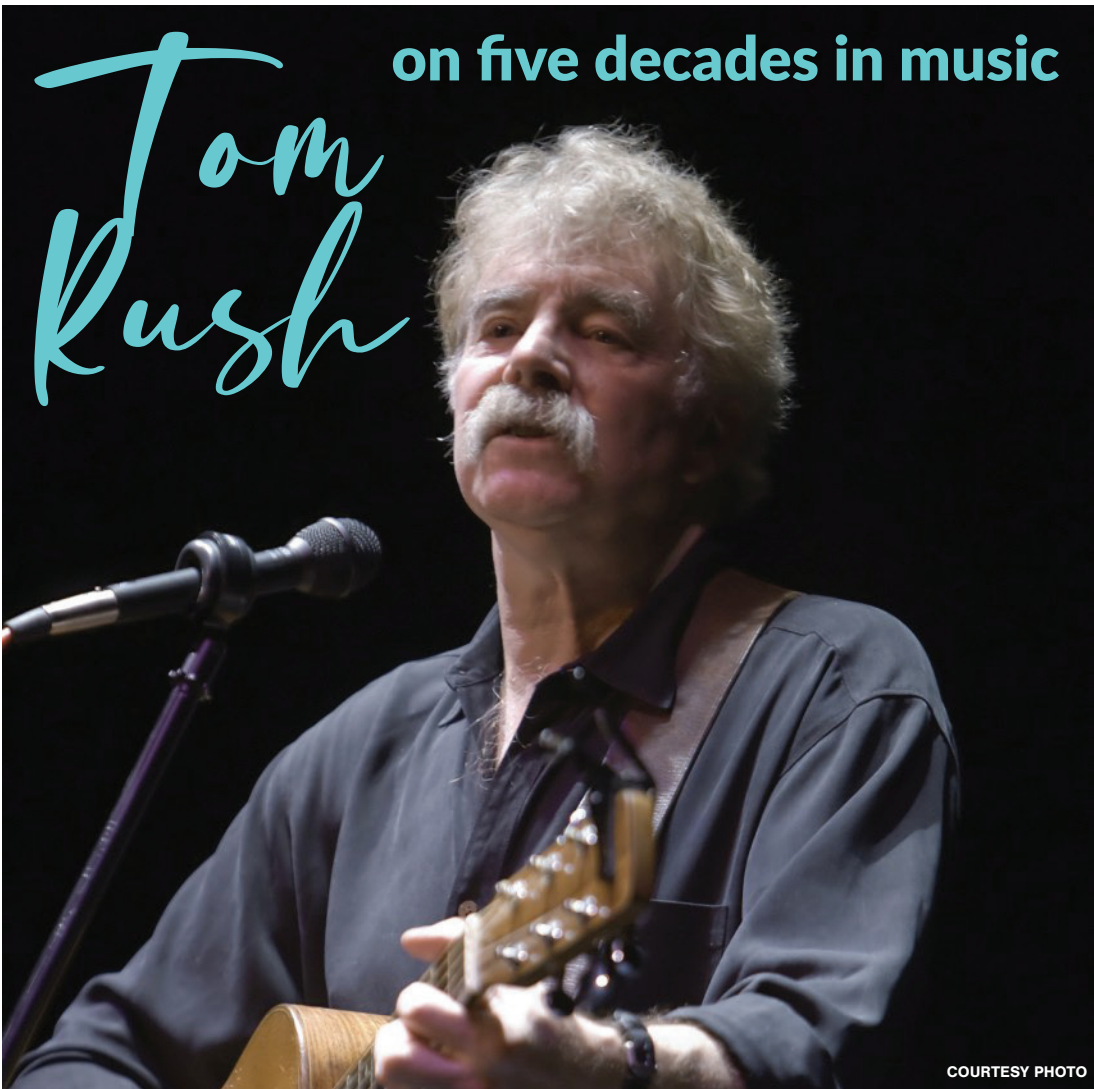
One of those in the wonderful cast is Alex Stone, born and raised in McLean who graduated from McLean High School and whose fam-

ily still lives in the area.

Stone has been part of the show since October and is part of the large ensemble.

“My part is a little unique and different than the rest of the ensemble because I’m

**See FIDDLER, Page B4**



**The singer will be performing at The Birchmere**

**By Keith Loria**  
SPECIAL TO THE  
FAIRFAX COUNTY TIMES

As a Harvard student, Tom Rush began playing Boston-area clubs in the early '60s, eventually becoming a familiar name at the legendary Club 47, where he honed his craft playing along with some of the best musicians who stopped by.

By the time Rush graduated, he had already released two albums and was well on his way to a successful career that is now in its sixth decade.

Although he started as a folk artist, Rush has never been afraid to adapt and has evolved into blues

and rock. He’s best known for his 1968 composition, “No Regrets,” but his collection of songs is vast and every fan has a favorite.

The musician has also long championed emerging artists. His early recordings introduced the world to the work of Joni Mitchell, Jackson Browne, and James Taylor, and in more recent years his Club 47 concerts have brought artists such as Nanci Griffith and Shawn Colvin to wider audiences when they were just beginning to build their own reputations.

Rush will be headed to The Birchmere March 12 where he will perform a collection of hits from his long and stellar career. Audiences who have seen him live

know Rush has a distinctive guitar style, wry humor, and a warm, expressive voice so his shows are always a treat.

“I’m still living the dream,” Rush said. “It’s going to be a fun night. It’s so cool being back playing for a real-life audience, it’s been way too long.”

During the pandemic, Rush did a series of videos called Rockport Sundays, which are available on his website.

“I’ve been taping audio and video in my kitchen and putting up a song every Sunday,” Rush said. “What I learned is that when you tell a joke to a video camera, it

**See RUSH, Page B4**

**HOT LINKS** BY COLLIN COPE



**Friday Night  
Skywatching  
Every Friday night**

Every Friday night, the Analemma Society hosts an evening of skywatching onsite at the Turner Farm in Great Falls. Check out the cold-war era telescope available on the grounds to see various stars, galaxies, and nebulae. Observations begin at 8:30 p.m. and will last until 10:30 p.m. No advance registration. For more information, call 703-759-9018 or visit <https://bit.ly/3hQeocl>.



**March150 at The Torpedo  
Factory • March 12**

Alexandria’s Torpedo Factory Art Center will host its 12th annual ‘March150’ event on March 12 from 7 p.m. until 9 p.m. Check out a variety of pieces created through many different art forms including painting, photography, and etching. General admission

tickets are \$30, with VIP tickets at \$50. All proceeds from the event will be utilized to fund further exhibitions and artwork at the center. For more information, visit <https://bit.ly/35C5Tzs>.

**Celebrate Pi Day  
at Sully Historic  
Site • March 14**

Every year, mathematicians and foodies unite for the annual celebration of Pi day on March 14. Often abbreviated to 3.14, Pi is a mathematical constant used to explain the shape of a circle. And pie, a delicious dessert, is shaped like a circle. This year, Sully Historic Site celebrates Pi Day with an observance of the rich history of dessert Pie on the grounds, as well as an opportunity to learn about traditional pie recipes. The event will cost guests \$3.14. For more information, call 703-437-1794 or visit <https://bit.ly/3Cq9Cfb>.



COURTESY PHOTOS



# FCPS student artists recognized in 2022 Regional Scholastic Art Awards

**Courtesy of FCPS**

Fairfax County Public Schools (FCPS) students in grades 7 to 12 received a total of 497 awards for outstanding artwork, including 160 Gold Key awards and 177 Honorable Mention awards by the

2022 Regional Scholastic Art Awards program. Four works by FCPS students were nominated for the best-in-show American Visions Award. Artworks were submitted and judged in categories including drawing, painting, printmaking, photography, ceramics, sculpture, digital

art, design, architecture, jewelry, fashion, film and animation, mixed media, and portfolios. The Gold Key and Silver Key artworks are on display at Northern Virginia Community College's Ernst Community Cultural Center in Annandale through March 24. For more information

about the exhibit visit <https://bit.ly/3tzYhVT>. Gold Key award-winning works will be judged at the national level against other gold key work from regions across the country. National awards include Gold and Silver medals as well as monetary awards and scholarships. National awards will

be announced on March 23, and an exhibit of the national winners' works will be on display in New York later this year. The Scholastic Art Awards program, presented by the Alliance for Young Artists and Writers, is the largest, longest-running recognition program of its kind

in the United States. Established in 1923, the awards have recognized teens who have become some of our nation's most celebrated artists, including Richard Avedon, Robert Indiana, Phillip Pearlstein, and Andy Warhol. A complete list of FCPS winners can be found at <https://bit.ly/3w2RfMv>.



Perfect Family by Kira Smith



Drizzle by Alison Wan



Girl and Teapot by Maria Dubasov



Can't Look Away by Elina Liu



Home School by Xinyi Yao

Member

FDIC

METRO CITY BANK

★ SPECIAL OFFER FOR VIRGINIA ★

8 Month CD

2.45% APY\*

Minimum \$1,000 to open. A penalty may be imposed for early withdrawal before maturity.

\* APY = Annual Percentage Yield. \*The rate is effective as of AUGUST 23, 2018 and subject to change without notice.

ANNANDALE BRANCH

571.335.7163

7023 Little River Turnpike Suite 101 Annandale, VA 22033

CENTREVILLE BRANCH

571.490.7655

5900 Centreville Crest Lane Unit B Centreville, VA 20121 (Lotte Market)

◆ SBA 7(a) ◆ SBA 504 ◆ USDA (B&I) Loans

◆ Commercial Real Estate Loans ◆ Commercial ◆ Business Line of Credit

Andy Lee

571.308.8589 (C)

571.335.7163 (O)

SBA Preferred Lender ◆ CDARS Member

Residential Mortgage Loans (NMLS #874399)

Chris Chung (NMLS #1608460)

703-582-4308

TO SEE ALL OF OUR BRANCH LOCATIONS, PLEASE VISIT OUR WEBSITE AT

www.metrocitybank.com

King Crossword

ACROSS

1 Taj Mahal city

5 Chatter

8 Pugilist's weapon

12 Regrets

13 Half of bi-

14 Bygone Peruvian

15 Diamond parts

17 Miles away

18 Thai or Korean

19 Oscar contenders

21 Leaves

24 Medit. nation

25 Buckeye State

28 Take five

30 Yoga pad

33 Mafia boss

34 Emulate Lincoln

35 Bedazzle

36 Dict. info

37 Nick and Nora's pet

38 Arm bone

39 Fireplace residue

41 Luminary

43 Charlton Heston film

46 Seraglio

50 Aware of

51 Endless time or space

54 Burning heap

55 Automobile

6 Sci-fi fleet

7 Declares

8 Lock opener

9 Faxed

10 Casual planet

11 Cicatrix

12 Old salts

13 Rock's Brian

14 Refer to

15 Messes up

16 Plane assignments

17 Peculiar

18 Garden tool

19 Foot soldiers

20 Sports figure?

21 Bristle

22 Chai, e.g.

23 Diamond

24 Head locale

25 Seventh

26 Refer to

27 Messes up

28 Plane assignments

29 Peculiar

30 Garden tool

31 Foot soldiers

32 Sports figure?

33 Bristle

34 Chai, e.g.

35 Diamond

36 Head locale

37 Seventh

38 Refer to

39 Messes up

40 Plane assignments

41 Peculiar

42 Garden tool

43 Foot soldiers

44 Sports figure?

45 Bristle

46 Chai, e.g.

47 Diamond

48 Head locale

49 Seventh

40 Refer to

41 Messes up

42 Plane assignments

43 Peculiar

44 Garden tool

45 Foot soldiers

46 Sports figure?

47 Bristle

48 Chai, e.g.

49 Diamond

50 Head locale

51 Seventh

40 Refer to

41 Messes up

42 Plane assignments

43 Peculiar

44 Garden tool

45 Foot soldiers

46 Sports figure?

47 Bristle

48 Chai, e.g.

49 Diamond

50 Head locale

51 Seventh

© 2022 King Features Synd., Inc.

ZED by Duane M. Abel

THE PERFECT SHOES ARE JUST WAITING FOR US!

SHOE!

OOOHHH!

RUNNING SHOES!

OOOHHH!

NOT SO FAST, MY KNEES HURT SHOES!

www.corkeycomics.com



## ADORABLE ADOPTABLES

# THE FELINE FOUNDATION

See these pets and more at:  
[www.ffgw.org](http://www.ffgw.org)

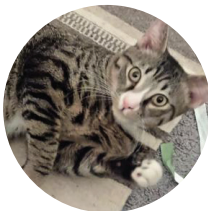
### MITTEN

**Breed:** Domestic short hair

**Age:** 10 months

**Gender:** Male neutered

Mittens is a handsome boy with polydactyl paws. This doll is loving and sweet, ready to be held or snuggled and treated like the lover he is and with all those extra toes he can wrap you up with warm hugs.



### VALENCIA

**Breed:** Domestic short hair

**Age:** 1 year

**Gender:** Female spayed

Valencia is a calico queen! She has a tremendous purr that starts the moment she sees you. While she prefers to be approached where she can see the top of your head, once you start scratching her chin she will warm up to you right away. She enjoys Temptations, making a cameo appearance in Zoom calls, and keeping her throne toasty.



### LUKE

**Breed:** Domestic short hair

**Age:** 1.5 years

**Gender:** Male neutered

Luke, which means light giving, is a sweet, loving soul who is ready to light up your life. He will immediately make himself at home and be your instant companion. His hobbies include biscuit making, purring, belly rubs, deep conversations, and cozying up against you. We rescued this handsome boy after his family moved and left him behind. Luke is super friendly and can't wait to be part of a loving home.



### COLTRANE

**Breed:** Domestic short hair

**Age:** 9 months

**Gender:** Male neutered

Coltrane is a handsome tuxedo kitten with a loving disposition. He and his sister, Josephine Baker are a bonded pair that must be adopted together. Coltrane loves to be scratched on his neck and head. He follows Josephine's lead, but once he's comfortable, he wants you to pet him and play with him. This sweet, gentle boy loves to chase after feathery toys and to play with toy mice.



### CAPTAIN JACK SPARROW

**Breed:** Domestic short hair

**Age:** 6 years

**Gender:** Male neutered

Captain Jack Sparrow is a true pirate! This soft and lovable brown tabby boy was found outside on his own and in rough shape. A wonderful couple picked him up and took him in off the street. Jack, now Captain Jack, lost his one eye due to an injury from being outside. He healed right up with the amazing care he received. He's ready to "Captain" his own ship now by heading right into your home.



### CALLIOPE

**Breed:** Domestic long hair

**Age:** 1 year

**Gender:** Female

Calliope ("Callie") is a calico beauty with special needs, but please don't stop reading about her! She is beautiful, loving, funny and outgoing and just might be the perfect cat for you. Callie has a heart condition called hypertrophic obstructive cardiomyopathy. She takes her daily medication without a fuss. You wouldn't know she has a heart issue. She plays, loves her catnip and kicker toys, runs around and chases anything you give her. She enjoys lap time, sleeping in bed with you, and helping unpack the groceries when you come home.



Piccolo is resting easy in her new home. You can do the same with the purchase of CoZzy new sheets and help support more rescues like her!



**Feline Foundation**  
CoZzy Comfy Bed Linen Fundraiser  
1800 Thread Count

**\$50 ANY SIZE**

XL Twin, Twin, Full, Queen, King,  
California King  
Split King (\$70)

[www.CoZzyComfy.com/online-store](http://www.CoZzyComfy.com/online-store)

Select Group Code:

**Feline Foundation of GW 1 - 2022**

Order by March 14

Super Soft Microfiber Material - Feels Like Egyptian Cotton

Anti-pilling, Wrinkle Resistant, Breathable, Double-Brushed

EXTRA Deep 18-inch Pockets

100% Money-Back Satisfaction Guaranteed

Kristen@CoZzyComfy.com or 770.720.0040



## FROM THE DOG'S PAW

# Protect your pets from poisons



UNSPLASH

**By Abby!**

SPECIAL TO THE  
FAIRFAX COUNTY TIMES

Woofs, March is National Poison Month. It was designed to bring attention to the poisons within a pet's life, pawssibly within reach, which could poison your paw-some pal. Pawingly, thousands of pets are poisoned by simply ingesting foods and household items every year.

Barkingly, when Mom comes home from her workday, she puts her purse and anything else on the kitchen counter. If she doesn't, and it's left within my reach, I'll hear Dad reminding her to place it out of the pet's reach. Dad does the same with his backpack, and Mom will remind him too. Woofs, I'm not happy when they do that because I love exploring their bags. Mom's purse always holds all kinds of fun stuff for pets, and some are even dangerous. I like stealing the tissues, shredding them all over the pawlance. Pawingly, there are hidden dangers like nail files, pens, hair clips, and the like. A pawticular concern is any medications, both prescriptions, and over-the-counter. Prescription medications such as antidepressants, attention-deficit/hyperactivity disorder, and heart medications lead the list among poisons to pets. Barkingly, over-the-counter medications include vitamins, pain medications (acetaminophen, ibuprofen, and naproxen), herbal supplements, antihistamines, and cold and flu medications are among the leaders among pawssible poisons to pets. My lists are not exhaustive, so research online for more detailed lists or contact your veterinarian. Humans should remember to keep all medications out of their pets reach.

Woofs, pawssible poisons

aren't only found in purses and backpacks. Where do you sort your medications? On the bed? A desk? In the bathroom? As you sort them, make sure you do not drop anything on the floor and leave it behind. I am a Labrador Retriever puppy who puts every single thing into my mouth. If I can find it, sniff it, it's mine. Sometimes, my cat brother will do that too. Paws, when you finish sorting your medications, simply do a quick look around for any dropped pills. Woofs.

Barkingly, one of my favorite pawlaces to hang out is in the kitchen—paws, especially when Mom is busy making dinner. Most of the food items she uses are tasty to pets, not necessarily poisonous or toxic. Woofs, some foods like alcohol, avocado, bones, chocolate, coffee, caffeine, citrus oil extracts, grapes and raisins, macadamia nuts, walnuts, almonds, pecans, raw or undercooked meats, eggs, and bones, milk and dairy, and any moldy foods can be harmful or toxic. When you're cooking, setting foods out to thaw, or bringing groceries to put away, be aware of where your dog is to prevent pups from stealing something that smells pawfully good to them. Woofs!

Dad has a green thumb, so they say, it looks white to me though. Woofs, he enjoys going to the garden center to explore pawlants for his garden and the home. He's pawretty good about being careful in pawchasing pawlants, which are not toxic to me or Samson the cat. Paws, I have been known to grab a paw full of a plant and munch away on it. Woofs, he's usually not happy about that. A few pawlants of concern include Autumn Crocus (there are two species of Crocus, Spring and Autumn. Spring is less toxic but can cause vomiting), Azaleas,

Cyclamen, Kalanchoe, Lilies, Oleander, Dieffenbachia, Daffodils, Lily of the Valley, Sago Palm, Tulips and Hyacinths. This is only a partial list. It's wise to research to learn more at <https://www.petpoisonhelpline.com/poisons/>. If your pet ingests a pawlant causing you concern, bring along the pawlant with your pet to your veterinarian.

Woofingly, where do you store your household cleaning supplies? Barks, pawssibly the kitchen cabinet? Or maybe the garage? One of my favorite things to do is sniff around the kitchen, looking to get into something. Sometimes, I paw and nose my way into the sink cabinet where all kinds of goodies are stored. That is until we moved to a house with child-safety locks on the cabinets. Arf. It is a good idea to keep your pets from getting into cleaning supplies that may contain dangerous chemicals.

Being aware of pawssible chemical and food dangers in the house will help prevent poisonings.

Keep the phone numbers of your veterinarian, emergency hospital, and pet poison helpline (855- 764-7661, \$75 incident fee applies) handy to save time in an emergency.

### About us!

WOOF! MEOW! Do you enjoy our articles? Barks and purrs, pawlease follow us at [www.fromthedogspaw.com](http://www.fromthedogspaw.com) by email to enjoy our adventures! Noah, Samson, and Abby are Pawthors pawing about dog/cat care tips using facts and humor, and entertaining stories about their lives with humans! Our human, Allen Pearson, is a dog, nature, and railroad photographer and writer. Find us all at [www.facebook.com/fromthedogspaw](http://www.facebook.com/fromthedogspaw).

# A SHELTER PET WANTS YOU!

Pet Supplies Plus will take **\$5 off \$35** when you show proof of adoption from our shelter partners. Offer Code: **910097**

## PET SUPPLIES PLUS.

GREAT PRICES. NO BEGGING.

Store Coupon. Only one coupon per household. Valid at N Virginia/DC Metro Pet Supplies Plus locations only. No cash back. No cash value. May not be combined with any other total purchase offer. Digital copies and duplications will not be accepted. Pet Supplies Plus reserves the right to cancel this offer at any time. Offer expires on 04/15/22





# Art News

**Chopin** Musicians from the Chamber Music Society of Lincoln Center take the audience on a deep dive of Chopin’s oeuvre. 7:30 p.m. March 11. Tickets start at \$44. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/31lZGtr>.

**A Delightful Quarantine** When aliens land to take soil samples, the residents of the suburban middle-class community of Susqua Creek Acres (plus a few unlucky visitors) find themselves suddenly and unexpectedly quarantined in place for three days for their own protection. 8 p.m. March 11 and 12. Tickets start at \$25. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3hsMH9B>.

**Second Saturday Art Walk** Come out and visit the Workhouse Monthly Featured Artists. All campus studio buildings will be open from 6 p.m. to 9 p.m. March 12 and the talented artists there will be thrilled to chat about their works and processes. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3CBkozy>.

**Calamity Improv** Improv, sketch comedy, and classical theatre collide in this Wild West Show. A rotating case of 11 actors means you’ll never see the same show twice. 7:30 p.m. March 12. Tickets are \$15. ArtSpace Herndon, 750 Center St., Herndon. For more information visit <https://bit.ly/35MHXsZ>.

**Music of Czech Composers** Join the Reston Chorale for a performance including works by Antonin Dvorak, Leos Janacek and more. 4 p.m. March. 13. Tickets start at \$20. Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. For more information visit <https://bit.ly/3HVwcxE>.

**Wait! Don’t Tell Me!** Join the Reston Community

Orchestra in a program designed to showcase talented youth and test your musical knowledge. 4 p.m. March 13. Tickets are \$25. Reston Community Center, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3u2qqp5>.

**Connection** features innovative choreography by Metropolitan School of the Arts faculty, students, alumnus, and renowned guest artists. 6 p.m. March 13. Tickets start at \$20. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. For more information visit <https://bit.ly/3sWpMtL>.

**Improv Show** Join the professional teen improv troupe, Unruly Theatre Project, for a hilarious night of comedy in this virtual event. 7 p.m. March. 16. Free. Old Firehouse, 1440 Chain Bridge Rd., McLean. For more information visit <https://bit.ly/3vT1vGT>.

**Performing Arts**

Union St., Alexandria. For more information visit <https://bit.ly/3IFoN67>.

**Night Walks** is a solo exhibition of new photography by Tim Hyde. The exhibit continues through March 19. Multiple Exposures Gallery, Torpedo Factory Art Center, 105 N. Union St., Alexandria. For more information visit <https://bit.ly/3rC2xEA>.

**In-Between Places** Experience the work of artist Ju Yun which reflects the transition between traditional Korean art to contemporary subjects and methods using cultural imagery and iconography and rich layers of colors. Through March 20. Free. Vulcan Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3G2Bkiw>.

**Near and Far** Celebrate 61 images from 36 photographers who have interpreted the world around them by capturing minute details of macro photography and scenic vistas around the globe and beyond our solar system. Exhibit continues through March 20. Free. Falls Church Arts Gallery, 700-B W. Broad St., Falls Church. For more information visit <https://bit.ly/35G37IW>.

**Silent Towers** Experience a collection of photographs that present a look back 20 years to various sites in the 3,500-acre correctional complex. On exhibit through May. 9. Muse Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3tnl1bK>.

**Mother Line** is an exhibition of works by photographer, filmmaker, video and performance artist Laurel Nakadate. Continues through May 29. Tephra Institute of Contemporary Art, 12001 Market St., #103, Reston. For more information visit <https://bit.ly/3GICKF1>.

# Community Information

**Qigong** Join Pauline Reid for this virtual Chinese meditation and healing practice as she focuses on movements, self-applied massage and more. 1 p.m. March 11. Free. For more information visit <https://bit.ly/3JeTkst>.

**Perennials with Personalities** Extension Master Gardener docents show you how soil preparation, mass plantings, and careful attention to the right flower selection can give you a lush flowering garden from spring to fall. 1:15 p.m. March 11. Cost is \$10. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3hQgHfG>.

**Soar Together** during this Air and Space On Site Family Day. Meet aircraft carrier crew members and find out about their lives at sea. 10 a.m. to 2 p.m. March 12. Free, but parking is \$15. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Parkway, Chantilly. For more information visit <https://si.edu/3KurEzH>.

**Exploring Teas** Test your taste buds and tea knowledge in this advanced workshop as you taste a selection of teas “blind” in this fun and informative seminar. 1 p.m. March 12. Cost is \$45. Colvin Run Mill, 10017 Colvin Run Rd., Great Falls. For more information visit <https://bit.ly/3J1JgTw>.

**Teen Job Fair** Students and young job seekers looking for a variety of employment opportunities; full time, after-school, seasonal positions, internship opportunities, and volunteer positions. 1 p.m. March 12. Free. West Springfield High School, 6100 Rolling Road, Springfield. For

more information visit <https://bit.ly/3Ia5vp7>.

**Oakton Year-Round Farmers Market** This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs, and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. March 12. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujvsiK>.

**Tax Help** The AARP Foundation Tax-Aide program offers free, individualized tax preparation for low to moderate income taxpayers – especially those 50 and older. Appointments are required. 10 a.m. to 2 p.m. March 12. Free. Herndon Fortnightly Library, 768 Center St. Herndon. For more information visit <https://bit.ly/3HXJCjr>.

NOVA Central Farm Market features fresh local pork, chicken, fish, cheeses, produce, dairy, baked goods, prepared foods to go, eggs, flowers, and ice cream. 9 a.m. to 1 p.m. March 13. Free. Marshall High School, 7731 Leesburg Pike, Falls Church. For more information visit <https://bit.ly/3GUNBpm>.

**Friends of Runnymede Park Meeting** Guest speaker Meredith Hart shows how her biology and art have created a career as a national science illustrator. 6:30 p.m. March. 13. Free. ArtSpace Herndon, 750 Center St., Herndon. For more information visit <http://frpweb.org/>.

**Introduction to Astronomy** discuss the basic types of astronomical objects from the small to the large, the motions of the planets and stars, and interesting phenomena in the night sky. 7:30 p.m. March 15. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3HSBqKh>.

**Green is Great** St. Patrick’s Day celebrates all things green. Enjoy a woodland walk and understand why green is important to plants and animals. 10 a.m. March 17. Cost is \$8. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3MGn1V9>.

**Thomas Jefferson’s Peas** Celebrate peas for St. Patrick’s Day and hear about Thomas Jefferson’s annual pea contest. Plant some to take home. 4 p.m. March 17. Cost is \$10. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3sVwRjR>.

**ONGOING Golden Girls** Senior Women’s Softball is looking for players of all experience levels for games on Wednesdays and Saturdays in Vienna. For more information visit [goldengirls.org](https://goldengirls.org).

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

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

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



FAIRFAX COUNTY TIMES

HOME & GARDEN

Spring 2022

Coming March 18

CIRCULATION 330,000

ALSO FEATURED ON FAIRFAXTIMES.COM FOR 1 YEAR!

Reston | Herndon | McLean | Vienna | Burke | Centreville | Chantilly  
Fairfax | Fairfax Station | Clifton | Great Falls | Oakton | Falls Church  
Alexandria | Springfield | Lorton

Call for Details

Simmy Murdock • (703) 463-9228 or email [simmym@wspnet.com](mailto:simmym@wspnet.com)

Marcia Patch • (703) 904-1004 or email [marcia@wspnet.com](mailto:marcia@wspnet.com)

FAIRFAX COUNTY TIMES

FIDDLER

CONTINUED FROM PAGE B1

not anybody Jewish in the show,” he said. “Probably when they were casting, they looked at my blonde hair and said they couldn’t use me for that. So, I’m one of the Russian Christians in the show.”

For his character, Sasha, Stone describes him as “toxic masculinity personified.”

“He’s not a nice dude whatsoever,” he said. “During the song, ‘L’Chaim!,’ when they go to the bar to have a nice drink and celebrate Tevye’s oldest daughter getting married, they are all having a grand old time singing and drinking and dancing, and then my character sees it and wants to take all the attention for himself.”

So, Sasha stands on a table and starts singing, and all the other Russians start dancing along, and everyone is drunk and having a good time.

“He’s definitely a scene-stealer and wants all the spotlight for himself,” Stone said. “He’s not a great dude, and he does some more terrible, mischievous things throughout the show, and that’s kind of fun to play. I hope it’s very different than who I actually am.”

This is Stone’s first national tour, having starred in regional productions of such big hits as “Jesus Christ Superstar” (Judas), “The Last Five Years” (Jamie), and “Newsies the Musical” (Jack Kelly).

Not surprisingly for those who know musical theater, Stone performed in a production of “Fiddler on the Roof” when he was in middle school, as the show is one of the most performed musicals in schools.

“I was Tevye, with a beard, and it was just wonderful,” he said. “I wasn’t doing anything award-winning, but my friend had showed me the movie beforehand and I just tried to do everything he did in the movie, which is not a terrible thing for a middle school kid.”

His performance was strong enough that his teachers told him he had potential as an actor, and soon after he signed up for voice lessons and started thinking about acting as a way for the future.

“If I hadn’t done that

felt the worst of it.

“I was an early adapter; I got sick back in March of 2020,” he said. “It was no fun. I tell everyone to get vaccinated and wear their masks; it’s not a complete remedy, but it’s a way better solution than nothing. I spent five days getting worse, five days really feeling awful, and then five days getting better.”

Once he was better, Rush started writing and noted he has enough songs for a new album, though, and likes to go into the studio with a lot of possibilities.

“Inevitable, the song you thought was a slam dunk just won’t come out right,” he said. “But there could be some other song you threw in just for the hell of it that everyone loves. So, I like to go

show, I don’t think I would be where I am today,” Stone said. “It’s kind of charming to have this be my first big professional gig outside of college.”

He studied at the Cincinnati College Conservatory of Music and credits his parents and teachers in high school for fostering his desire for the arts.

“I had a very inspiring theater teacher in high school, and it’s not every public high school you get that,” he said about former McLean drama teacher, Amy Poc. “She was quite a force to be reckoned with and really pushed us to be the best we could be. I learned quite a bit from her.”

“Fiddler on the Roof,” he noted, is one of those shows that is good for people of all ages and encourages people to come out and see this production. He’s definitely looking to see some friends and family from McLean in the audience.

“This is a great way to be transported away for a while,” he said. “People will laugh and cry and feel these genuine emotions they could never get from everyday life.”

in with more than enough.”

He’s actually considering doing the recording at home because a lot of the studios are still shut down or backlogged with people getting back, so he doesn’t want to wait too long.

“I have a very professional video guy and audio guy, and I can just be casual,” Rush said.

Rush feels he’s much less regimented on stage now than he was before the pandemic, calling his set more free-flowing.

“The Birchmere is such a treat and everyone there is really good at what they do and love to do it,” Rush said. “I know when I’m there, I don’t have to worry about anything but connecting with the people who have come to see the show.”

HOFFMAN

CONTINUED FROM PAGE B1

doesn’t laugh. So, a live audience is just so cool.”

At The Birchmere, Rush has some new material he will be trying out for the first time and promises to play many old favorites as well. Keyboardist Matt Nakoa will be backing him up, as well as doing a couple of songs on his own.

“I’m hoping that Mr. Tom Paxton might stop by,” Rush said. “The last couple of times I have played there, he’s stopped in and done a song or two, and I am hoping that might happen again.”

Early on during the pandemic, Rush was diagnosed with COVID-19 early and



## Are you listening to your symptoms?

**KEYS TO BETTER HEALTH**  
**CINDY SANTA ANA**



Our bodies have a unique way to communicate with us via symptoms. These cues can let you know what may be missing or what is in excess in the body. Some of those deficiencies could be related to nutrients. A nutrient deficiency of Vitamin C leads to scurvy, which is fairly dramatic and considered end-stage, but what if your symptoms weren't that drastic and they were little whispers, letting you know that the body needs more of this or less of that?

So, let's continue with Vitamin C as an example. A small deficiency, considered subclinical, can lead to various symptoms such as bleeding gums when you brush or floss, spider veins, varicose veins, broken capillaries, bloodshot eyes, hemorrhoids, poor immune function and poor wound healing. These are signs that someone needs more Vitamin C and their co-factors

bioflavonoids.

Another example is with water. When we hear the words, dehydration, we think of someone severely incapacitated and flushed or perhaps dizzy. But that's again, end stage dehydration. Someone who is mildly dehydrated and doesn't consume enough water on a daily basis may experience chapped lips, dry mouth, headache and even constipation.

We can get tremendous insight into our bodies if we learn how to tune into the cues – the signs and symptoms – our bodies are telling us. Then, we can use food, lifestyle adjustments and even supplements to get the body back into balance.

Let's consider a conversation I've had and perhaps many others have had with their doctors concerning headaches. They may ask how long they've been going on, how severe they are and what you take for them, right? They may give you a recommendation to take an over the counter pain reliever or write a prescription for something stronger. But, does this actually address the root cause of

why you are having a headache in the first place? No, it does not! The root cause needs to be explored, identified and addressed. As a nutritional therapist, I take the time to gather a deep health history to assess possible root causes of symptoms. For example, for a headache, I will inquire about water intake, nutrient-deficiencies, food sensitivities, stress levels, medications, inflammation factors and environmental sensitivities. This level of investigation will usually reveal the root cause that manifests as pain. Over-the-counter medications can help alleviate the pain in the short term, but it's important to always dig a little deeper to determine the root cause of any symptom, not just cover it up with a prescription that comes with its own side effects. I'm excited to share that my in-person cooking classes are starting back up on March 19 at the Wellness Kitchen of Warrenton. I hope to see you there! Check out my website, [www.UnlockBetterHealth.com](http://www.UnlockBetterHealth.com) for the spring class lineup.



UNSPLASH

## The mental health benefits of gratitude

**By Karyn Flannagan, PsyD**  
INOVA BEHAVIORAL HEALTH

The positive effects of gratitude have gained traction over the last 10 to 15 years. While we're only beginning to understand the profound connection between mind and body, cognitive behavioral therapy, or CBT, is built on the idea that what you think about affects your behavior. By changing your thought patterns, you can redirect your energy to behaviors that serve you better.

Over the last two years, we have been through a lot, collectively. Living through the pandemic and the national and global reckoning with issues of social justice has highlighted the challenges and barriers that everyone has, no matter who you are or where you come from. That's why at this cultural moment, it's so important – perhaps more important than ever before – to understand the powerful effect that gratitude has on our bodies and minds.

### Gratitude's physical and mental benefits

Simply put, gratitude is a feeling of being thankful for something or someone. Deliberately taking a moment each day to focus on gratitude helps you to notice the good things that are going on in your life, whether they are big or small. Research has shown that a daily practice of gratitude can have a wide range of benefits for your physical and mental well-being. Gratitude has the power to:

- Promote a better sleep-wake cycle
- Strengthen our immune systems
- Change our pain threshold, with the result that we experience fewer body aches and pains
- Give us a more positive outlook by making us more aware of the good things that



COURTESY PHOTO

are happening in our lives

- Enhance mood
- Recenter and recalibrate our minds to a more positive way of thought, increasing optimism
- Connect us to a sense of something greater than ourselves
- Support and grows empathy and compassion
- Boost self-esteem
- Increase our productivity at home and at work
- Can boost engagement among employees if an organization uses gratitude
- Solidify family bonds with a daily "what I'm grateful for" moment as a family
- Decrease stress
- Reduce anxiety and depression

Gratitude helps us to stop allowing ourselves to be hijacked of joy. In this world, we experience so much negativity that derails whatever inner joy or positivity we have. A practice of gratitude helps us put less energy into what we can't control and keeps our focus on positive things in our lives, without erasing or ignoring life's negative

aspects.

### What is a "daily gratitude practice," and how can I start one?

It's simple to start a daily gratitude practice, it doesn't cost any money, you don't need equipment or professional guidance, and it doesn't have to take more than a couple of minutes. Here are a few ideas about ways to start:

- Write in a gratitude journal – take a minute to jot down a few things you're grateful for. Writing it down imprints it in your mind and your memory.
- Spend two minutes practicing mindfulness around the things that you're grateful for – quiet your mind and focus on life's good things.
- Start a conversation with a friend or loved one, even via text, to share what you're grateful for each day – as a bonus, it will boost your connection with that person.

It's important to note that the things you're grateful for do not have to be big things. Simple pleasures and small moments, from playing with your dog or hearing your child laugh to feeling the warm sun

on your face, sitting down to a meal with your family or listening to music can all be worthy of gratitude.

### This sounds like a commitment – how can I make sure I stick with it?

Starting a new routine or habit – even a small one like a daily gratitude practice – can be difficult. Here are a few tips to make it easier:

- Just start – try it today.
- Find the right time for your gratitude practice – First thing in the morning? Bedtime? What is easy for you?
- Connect it with another habit you already have established, like brushing your teeth or taking the day's first sip of coffee.
- Download one of the many free apps available to support a daily gratitude practice.
- Find a gratitude buddy and keep each other accountable.
- Make a gratitude challenge and share it with others.
- Remember to include big or small things.
- Give yourself grace if you miss a day or forget – just start again the next day.

• Do an experiment. Just try it for 30 days, and then measure how you feel after. Noticing positive effects on our well-being can inspire us to keep going.

I hope you'll give a daily gratitude practice a try. Focusing on what's going well gives us a sense of increased

satisfaction with our daily routine, which ultimately adds up to satisfaction with our lives. Good luck!

*Karyn L. Flannagan, PsyD, serves as Vice President and Administrator, Inova Behavioral Health Services. She oversees and manages all operational functions for the behavioral health service line and is a clinical psychologist.*

T	N	S		Y	K		S	A	V	S
S	O	F		R	C	A	R	E	R	P
Y	T	I	N	I	N	I	O	T	N	O
M	A	R	E	H		R	U	R	H	B
				A	R	S	T	A	S	H
A	N	L	U	A	T	A	S	T	A	D
E	A	W		E	T	E	O	R	A	N
				M	A	T				O
			R	S	I		S	E	G	O
S	H	O	T	A	C			N	A	S
A	R		A	F	A		S	D	L	E
				I	N	C				R
										A

Solution time: 24 mins.

Answers

King Crossword



# Festive fun for St. Patrick’s Day

## AMERICAN IRISH STEW

Reprinted with permission from the American Institute for Cancer Research • Servings: 6

**INGREDIENTS**

1 tablespoon extra-virgin olive oil  
1 1/4 pounds beef, top round, cut into 3/4-inch pieces  
3 cloves garlic, minced  
salt, to taste  
pepper, to taste  
1 medium onion, coarsely chopped  
3 medium carrots, peeled and cut into 3/4-inch pieces  
2 medium parsnips, cut into large chunks (optional)  
3 cups low-fat, reduced-sodium beef broth  
4 medium russet potatoes, peeled and cut into large chunks  
1 tablespoon chopped fresh rosemary  
1 leek, coarsely chopped  
2 tablespoons chopped fresh parsley

**INSTRUCTIONS**

In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.

Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.

Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.

Serve hot and garnish with parsley, if desired.



## ST. PATRICK’S DAY SANDWICHES

Yield: 8 sandwiches

**INGREDIENTS**

8 ounces plain cream cheese spread, softened  
1 cup finely shredded mozzarella cheese  
salt  
4 English muffins  
24 slices cucumber  
8 thin slices green pepper  
fresh cilantro leaves  
lemon juice  
lemon slices, for garnish (optional)


**INSTRUCTIONS**

In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each “shamrock,” one on each “leaf.” Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.



Business & Services Directory

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: [marcia@wspnet.com](mailto:marcia@wspnet.com)

### North’s Custom Masonry

Retaining & Decorative Walls  
Stonework • Patios and Walkways  
Fire pits, Fireplaces & Chimneys  
Repointing Brick  
Concrete and Paver Driveways

Angie’s List member

**Call Brian 540-533-8092**  
Free estimates, BBB, Lic./Ins.

### ELECTRICAL

- Install Ceiling Fans
- Recessed Lights
- Under Cabinet Lights
- Change Light Fixtures

**No Job is too small!**

Licensed & Insured | We accept all major credit cards!

**Edwin C. Colque - Master Electrician**  
703-898-0797

### Moving & Storage

Whether the move is big or small - **VA4MOVERS** can move them all!

**Now offering cleaning services!**

571-535-4650 • [virginiaismformovers.com](http://virginiaismformovers.com)

### Spring Specials

Family Owned Since 1970

**CHARLES JENKINS TREE SERVICES**

**Mulch Special Sale**

FREE ESTIMATES • REASONABLE RATES

Cell: 540.422.9721  
Office: 703.830.2654

INSURED - BONDED - LICENSED

### North’s Tree Service & Landscaping

Family Owned & Operated for over 30 Years  
Quality Work Guaranteed  
Complete Tree Service  
All Phases of Landscaping

Winter Discounts Save 25%!

Gravel Driveways  
Honest & Dependable

**Brian North, Owner**  
(540) 533-8092

Free Estimates Lic/Ins

### DODSON’S TREE & LANDSCAPING, LLC

TRIMMING & TOPPING, SPRAYING, TREE REMOVAL, STUMP GRINDING, MULCHING, PRUNING, CABLING, FEEDING, LOT CLEARING, FENCING, PAINTING, POWERWASHING, PLANTING, GRADING, SEEDING, RETAINING WALLS, PATIOS, WALKWAYS, TOPSOIL AND GRAVEL.

**WE PROUDLY ACCEPT ALL MAJOR CREDIT CARDS.**

LICENSED/INSURED OFFICE - (540) 923-4087  
FREE ESTIMATES CELL - (540)214-8407

**Residential and Commercial**

### William’s Plumbing

Drain Cleaning • Install fixtures  
Troubleshooting & Leak Repair  
Electric hot water heater

Licensed & Insured • 20 Years Experience  
**571-263-6405**

### CLASSIFIEDS

To place a classified ad or a Business & Services ad, please contact:

Marcia Patch • 703-904-1004  
[marcia@wspnet.com](mailto:marcia@wspnet.com)

Classified

Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: [marcia@wspnet.com](mailto:marcia@wspnet.com)

## Help Wanted



*Remember Your Loved One*  
in the Fairfax County Times  
Call Marcia Patch • 703-904-1004

## Help Wanted

**SENIOR SOFTWARE ENGINEER**

Company seeks Senior Software Engineer to design, develop and test features including database architecture, back end, Web application front end, optimization using C#, ASPNet, SQL Server, Javascript, JQuery. Utilize Microsoft Visual Studio (all versions) and conduct code reviews. Build reports by using Microsoft Reporting Services. Work with database tables using SQL Management Studio. Send resumes to: HRD, Devan Software LLC, 14901 Bogle Drive, Suite 304, Chantilly, VA 20151

IT Professionals (Herndon, VA)  
Software Engineers, Software Developers, Security Engineers, Data Engineers, Computer Programmers. Multiple Positions. May also req. travel to various unanticipated client sites nationally. Mail resume to CompuGain LLC, Attn: HRGC, 12901 Worldgate Dr, Ste 510, Herndon, VA 20170.

Religious Office Worker - Danov's Followers is a non-profit religious organization. The ideal candidate can use fluently English and Bulgarian languages for translating, managing and collection of specialized information. Contact: (224) 522-3946 or [rabovianska@gmail.com](mailto:rabovianska@gmail.com)

## Legal Notice

**[(Full name(s) of owner(s))]:**   
Johnson Brothers Service Distributing Inc.

**Trading as:**  
Johnson Brothers Service Distributing Inc.  
8397 Paris Street Suite A  
Lorton, Fairfax County, VA 22079-1419

The above establishment is applying to the **VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY** for a **Wine Wholesaler, Beer Wholesaler, Wine Importer and Beer Importer license** to sell or manufacture alcoholic beverages.  
Yale Johnson, Vice 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](http://www.abc.virginia.gov) or 800-552-3200.**

3009271 (03-11-22, 03-18-22)

## Legal Notice

**[(Full name(s) of owner(s))]:**   
Sound Bytes LLC

**Trading as:**  
Sound Bytes LLC  
8101A Lee Hwy  
Falls Church, Fairfax County, VA 22030

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

Walter Palencia, 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](http://www.abc.virginia.gov) or 800-552-3200.**

3009268 (03-11-22, 03-18-22)

## Legal Notice

STAY UP TO DATE WITH THE LATEST FAIRFAX COUNTY NEWS  
**SIGN UP FOR OUR E-DIGEST**  
[FAIRFAXTIMES.COM/EEDITION](http://FAIRFAXTIMES.COM/EEDITION)



### TOWN OF Herndon VIRGINIA

**NOTICE OF PUBLIC HEARING**

Notice is hereby given that the Planning Commission of the Town of Herndon, Virginia, will hold a work session on Monday, March 14, 2022, at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Monday, March 28, 2022, at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following item:

**APPLICATION FOR A ZONING MAP AMENDMENT – ZMA #21-01, 315 Elden Street,** to consider a zoning map amendment from CS, Commercial Services, to PD-UR, Planned Development – Urban Residential, with proffered conditions to allow the conversion of an existing hotel to multi-family residential with a workforce housing component. The site is approximately 6.4 acres and is currently improved with 168 rooms spread across 11 buildings. The proposed conversion would result in up to 174 dwelling units (28 dwelling units per acre). The application includes requests for modifications to the following sections of the zoning ordinance: Section 78-51.1(e) regarding maximum setback from a right-of-way and minimum separation between structures, Section 78-100.2 regarding minimum parking requirements, and Section 78-110.4(d) regarding perimeter buffer strips. The property is located at the southwest corner of the Elden Street and Herndon Parkway intersection and is bordered by Grove Street to the south. Fairfax County Tax Map Reference Number 0171-02-0007. Agent: Ken Wire, Wire Gill LLP. Applicant and property owner: Elden Street Owner, LLC.

The proposed item is available for review by the public on the town’s website [www.herndon-va.gov](http://www.herndon-va.gov) beginning March 11, 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 item is invited to attend the public hearing and to state their opinions. Individuals may submit comments to [planning.commission@herndon-va.gov](mailto:planning.commission@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.

Note to Publisher:  
Publish March 11 and March 18, 2022

Viki L. Wellershaus, Town Clerk