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HONORING BLACK HISTORY MONTH



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FAIRFAX COUNTY TIMES
PRIVATE SCHOOLS
Your Guide to Private Education in Fairfax County & Beyond

READ MORE INSIDE!

County Executive releases FY2023 proposed budget

Residents will again see an increase in real estate tax bills

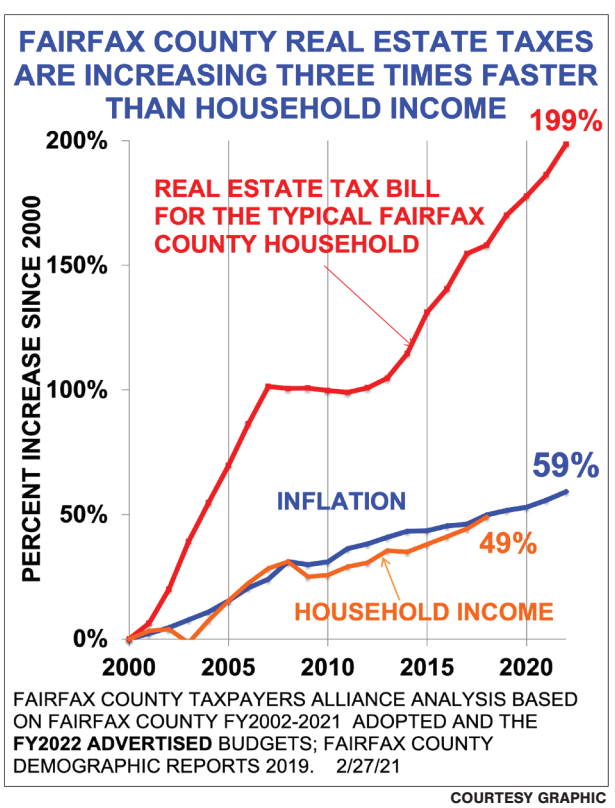
By Heather Zwicker
FAIRFAX COUNTY TIMES

The Fairfax County Executive released a proposed Fiscal Year 2023 budget that if approved would fully fund Fairfax County Public Schools as well as an employment compensation project, among other initiatives. County Executive Bryan Hill presented his proposed FY 2023 Budget on Tuesday, telling the Board of Supervisors he is cautiously optimistic that the county is turning a corner on the pandemic and heading down a new road to economic recovery. "I'm very proud of how our community and our team have weathered the

challenges of the last two years and I believe there is reason for hope that a return to normalcy is in sight," Hill said. "This budget reflects our optimism but also our commitment to wise investment in county priorities, including our workforce." Hill is proposing no change to the current \$1.14 tax rate but included an unallocated balance of almost \$80 million to be used at the board's discretion. The county's strong real estate market is good news, and the main driver behind a 6.83 percent projected FY 2023 General Fund revenue increase. However, that translates to a 9.57 percent equalization rate (the market-driven property value

change) which would mean a \$666 average property tax bill increase at the proposed tax rate. Some residents commenting on a Nextdoor post reported increases of more than 20 percent. This increase is despite holding the tax rate flat at \$1.14 due to rising assessments and a decline in the commercial tax base. This year's increase follows a 45 percent increase in real estate taxes for residents over the last decade, according to Springfield District Supervisor Pat Herryty. He said his office is already fielding calls from residents who are unhappy about the increase in their real estate tax bills.

See BUDGET, Page A5



Virginia General Assembly reaches midterm with several issues still up for debate

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

The Virginia General Assembly approached its midpoint last week, with several issues on the plate yet to be tackled but highly discussed. One of the more notable bills involves legislation supporting medical aid in dying. The Assembly first brought light to the issue during their Feb. 2 meeting. The Compassion & Choices advocacy program requested the legislature pass the Virginia Death with Dignity Act. This bill would give mentally capable, terminally ill adults with six months or less to live the legal right to obtain a doctor's prescription for medication they may decide to take to end unbearable suffering peacefully. Delegate Kaye Kory (D-38) presented the Dignity Act legislation in the House of Delegates. Kory referenced how every individual in attendance knew someone that may have suffered as much before passing on had they had the right to choose the way they left the world. "It's not about directing anyone to behave differently at the end of their life than they would choose to do...I believe that every American deserves the option about determining not just their healthcare, but the way they die, as much as they possibly can," said Kory. At this moment, the bill has yet to be passed. Currently, Virginia is one of 10 states that had medical aid-in-dying bills introduced during its 2021-22 legislative

session. Right now, 10 states, including California and Oregon, along with Washington D.C., have medical aid-in-dying laws. Compassion and Choices recently released a poll on Wednesday highlighting how southern voters (voters in southern states such as Virginia, Georgia, and Alabama) are 12 times "more likely" (50 percent) than "less likely" (4 percent) to vote for a candidate for the state legislature if they sponsor or support medical aid-in-dying legislation. Kim Callinan, president, and CEO of Compassion & Choices says the poll demonstrates the growing intensity of support for medical aid in dying. "The COVID pandemic is creating increased awareness that death is inevitable; current policies are lacking, and autonomy and compassion at life's end are paramount on voters' minds," said Callinan. The Death with Dignity Act Bill was part of several bills that met the February 15 deadline for legislation to pass its chamber of origin. The Virginia Public Access Project (VPAP) found that nearly 900 bills were introduced in the Senate, and about 64 percent made it to the House. Meanwhile, the House introduced nearly 1,600 bills, and 48 percent made it to the Senate. Delegate Dan Helmer (D-40) proposed a bill regarding hospital price transparency (HB481). This bill would require every hospital to make information about

See ASSEMBLY, Page A4

POSITIVE Vibes
BY JAYA PATIL • Fairfax County Times

Teamwork makes the AT Club dream work

TJ Club helps increase special needs students communication

On a field trip to Thomas Jefferson High School for Science and Technology, Mary Beth Fleming's group of elementary students got to meet their high school "buddies" for games in the library. TJ Assistant Principal Shawn Frank met the group, asked to join, and was warmly received. During a game of truth or dare, Fleming said, "little Tony dared the assistant principal to act like a monkey and the AP did it." Fleming and her husband Eric, who is also employed with FCPS, are coaches with the county's assistive technology (AT) services. The pair use technology to support students with disabilities in multiple schools across the county.

See AT CLUB, Page A4

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PUBLIC SAFETY



COURTESY PHOTO
Fire isolated to the garage

Herndon house fire caused by discarded fireplace ashes

Crews from the Fairfax County Fire and Rescue Department and the Loudoun County Fire and Rescue Service, were dispatched for a house fire in the 12000 block of Sugarland Valley Drive in Herndon at approximately 3:46 a.m. Feb. 14.

Units arrived on the scene of a two-story, single-family home with fire visible in the attached garage. Firefighters worked quickly to extinguish the fire. The fire damage was isolated to the garage. There were no reported civilian or firefighter injuries.

Five occupants were home at the time of the fire. The fire was discovered when the occupants woke up to the smell of smoke. Upon investigation, smoke and flames were observed coming from inside the garage. Working smoke alarms were present but did not sound due to the location of the fire.

Fire investigators determined that the fire was accidental in nature and started in the attached garage. The cause of the fire was improperly discarded fireplace ashes into a trash receptacle.

No occupants were displaced because of the fire damage being isolated to the garage. Red Cross assistance was not needed. Damages as a result of the fire were approximately \$87,500.

Investigation underway after double suicide

Detectives from the Fairfax County Police Department Major Crimes Bureau continue to investigate two apparent suicides that occurred at the same residence in the 4200 block of Sonia Court, in the Alexandria section of Fairfax County.

Officers were called to the residence at 8:11 p.m. on Feb.19 after FCPD recruit Matthew Farberov, 28, called police. He found his wife suffering from an apparent self-inflicted gunshot wound. She was taken to a nearby hospital by Fairfax County Fire and Rescue personnel, where she succumbed to her injuries. Detectives from the Major Crimes Bureau responded to the scene to investigate. Shortly after our initial response concluded around 1:30 a.m. on Feb. 20,

Farberov called for police to return. Upon arrival, officers found Farberov suffering from an apparent self-inflicted gunshot wound. Farberov was pronounced deceased at the scene.

The Office of the Chief Medical Examiner will be conducting autopsies to confirm manner and cause of death.



COURTESY PHOTO
Eric Whitehorn

Maryland man arrested in Springfield

An officer saw a 2021 Dodge Ram ProMaster in the 6500 block of Springfield Mall at 12:58 p.m. Feb. 13 that was reported stolen from an out-of-state jurisdiction.

The officer stopped the Dodge and the sole occupant of the vehicle, Eric Whitehorn, 24, of Maryland, was arrested and charged with grand larceny, false identification to law enforcement, and preventing a law enforcement officer from making an arrest.

Recidivist sentenced to 120 months for possession of child pornography

An Alexandria man was sentenced Feb. 16 to 10 years in prison followed by a lifetime of supervised release for possession of child pornography.

James B. Clawson Sr., 59, was convicted by a federal jury in the Eastern District of Virginia of possession of child pornography on Aug. 26, 2021. According to court documents and evidence presented at trial, Clawson was previously convicted of distribution of child pornography in the Eastern District of Virginia after law enforcement discovered that he was serving as the administrator of an online forum dedicated to child sexual abuse material and distributing such material to members of his forum.

While on a term of federal supervised release in connection with this conviction, a U.S. Probation Officer visited Clawson's home and found a laptop and thumb drives in a hidden compartment in Clawson's closet. Though Clawson had denied owning a laptop, law enforcement's investigation established that Clawson had been using the laptop to search for and download images and videos of minors engaged in sexually explicit conduct, which he then stored on one of his thumb drives. Once saved to his thumb drive, Clawson categorized and renamed these

files based on the specific sexual conduct they depicted.

This case was brought as part of Project Safe Childhood, a nationwide initiative to combat the epidemic of child sexual exploitation and abuse, launched in May 2006 by the Department of Justice. Led by U.S. Attorneys' Offices and CEOs, Project Safe Childhood marshals federal, state, and local resources to better locate, apprehend, and prosecute individuals who exploit children via the internet, as well as to identify and rescue victims.



COURTESY PHOTO
Alton Thodos

Alexandria man arrested in Fairfax

The victim witnessed a man going through his vehicle in the 5200 block of Mornington Court Feb. 15 at 8:49 p.m. then leave the area in a green truck. Fairfax County Police officers found the green Ford Ranger nearby and discovered it was stolen from a neighboring jurisdiction.

City of Fairfax Police officers were notified at approximately 10:35 p.m. by FCPD of a recovered stolen vehicle in the 10900 block of Park Road that had not yet been reported from their jurisdiction.

City of Fairfax made contact with the vehicle owner, who confirmed that their Ford pickup truck was not in the driveway.

Alton Thodos, 36, of Alexandria, was taken into custody by FCPD and transported to the Fairfax County Adult Detention Center where he was taken before a magistrate. Thodos was ultimately charged with two counts of Petit Larceny (Fairfax County) and one count of Grand Larceny-Auto Theft (City of Fairfax). He was held on no bond.



COURTESY PHOTO
Olajumoke Brittany Sodipo

Maryland woman arrested in Mount Vernon District

An officer saw a 2021 Kia Rio at I-495 and Telegraph Road that was reported stolen from an out-of-state jurisdiction.

The officer stopped the Kia at 4:24 p.m. Feb. 11 and the sole occupant, Olajumoke Brittany Sodipo, 35, of Maryland, was arrested and charged with grand larceny.

Detectives investigate bias incident in McLean

Detectives from the Fairfax County Police Organized Crime and Intelligence Bureau are investigating a bias incident that occurred on Feb. 20.

Officers were called to 1400 block of Laurel Hill Road, in the Wolf Trap area of Vienna, after a community member found a sealed plastic bag containing an anti-Semitic flyer weighted with corn kernels on his property. Prior to police arrival, the community member found an additional 70-80 flyers throughout the neighborhood. Officers collected several of the flyers for evidentiary processing. Detectives are working to determine the origin of these flyers, and patrols have been increased as a precaution.

FCPD is actively working with the Anti-Defamation

League and the Jewish Community Relations Council of Greater Washington to ensure the community is aware of these flyers.

FCPD would like to hear from anyone who may have information about these flyers or may have home surveillance footage that may have captured the distribution. To contact detectives, please call the Organized Crime and Intelligence Bureau at 703-802-2750. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

Pedestrian killed on Ox Road in Lorton

Detectives from the Fairfax County Police Crash Reconstruction Unit continue to investigate a fatal crash that occurred around 7:30 p.m. on Feb. 19, on Ox Road near Workhouse Road in Lorton.

Preliminarily, detectives determined Victor Savier Barillas Delao, 28, of Alexandria, was crossing mid-block on Ox Road from east to west, near Workhouse Road. The driver of a 2015 Honda Accord was traveling south on Ox Road, approaching the intersection on a green light. Delao was struck in the roadway and pronounced deceased at the scene. The driver of the Honda remained on the scene. Preliminarily, speed and alcohol do not appear to be factors in the crash.

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

This is the second pedestrian fatality in the County to date in 2022.

Year to date in 2021, there were two pedestrian fatalities.



COURTESY PHOTO
Haywood Purnell, Jr.

Falls Church man arrested on multiple charges

City of Fairfax Police officers responded for a larceny at the Safeway at 10350 Willard Way Feb. 18 at approximately 4:45 p.m.

The employee stated that a male subject exited the store with multiple bags of unpaid merchandise. When officers attempted to stop the subject, the subject fled the scene on foot. Officers located the subject nearby. Further investigation revealed that the subject had two outstanding warrants; failure to appear out of Fairfax County and a probation violation from the Department of Corrections.

Haywood Purnell Jr., 59, of Falls Church, was taken into custody and transported to the Fairfax County Adult Detention Center where he was charged with petit larceny and obstruction of justice. The additional outstanding warrants were served and Purnell was held on no bond.

Alexandria Police makes arrest in shots-fired incident

The Alexandria Police Department made an arrest in connection to shots-fired incident that occurred on South 28th Street Feb. 20.

At approximately 3:15 p.m. APD officers responded to a call for service in the 3300 block of South 28th Street. On arrival police located evidence that shots were

fired, and discovered property damage in the area. No injuries were reported.

Shortly after police apprehended a juvenile in connection to the incident.

While APD has made an arrest, the incident is still under investigation. APD is asking if anyone has information related to this incident to contact Detective Robert Pond by phone at 703-746-6703 or email at Robert.Pond@alexandriava.gov. You may also call the police non-emergency line at 703-746-4444. Tips can be anonymous.

Reston woman succumbs to injuries from Feb. 3 crash

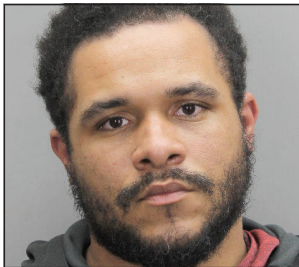
An 86-year-old woman has died following a crash that occurred around 10:45 a.m. on Feb. 3 on Baron Cameron Avenue at North Village Road in Reston.

Detectives determined Huamin Xuan was crossing Baron Cameron Avenue from north to south prior to the intersection with North Village Road, outside of the crosswalk. The driver of a 2003 Toyota Prius was traveling east on Baron Cameron Avenue approaching the intersection with North Village Road and struck Xuan in the roadway. Xuan was taken to a hospital where she succumbed to her injuries on Feb. 16. The driver of the Toyota remained at the scene. Speed and alcohol are not factors in the crash.

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

This is the 3rd pedestrian fatality in the County to date in 2022.

Year to date in 2021, there were 2 pedestrian fatalities.



COURTESY PHOTO
Charles Sellman

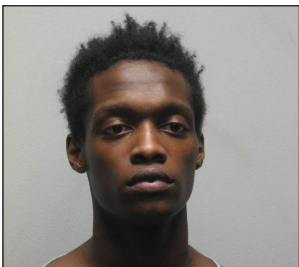
Fairfax man arrested after alleged assault

City of Fairfax Police officers responded for an assault in the 3600 block of Hill Street Feb. 18 at approximately 5:09 p.m.

Reporting persons stated that they were pushed by one another during an argument. No injuries were reported. Further investigation revealed that one of the parties was wanted on a protective

order violation out of Fairfax County.

Charles Sellman, 32, of Fairfax, was taken into custody and transported to the Fairfax County Adult Detention Center where the warrant was served and he was held on a \$2,000 secured bond.



COURTESY PHOTO
Micah Smith

Maryland man charged with several offenses

A man approached the victim on a pathway near Huntington Avenue and Richmond Highway Feb. 17 at 6:14 p.m., began to chase after the victim and sexually assaulted her.

Bystanders heard her scream and intervened by holding down the suspect until police arrived. Micah Smith, 18, of Maryland was arrested and charged with two counts of sexual battery, abduction, indecent exposure, and intercourse with victim by force.

FCPD investigates fatal shooting

A 37-year-old man died Monday night in a fatal shooting that occurred in the 14800 block of Bodley Square in Centreville. Officers were called at 9:58 p.m. to a townhouse for a report of a man who had been shot. Officers found Amaru Amin Shabazz, 37, of Leesburg, inside the home suffering from multiple gunshot wounds. Fire and rescue personnel pronounced Shabazz deceased at the scene.

Detectives determined Shabazz was visiting the home. An altercation occurred between Shabazz and individuals which resulted in the fatal shooting. Detectives found multiple guns at the scene and determined numerous rounds were fired inside the residence. Detectives do not believe this was a random act.

A witness to the event stated a man was seen running from the residence after the gunshots. 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).

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2022 GOVERNING BOARD ELECTION



Want to be a
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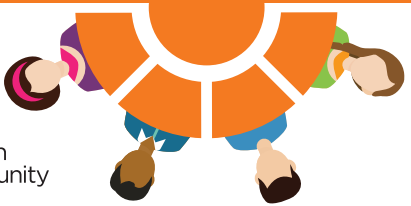
We're looking for residents of Small District 1A—Dranesville, who wish to serve their community by playing a lead role in helping to carry out MCC's mission.

Candidate Petition Packets may be picked up at the Center.



Deadline for returning the completed Candidate Petition to MCC: Friday, March 11 by 5 p.m.

Visit the Center at: 1234 INGLESIDE AVE., MCLEAN, VA 22101
Call: 703-790-0123, TTY: 711 Email: ELECTIONS@MCLEANCENTER.ORG
Visit: HTTPS://TINYURL.COM/MCLEAN-CENTER-ELECTION



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PEOPLE AND PLACES



COURTESY PHOTO
Kingsley Thach

Fairfax third grader builds scheduling app

When 8-year-old Fairfax third grader **Kingsley Thach** heard the news that many kids his age could not adapt to virtual learning and keep track of school assignment due dates during the pandemic, and some were even failing because their parents did not know about their school assignments and couldn't communicate with teachers, he became very concerned.

This issue revealed a communication gap between three parties: teachers, students and parents. And, it showed a need for parents to become more involved in keeping track of kids' assignments so they turn them in on time, but also monitor their children's daily schedules (i.e. extracurricular, after-school activities, homework, due dates, and more).

Thach desired to address this issue in a constructive manner. He had been taking virtual coding classes through an online learning platform that teaches math, coding, and music via one-on-one instruction, since August 2020, to start on an early career path to becoming a coder and game developer, and recognized that an app could help solve communication issues between parents and kids, and between teachers and students/students' families. So when his mentor at BYJU'S told him about entering the prestigious Silicon Valley Challenge, a global coding competition for students at BYJU'S, which required students to identify a problem that can be solved using a technology solution, meaning an app, he knew exactly what he would address.

After entering the competition, he started writing the code for this app in October 2021, and presented his prototype of the Student Parent Scheduler app via video in late November to a panel of judges. To use it, kids must sign up and input their email, list of activities and assignments under a "student task list" for each calendar date, check progress and remarks on tasks, plus check off each task as it's completed. Likewise, parents sign up and input each child's info into the app, assign tasks to each child, check progress on each task, and check off tasks once completed.

"The app fills communications gaps and allows families to keep track of kids' schedules," said Thach. In his own case, he has multiple things to do each day outside of attending school, such as studying piano and Chinese, taking coding lessons, doing homework, and scheduling playtime for activities like soccer and chess, so he inputs these as tasks and his mother Julia checks his schedule and makes sure he completes each. Also, his younger brother Wesley has his own schedule and task list, which his mother monitors.

There are a few things he still has to do to complete the app, but for now, he is happy to know that he ended up a finalist in the competition and his Student Parent Scheduler is now available on the Google Play store.

PRS to operate most of Virginia regional crisis call centers

PRS, a behavioral health nonprofit serving Northern Virginia, will now operate as the Regional Crisis Call Center for most of Virginia. Through its CrisisLink program, PRS has operated the mental health crisis hotline, textline and chat for Northern Virginia. The expansion is part of a statewide transformation of crisis services to ensure a rapid response by those trained for these situations to increase the safety for community members facing behavioral health emergencies.

"To address the heightened demand for crisis services, the state and nation are consolidating and improving services through technology, training and increased collaboration. We are well positioned to adapt to the variety of upcoming changes while providing critical crisis services to more Virginians," explained Joseph Getch, CEO, PRS. "Staffing our call center team is a top priority so that we can ensure trained crisis workers are always available to listen and connect those in need to available resources quickly and efficiently."

Although PRS was already a provider of the National Suicide Prevention Lifeline (NSPL) in Virginia, PRS will now answer crisis calls in four of the five of the state's health planning regions —specifically Regions 1 (which includes Winchester, Fredericksburg, Harrisonburg, Lexington, and Charlottesville), 2 (which includes Northern Virginia), 4 (which includes Richmond, Petersburg, and Emporia), and 5 (which includes the Tidewater area). If someone in crisis reaches out, PRS trained crisis workers will evaluate their call, help deescalate the crisis when possible, and work collaboratively with Community Services Boards, private providers and 911 centers to connect individuals to appropriate services. This effort is an important integration of public and private resources to ensure those reaching out for help are receiving comprehensive crisis services regardless of where they live within the state.

The centralization of call centers and the National Suicide Prevention Lifeline is part of the state's efforts to implement a complex system change to enhance the crisis system and add resources to serve those who need it most. In addition, the centralization addresses process enhancements related to the Marcus Alert—a statewide framework intended to improve the response to mental and behavioral health crises in Virginia, and the July 2022 adoption of the national 988 number, a new 3-digit phone number to connect people with suicide prevention and mental health crisis counselors. PRS met the criteria to implement 988 as a call center since it is already part of the NSPL network.

PRS' CrisisLink program extends beyond Virginia into the national network of highly qualified providers. CrisisLink is a National Back Up Center and Core Chat Center which answers overflow calls and chats from around the nation. PRS works collaboratively with the NSPL network to help address the unmet need as the demand continues to grow for mental health supports, especially in the wake of the COVID pandemic.

In an average month, PRS receives about 12,000 calls, 4,500 of those from

Northern Virginia and the rest from all over the nation, and more than 3,000 chats and texts. With the addition of most of Virginia, PRS expects call volume to grow significantly, particularly after the 988 number becomes operational. PRS' CrisisLink call center operates with approximately 120 staff and 50-70 volunteers.

At the start of the pandemic, CrisisLink transitioned its team to a virtual workforce. Remote shifts are available around the clock, with the greatest need in the evening and overnight. Crisis workers receive more than 60 hours of extensive training and must be at least 21 years old. PRS has been recognized as a best place to work by the Washington Post and national "The NonProfit Times". The nonprofit provides supported resources and training for continued learning and growth, a competitive industry-related salary, and an excellent benefits program.



COURTESY PHOTO
Board members and MCC Executive Director Daniel Singh (on far right) recognized Andrew Carter (on left) and Kyle Corwin at the January 26 Governing Board meeting.

Two MCC staff members recognized

Two staff members of the McLean Community Center (MCC) recently received recognition for their efforts. In November, MCC Social Media Manager **Kyle Corwin** won an award from the Virginia Recreation and Park Society (VRPS). In January, Old Firehouse General Manager **Andrew Carter** was among the employees honored by Fairfax County at the Don Smith Award ceremony.

At the 67th Annual VRPS Conference, Corwin won the award for Most Innovative Marketing Piece (Population 25,001-50,000) for his 2020 MCC Governing Board Election Social Media Campaign. The conference, which was held in Harrisonburg, is a learning exchange and provides an opportunity for recreation and park professionals around the state to discuss areas of common interest. Corwin was nominated by Communications Specialist Sabrina Anwah, who said, "Kyle overcame Governing Board Election challenges we faced due to COVID-19 restrictions by developing an innovative, three-pronged social media campaign on Facebook and Instagram to attract candidates, encourage district residents to vote by absentee ballot and, finally, to report the election results."

Carter was selected as an Honorable Mention for the Fairfax County Employee Advisory Council's 2022 Don Smith Award. This award recognizes employees who go above and beyond their normal duties to help support the well-being of their fellow workers and build morale and team spirit. The award was presented at the Board of Supervisors meeting on Jan. 25. Carter was nominated for the award by MCC Executive Director Daniel Singh, who praised his commitment to the whole agency, particularly his

efforts to work to unite all cultures in the McLean community, his dedication to supporting the Special Events and Youth Activities divisions and his ability to successfully develop innovative programs throughout the pandemic.

"Andrew brings a positive and can-do attitude to the agency. I am humbled to serve beside such award-winning colleagues as Kyle and Andrew. They embody our commitment to bring the best to McLean," said Singh.

Roer's Zoofari earns award for animal welfare

American Humane, the country's first national humane organization and the world's largest certifier of animal welfare practices, today announced **Roer's Zoofari** earned the American Humane Certified™ seal, demonstrating the exceptional welfare and treatment provided to the animals in its care.

The zoo passed rigorous, expert third-party audits to join a growing number of leading zoological institutions that have earned the American Humane Certified™ designation. Roer's Zoofari, located in Reston, is the first facility to be certified in the state of Virginia.

"All animals, including those being cared for in our zoos, aquariums and conservation parks, are entitled to humane treatment," said Dr. Robin Ganzert, president and CEO of American Humane. "The Humane Certified seal assures zoo and aquarium visitors that the facility meets the highest standards of animal care. Animals enrich our planet, and our lives, and humanity has a moral obligation to treat them with the respect they deserve. We commend Roer's Zoofari for this great achievement, paving the way for other zoological institutions in Virginia."

The Humane Conservation™ program is the first certification effort solely dedicated to helping verify the welfare and demonstrably humane treatment of animals living in zoos, aquariums and conservation centers across the globe. The program enforces rigorous, science-based and comprehensive criteria for animal welfare, developed by an independent Scientific Advisory Committee comprised of world-renowned leaders in the fields of animal science, animal behavior and animal ethics. The standards provide verification of good practices at deserving zoos and aquariums, and an assurance to visitors that the institution they are visiting is worthy of their support.

American Humane's certification process exhaustively verifies the many dimensions of animal welfare, with areas of evaluation including: excellent health and housing; positive social interactions within groups of animals, as well as between animals and handlers; safe and stimulating environments with concern for factors such as appropriate lighting, sound levels, air quality, and thermoregulation; and, evidence of thorough preparation and protocols established to prevent and manage medical or operational emergencies.

"Roer's Zoofari is incredibly honored to receive this exceptional animal welfare certification from American Humane," said Vanessa Roer, CEO of Roer's Zoofari. "This recognition is truly a testament to the work the staff at Roer's Zoofari does daily to ensure that animal care and well-being are always the top priority."

Roer's Zoofari provides opportunities for visitors to

discover and connect with animals through education and hands-on interactions. The zoo houses many species of mammals, birds, reptiles and amphibians, including animals who are critically endangered such as the cotton top tamarin and red ruffed lemur.

"It is the critical efforts of American Humane Certified™ zoos and aquariums that can be seen as nature's last arks of hope in preserving the rich legacy of life on our planet," said Ganzert. "You can't protect what you don't love, and you can't love what you don't know. We are grateful to Roer's Zoofari for introducing a new generation to the planet's magnificent animals."



COURTESY PHOTO
Lydia Lorek of Burke, MSA student, age 10, winner of MSA's MABAC MLK project contest.

MSA announces winner of MLK Jr. Day project winners

Metropolitan School of the Arts (MSA) recently announced **Lydia Lorek**, age 10 from Burke, as the winner of the MSA Martin Luther King., Jr. Day Project contest.

Two honorable mentions included **Elin Gunlycke**, age 13 and **Carson Coderre**, age 5 both of Alexandria, for their submissions for Metropolitan Anti-Bias Action Committee's (MABAC) Martin Luther King, Jr. Community Service Project Activity.

The project was open to all MSA students to submit and enter a raffle for a \$100 gift card. The winning project included a creative drawing from Lorek that represented the messages of Martin Luther King., Jr.

The MABAC mission is to intentionally foster diversity, understanding, equity, anti-bias, and inclusion in every action and area of MSA in order to provide an environment of excellence in which each student, faculty, staff, family, and community member is able to nurture self and group identities while cultivating empathy and respect for differences; promote critical thinking skills about bias; and foster courage to stand up against discrimination.

"Our MLK service projects and our commitment to anti-bias education was truly a call to action to do more, and we're so proud of the MSA community for uniting to support this effort," said Sara Hart, co-executive director of Metropolitan School of the Arts in Alexandria.



COURTESY PHOTO
Robinson Landing

KTGY wins design awards, recognition

KTGY, announced last week that it has earned awards, including a Platinum and a Silver award for communities in Fairfax County at the recent National Association of Home Builders' (NAHB) awards events: Best in American Living Awards, The Nationals, Best of 55+ Housing Awards and the Multifamily Pillars of the Industry Awards.

They received a Best in American Living Platinum Award for Robinson Landing in Alexandria, and a Best of 55+ Silver Award for The Lodge at Autumn Willow in Fairfax County;

The awards recognize KTGY's wide range of capabilities, excellence and innovation in the design and planning of attached and detached single-family and multifamily residential communities.

OBITUARIES

In loving memory
Lawrence (Larry) Craig Hammonds



Artist, educator, USAF veteran, and master scuba instructor, Lawrence (Larry) Craig Hammonds, 85, passed away February 11, 2022, at home in Ashburn, VA. Born December 3, 1936, in Auburn, NY, he was the youngest son of the late Arthur and Evelyn (Townsend) Hammonds. Larry was preceded in death by his wife of 44 years, Sandra Sue (Nibling) Hammonds, siblings Judith Carolyn Hammonds, and Robert Hammonds. Larry and Sandi together built a home in Clifton and raised 27 dogs over that time. He spent 30 years as a high school art educator teaching drawing, painting, photography, printmaking, and sculpture at West Springfield High School and Robinson High School. At age 50 Larry took up scuba diving and became a dive master the following year and an instructor a year later. He earned credentials as an instructor for PADI (master), NAUI, SDI, and Dan O2. He and Sandi taught scuba at the former Adventure Scuba Company in Chantilly, VA for 27 years. They worked with the Washington DC based SUDS program designed for service members who have a permanent physical disability that requires adaptation during scuba diving and took multiple diving trips with veterans. Upon retirement, Larry also worked in multiple roles at Twin Lakes Golf Course, Clifton, VA. A more complete obituary is posted at the Fairfax Memorial Funeral Home website (<https://www.fairfaxmemorialfuneralhome.com/home>). Remembrances may be directed to AMVETS National Service Foundation and/or to your local humane society.

In loving memory
Joyce "Joy" Carol Smith McCool



Joy passed after a brief illness. She was surrounded in her final days by love and faith. Joy is survived by her husband of 56 years Donald Joseph McCool, 4 children - Julia Ann Yarbrough (Stephen), Melissa Jane McCool (Bruce), James Francis McCool (Cindy), William Matthew McCool (Damicla), and 10 grandchildren - Julia, Caroline, CeCe, Finn, Henry, Fiona, Claire, Maddie, Will, and Vivi. She is preceded in death by her parents Helen "Billie" Smith and Charles Garland "C.G." Smith, Jr III, and son Michael Francis McCool. Joy was a proud alumni of Longwood University and spent her career as a public school educator in Fairfax County, Virginia. As a teacher she shared her passion for learning with thousands of students, before retiring in 2005. At that time she and Don designed and built their dream lakefront home on Lake Oconee in Georgia where they enthusiastically hosted scores of family and friends over the years. Joy should best be remembered for her fierce and dedicated love for her children, grandchildren, and beloved husband. She was a fervent and supportive high school coach's wife for 40+ years. Joy was invested in everything her children and grandchildren were doing and loved being around them and their activities. She and Don enjoyed traveling to see them in little Washington, Arlington, Alexandria, Atlanta, and Rome, Italy. Joy greatly enjoyed spending time with friends, old and new. Bookclub and cards were always in pen on the calendar. An intimate funeral service for immediate family was held at Christ Our King and Savior Catholic Church in Greensboro, Georgia on January 25, and a celebration of life, in Virginia, will be planned at a future date.

Family’s history in Vienna spans 160+ years

By Michael Marrow
FAIRFAX COUNTY TIMES

The National Capital Region Transportation Planning Board (TPB) approved a budget of more than \$7.1 million for infrastructure improvements in the D.C. area on Feb. 16, with approximately \$2.8 million allocated to projects in Fairfax County.

DeArmond, or “Dee Dee” Carter, like much of her family, has only known Vienna as her home.

Carter was born and raised there, and her ancestry stretches back generations: Carter has Native American ancestors, and for more than 160 years, the Carter family has owned property in the same area of Vienna, a large tract of land known as the Carter Farm.

It was established in 1859 by Carter’s direct ancestors and endured hardships like the Civil War, where soldiers ransacked the property and stole livestock. “They took about everything,” Carter said. After the war, her grandfather was only able to reclaim a nominal reimbursement for the damages. She now plans to seek a full redress of what was owed.

The family property then passed through descendants. Carter’s great grandfather, grandfather, father, and herself all grew up in the same area, which is now located on Courthouse Road.

The Carter family contributed much to the growth of the town, and was well-known by local residents. One of her ancestors, Lucy Carter, even served as a spy during the Civil War to aid the Union war effort.

Continuing the Carter family’s history of pushing for equity and inclusion, Carter recently resolved to change a street name in Vienna that honored a Confederate general, known as Wade Hampton Drive.

The road was named after Wade Hampton III, who led a Confederate cavalry contingent that decamped in Vienna in 1862 and was among the largest owners of enslaved people in the South. The street was named after Hampton in the 1960s as resistance to school integration still raged and momentum was building in favor of civil rights for Black Americans.

“I would drive around the street every day and never knew why it was named Wade Hampton,” Carter said. After Googling his background,



she learned his history and became determined to make a change. “I didn’t think it was right for the town for a street to be named after a Confederate soldier who was part of the Lost Cause” and supported efforts to uphold white supremacy, she added.

In June 2020, Carter presented the history of the street’s name to Vienna’s town council, requesting the name be changed in an email to Vienna’s mayor. Mayor Linda Colbert then appointed an ad hoc committee consisting of Carter, another Carter descendant, Gloria Runyon, and two residents of Wade Hampton Lane, to evaluate a name change.

The committee met throughout spring 2021 and offered its report the following September. Colbert said

that since the town council was operating under emergency measures due to the pandemic, the council took up the issue shortly after emergency regulations were relaxed. After seeking public input, the council formally addressed the issue last month.

The committee offered five alternatives for a name change for Wade Hampton Lane, and Vienna’s town council voted unanimously to adopt one, Liberty Lane, on Feb. 7.

“I am very pleased, because Gloria and I recommended Liberty Lane,” Carter said.

The new name is slated to take effect July 4. The council appropriated \$500 each to the four property owners who would be impacted by the

name change and town staff will be proactively working with them to overcome any difficulties, like updating government documents, that stem from the change.

Colbert praised the process as a valuable resource for the council. “It was amazing, the history that came out,” Colbert said. “All of the council learned so much.”

The council selected Liberty Lane to coincide with an initiative spearheaded by town manager Mercury Payton to recognize the Liberty amendments – 13th, 14th, 15th and 19th – to the Constitution that enshrined equal rights for people of color and women.

In December 2020, the council officially recognized the inaugural Liberty Amendments Month celebration that commenced the following June 19. Also known as Juneteenth, the date commemorates the emancipation of enslaved people. The celebration concludes on July 19, which the town council officially designated as the Liberty Amendments Day holiday, replacing Columbus Day.

“When the name Liberty Lane came up, it was really a great opportunity,” Colbert said. “It was another way to bring our town together.”

Carter said she was thrilled with the change because she originally doubted that her proposal was going to be considered. “The town was very receptive,” Carter remarked. “The town has been changing a lot. It’s not the same town I grew up in. I grew up in the ‘50s, and I’ve seen a lot of changes.”

Carter, along with Runyon, helps run Historic Vienna, Inc., a local nonprofit that preserves and promotes Vienna’s history. Carter said she is currently focused on preserving an African American burial ground called the West End Cemetery, whose first burial was held in 1884.

She now hopes to change other names such as the Mosby Condominium complex, which she is working with the county to address.

She added she looks forward to the official unveiling ceremony for Liberty Lane, where her family could attend to see the culmination of the hard work required to rename the street. “I’ll really be thrilled when we do the ribbon cutting,” Carter said. “I have older family members who have lived there all their lives, and I would like them to see this happen. That would be wonderful if they could participate.”

ASSEMBLY
CONTINUED FROM PAGE A1

standard charges for items and services provided by the hospital available on the hospital’s website. The Bill has passed through the House and now awaits a vote from the Senate.

Other Fairfax-based delegates also had their bills passed through the House. Delegate Mark Sickles (D-43) co-patroned the high school student-athletes

compensation for name, image, or likeness bill (HB1298). Passed on Feb. 15, the bill prohibits any high school student-athlete who participates in an athletic competition from entering into any contract to receive compensation in exchange for the use of such student’s name, image, or likeness.

Delegate David Bulova (D-37) helped pass the Alcohol Beverage Control Bill (HB426) on Feb. 22.

The bill creates a third-party delivery license that authorizes the licensee to deliver alcoholic beverages purchased by consumers from other retail licensees.

The Senate, meanwhile, passed Senator Scott Surovell’s (Senate D-36) bill Feb. 17, allowing captured methane emissions to be used as renewable energy.

The legislation (SB565) grants natural gas companies the opportunity to

reduce methane emissions by investing in enhanced leak detection and projects to construct infrastructure to capture or develop biologically-derived methane systems. Surovell says that the vote enables Virginia to come closer to becoming a national leader in helping clean up greenhouse pollution.

“This bill will incentivize companies responsible for methane emissions in Virginia to capture fugitive

methane and use it as a renewable energy source,” said Surovell.

Surovell’s bill, while passed by the Senate, still must go through the House of Delegates. Delegate Israel O’Quinn (D-5) also carried out nearly identical legislation in the House which will receive a final vote on Feb. 28.

Governor Glenn Youngkin released a statement regarding the state’s budget proposals, which

play a role in passing the proposed bills.

“It is clear we have a lot of work to do before the March 12 deadline to complete Virginia’s two-year budget,” said Youngkin. “I look forward to hosting House and Senate Leadership and the budget conferees to a meeting after the House and Senate have passed their budgets so we can sit down together and get to work.”

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FCPS/DONNIE BIGGS

AT CLUB
CONTINUED FROM PAGE A1

The TJ AT Club has been running for nearly two decades and has since been involved with elementary schools. While Eric was working with TJ and Mary Beth was working with Freedom Hill and Vienna elementary schools, they brainstormed and pitched the idea of the club partnering with students who have communication delays. “It took a couple years for someone to bite and three years ago the president at the time bit,” said Mary Beth.

Of the low and high tech tools for the students requiring augmentative and alternative communication (AAC), most are at the point of using the iPad app LAMP Words For Life (Language Acquisition through Motor Planning). The app looks like a tile board of words and stores 3,300 possible words within three screens. It can be modified with fewer word tiles for beginners. “The tiles are always the same, [with] the words in the same location, so it’s like muscle memory for the kids,” Eric said.

LAMP shows students the pathways to construct a sentence, incorporating a core language system.

In order for these students to develop their communication, they need as much practice as possible. The TJ AT Club’s work on the AAC side offers an environment for those young students to practice communicating.

The club members voluntarily carve time out of their schedule planning on weekends then creating materials and games in their free time throughout the week. TJ students present their coded materials over Zoom to the elementary schoolers as part of the buddy program during their AT Club period on Wednesday afternoons. “You’re giving the kids the tools to become more independent with their communication and for a purpose that they want to communicate for,” Mary Beth said.

The Flemings use stories to teach the elementary students how to use their devices, but the kids “come up with spontaneous language of their own,” said Eric. Beyond playing pretend monkey, some of their spontaneous language is around farewells to their TJ buddies at the end of their time together.

One day the younger students started to type goodbye with things like, “don’t go,” and “love you.”

It was unprompted but has since become a regular part of their meetings. “It’s like they finally have words they can use,” Eric said.

The elementary schoolers started with a couple of words in their arsenal and have graduated to full sentences. “They’ve come a long way [and] I would attribute a lot of their learning to being highly motivated because they get excited to see their buddies,” said Mary Beth.

The holistic relationship between the TJ and elementary students shines on both sides, as “the HS students have gotten more comfortable with instruction and with the kids,” Eric said. As is true for all involved, “over time you can really see the growth and success when they’re given the opportunity.”

“This group is utterly spectacular, hard-working is an understatement,” Mary Beth said of the TJ students. The challenging work, that has developed TJ and elementary students alike, takes a village—including parents, teachers, and administration. “Eric and I could not do this on our own. This club is a true collaboration [and, without it,] none of this could have happened,” said Mary Beth.

National Capital Region Transportation Planning Board approves funding for projects in Fairfax

By Michael Marrow
FAIRFAX COUNTY TIMES

The National Capital Region Transportation Planning Board (TPB) approved a budget of more than \$7.1 million for infrastructure improvements in the D.C. area on Feb. 16, with approximately \$2.8 million allocated to projects in Fairfax County.

The funds cover projects in Falls Church, the City of Fairfax, towns of Clifton, and Vienna. In the meeting of the TPB, the impact of the projects was detailed by Transportation Planner John Swanson, who noted that the four improvements in Fairfax, as well as four others in Loudoun and Prince William, were narrowed down from 24 applications that totaled more than \$27 million in requested funds. According to Swanson, all approved projects are fully funded.

The Falls Church, City of Fairfax, and Vienna projects were selected in part due to their status as a regional activity center, which the TPB describes as “locations that will accommodate the majority of the region’s future growth and play a central role in achieving the Region Forward Vision’s prosperity, sustainability, accessibility, and livability goals.”

In Falls Church, an \$800,000 grant will support a Safe Routes to School (SRTS) project for Shreve-wood Elementary School.

Noting how just 10 percent of students walk or bike to school, SRTS was first

Shrevewood Elementary School Safe Routes to School

Fairfax County \$800,000



spearheaded by the Virginia Department of Transportation in 2007 to foster safe pedestrian and bike routes to and from schools to encourage physical activity, create more socialization among students and reduce congestion.

The project will specifically allow students to connect with the Washington & Old Dominion Trail, which partially runs along Shreve Road, to commute to school. It will also create new crosswalks and bike accessibility, along with accompanying signage. The project is in an equity emphasis area, which the TPB defines as “Census tracts with higher than average concentration of low-in-

come, minority populations, or both.”

“The Safe Routes to School program will provide safe access for students to walk or bike across Shreve road,” wrote Shrevewood Principal Joshua DeSmyter. “The increased signage added crosswalks, and additional lanes will also support the flow of traffic in front of [the] school building. I know that our entire school community will benefit from the Safe Routes to School Program.”

For the City of Fairfax, \$914,745 was allocated for an improvement of the city’s bicycle facilities on University Drive, which runs through the heart of Fairfax

and connects the George Mason University campus on one end and terminates at Route 29 at the other.

“This project includes the installation of a road diet with bike lanes and ‘super sharrows’ along University Drive between Layton Hall Drive and South Street, as well as pedestrian crossing improvements at the intersection of Layton Hall Drive and University Drive,” wrote Fairfax City Communications and Marketing Director Matthew Kaiser.

He added that it will also connect new student apartments to Old Town Fairfax and the George Mason campus and build upon ongoing multimodal projects like the

Capital BikeShare and an existing pilot program for e-scooters. Route 29 is also currently being upgraded to include protected bike lanes to increase bike accessibility in the area.

“We are very pleased with the TPB grant to the City – for a City of our size, this is a significant investment in strengthening our multi-modal transportation capabilities,” wrote Fairfax Mayor David Meyer.

Clifton will benefit from the budget with a \$316,579 grant for its Streetscape project. An additional \$434,196 will also be provided by the Commonwealth Transportation Board.

The improvement has

been more than a decade in the making; in 2012, Clifton’s master plan included details for a streetscape project to upgrade the walkability of its main street, an area that will stretch about two blocks. Engineering preparations have mostly been finalized, meaning that the project will soon be able to break ground.

The funds are geared toward constructing sidewalks and crosswalks as well as installing new lights and signage. The improvement will also bring the main street into compliance with the Americans with Disabilities Act, Swanson remarked during the TPB meeting.

And in Vienna, \$800,000 will be distributed for upgrades to the Vienna metro’s bike and pedestrian facilities, a project that Swanson called a “poster child” for the improvements the TPB wants to fund.

The project will enhance pedestrian and bike accessibility to the Vienna metro, as well as link it with the National Capital Trail Network to allow greater bike access to the Vienna metro beyond the Vienna area. The location is also in an equity emphasis area.

“Our staff did a great job working with this group for getting grants,” said Vienna Mayor Linda Colbert. “Any time you can get people off the road, it cuts down on traffic. You can’t walk or bike unless it’s safe, so you want to provide safe paths for everybody. We’re very happy about that,” she said, adding that the project “benefits everybody.”

BUDGET

CONTINUED FROM PAGE A1

“The real estate tax increase is on top of the 45 percent increase in real estate taxes over the last decade and comes while residents are facing record inflation, rising gas prices, and continuing to recover from the pandemic. Instead of increasing the burden on our struggling residents, the Board needs to prioritize the critical service issues that are going unaddressed and work to reduce the cost of government,” said Herryty. “The only good news for residents is that the County Executive’s advertised budget includes almost \$80M in available balances that the Board can use to reduce the tax rate and the 9.5 percent tax increase.”

The Board may choose to lower the rate before the budget is approved, according to county officials.

The budget proposal includes a further expanded tax relief program and eliminates the 10 percent penalty for late filing of vehicle registrations. Hill is recommending Board of Supervisors discussion about additional potential measures to mitigate the burden on taxpayers of both rising real estate and personal property values.

According to County officials, the Board recently approved expanding the real estate tax relief program for seniors and people with disabilities.

“The expanded program, funding for which is included in the budget proposal will allow people with higher incomes and net worth to qualify,” they said. “A new 75 percent tax

relief bracket and deferred payment option will take effect next year.

The budget fully funds the \$2.285 billion Fairfax County Public Schools operating request, a \$112.6 million or 5.18 percent increase, despite enrollment numbers which have declined in recent years. Including debt service and an additional \$2.5 million in capital funding, the total increase for FCPS in the FY 2023 proposal is \$117.9 million. Schools represent 52.4 percent of General Fund disbursements in FY 2023.

Hill’s proposal includes full funding of the calculated 4.01 percent market rate adjustment (MRA) as well as performance, merit and longevity increases. The Board of Supervisors FY 2023 Budget Guidance directed that employee compensation be prioritized, recognizing the challenges many county agencies are experiencing with recruitment and retention. In total proposed pay increases average 6.16 percent for non-uniformed merit employees and 7.86 percent for uniformed merit employees.

“Homeowners are facing a 10 percent increase in real estate taxes so county and school employees can get 6 percent raises,” said Arthur Purves, president of the Fairfax County Taxpayers Alliance. “The supervisors can cut the real estate tax by 10 cents to offset the increase in assessments. Any rate cut less than 10 cents is a tax hike.” Purves said that real estate taxes have increased three times faster than homeowner income, an issue he called “the county’s

‘unaffordable housing’ program.”

The Fairfax County Police Union calls the proposed budget “a spit in the face from our county executive,” and warned lack of support by county leaders will lead to more officers leaving the force, according to Ali Soheilian, president of the Virginia Police Benevolent Association’s Fairfax County chapter.

“We are short 14 percent lost cost of living adjustments,” she told 7News. “A majority of our members, about 30 to 40 percent of us, are only going to get a 4.01 percent market rate adjustment which doesn’t even address the approximate average increase of 10 percent inflation that’s going to be hitting them.”

The FY 2023 proposal also funds investments in priorities identified by the board and aligned with the strategic plan, such as affordable housing, Diversion First, opioid use prevention efforts, public safety staffing, and the new language access program.

Budget committee meetings take place in March and April, with public hearings scheduled for April 12 to 14. The board meets to make changes to the budget April 26, and the budget should be adopted May 10.

Learn more about participating in the budget public hearings, including by phone or video submission. You can also email testimony to the Clerk to the Board’s office or call with questions at (703) 324-3151 (TTY 711). Register to speak using the online form.

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FCPS student, alumna represent USA at Beijing olympics

By Michael Marrow
FAIRFAX COUNTY TIMES

As the world's top athletes traveled to Beijing for the Winter Olympics, FCPS was well-represented among their ranks.

Maame Biney, a graduate of South Lakes High School, and Ilia Malinin, a student at Marshall High School, continued stellar careers in speed skating and figure skating, respectively, to travel with the U.S. Olympics team for a shot at earning a medal on the ice.

Biney, age 22, made her first Olympic appearance at the 2018 Winter Olympics in PyeongChang, South Korea when she was still a student at South Lakes. A trailblazer born in Ghana, Biney became the second African-born competitor to represent America at the winter games. In PyeongChang, she also became the youngest skater and first Black woman to represent the short-track speed skating team. She now attends the University of Utah.

In a press release from the FCPS Office of Communications and Community Relations published shortly before the start of this year's games, South Lakes principal Kimberly Retzer remarked on the community's excitement to see Biney compete on the world stage once again.

"There was so much excitement as our whole school cheered for Maame on her journey to and at the 2018 Olympics," Retzer. "Once again, the South Lakes pyramid, where she grew up, can't wait to cheer her on again in the coming weeks!"

On the short track speed skating team in Beijing, Biney competed alongside teammates Eunice Lee, Corinne Stoddard, Julie Letai, and Kristen Santos. Stoddard, Santos, and Letai advanced to the semifinals but failed to medal.

"I gave it my all on the ice today! I raced like I never have in these races," Biney wrote on Instagram after the quarterfinals. "Went the fastest I ever have in this distance so I am on



South Lakes High School graduate Maame Biney competed on Team USA's short track speed skating team.

top of the world right now."

Malinin, age 17, the son of former Uzbek Olympic skaters, was selected as the U.S. men's figure skating team's first alternate, a decision that stirred

some controversy considering how rapidly his star has been rising. Among numerous previous accolades, including first place in junior Grand Prix events, he earned the

silver medal in the 2022 U.S. Championship, propelled by a stellar performance including four quadruple jumps.

At the event, he finished just behind Nathan Chen, who cemented his place as one of the best figure skaters in the world by earning gold in Beijing and setting a new record in the men's short program with a score of 113.97 points.

The third slot on the Olympic team was split between Malinin, Vincent Zhou, who placed third at the U.S. Championship, and Jason Brown, who earned the pewter medal, or fourth place. Both were likely selected over Malinin for the weight of their resumes.

Brown has led a long and distinguished career in figure skating, including as a previous national champion and bronze medalist at the 2014 Winter Olympics in Sochi, Russia becoming one of the youngest male Olympic figure skating medalists in the process. Likewise, Zhou represented the U.S. at the 2018 Olympics and is a former World Junior

Champion, among other achievements.

Malinin, meanwhile, was handicapped by canceled competitions due to COVID as well as an injury that sidelined him at the 2021 national championship.

In the FCPS press release, Malinin noted the specter of a COVID infection loomed large over the event, meaning that, "As an alternate this year, anyone at any time could test positive, so you just have to be ready to go."

For a moment, it seemed like Malinin would get his chance. Officials announced Feb. 7 that Zhou tested positive for the virus during a regular screening of athletes. Unfortunately, under the Late Athlete Replacement rules for the Olympics, Zhou had to withdraw too late in the competition for Malinin to take his place.

Team USA went on to earn three medals: a gold from Chen, a silver from the team competition, and a bronze in the ice dance.

OPINION

School board mask mandate lifted: too bad, so sad

Dear Editor,

The Chairman of the Fairfax County Board of Supervisors (Chairman MacKay) recently sent an e-mail lamenting the new state law giving to parents the decision whether to have their children wear masks in school. Chairman MacKay describes the new law as "one of the largest big government intrusions of our time." He argues that the state is inappropriately big footing the local school boards with a one-size-fits-all approach.

In reality, the new law did not decide the issue. Rather, it transferred the decision making to parents. Adopting the Chairman MacKay's philosophy favoring local decision making on this issue, this law is actually an improvement, because families are likely to know their own interest better than a school board. And it is completely upside down to say that giving this decision to parents represents a big government intrusion.

We also should not pretend that the Fairfax Coun-

ty school board made its decisions based on detailed consideration of local conditions. All the school board ever did was follow federal guidelines. That is the opposite of a locally driven decision. In this regard, Chairman MacKay seems confused. He touts local control but condemns the new law because "it tells school systems that they can ignore federal guidelines." See the contradiction?

Finally, Chairman MacKay says Fairfax County "appreciates science" as if the new law were a departu-

re from it. That is nonsense. In medicine, the gold standard is a controlled clinical trial. But it is extremely difficult to conduct such trials to evaluate the effectiveness of mandatory school masking. That is perhaps why there are few studies of masking and they are not particularly robust (as the Director of the Center for Disease Control recently admitted). Also, the actual implementation of masking in a school setting is likely to break the key assumptions of a clinical trial, which limits the real-world applicability of the

trial findings.

In public health, a frequently used alternative to clinical trials is epidemiological analysis. For instance, one could apply a statistical regression model to try to isolate the impact of school masking. Unfortunately, since widespread masking was last used around 100 years ago during the Spanish Flu, we have not had the requisite data to allow for such analysis. Now, because some states and localities have adopted masking and others have not (or lifted them early), enough current

data may have accumulated for epidemiologists to begin teasing out useful insights for the future. Unfortunately, during this pandemic, we have had neither clinical studies nor epidemiological analyses to underpin mandatory school masking. Accordingly, those government officials who told us that mandatory school masking was supported by "data and science" were full of hot air. And, sadly, that group very much includes Chairman MacKay.

Jeffrey K. Shapiro
McLean Virginia

Will FCPS use \$200K to spy on us?

Dear Editor,

Written to the attention of
Dr. Brabrand and FCPS School
Board Members.

Do you plan to spy on us? That's a question I never thought I would pose to locally elected school board members and the district's superintendent. But then again, I also wouldn't have anticipated that my sons would be suspended illegally from public schools and denied in-person education for 12 days and counting. Really though, in light of your recent plan to pay a contractor \$200,000 "to 'monitor social media threats, harassment, hate speech and bullying' for its Office of Safety and

Security, including through 'active listening,' 'deep and dark web sources not visible through traditional search engines' and 'Open Source Intelligence'," I suspect you already have some parents in mind.

What do you think constitutes hate speech and bullying? You collectively have creative ways to craft regulations to do as you wish and circumvent the freedoms of your constituents, such as the eleventh-hour inclusion of the mask requirement in your dress code policy. I would not be surprised to see this creativity put to use in your targeted search parameters as well. Will you be looking for that dirty "F" word: Freedom? Is dissent and the demand

for parental rights and freedom of choice regarding our children's education and health the new hate speech in Fairfax County? Is it really appropriate for a local school board to use taxpayer funds for 007-style spying on conscientious parents? Are your actions really meant to keep anyone safe? This plan clearly is an overreach of your authority, and it reeks of Orwellian desperation.

Bullying in Fairfax County, in all honesty, seems to be starting from you at the top. This is repeatedly evidenced in your doubling down on draconian punishments against students for dress code violations - labeled a "Level 3" infraction (on par

with some cases of bullying and drug possession) - first with one day of suspension, then two days, and now three days (even after the signing of Executive Order 2 and the implementation of SB739). It seems to me that with the power you wield, we should be much more concerned about you, than you are about us. I believe that only three of you have school-aged children, so this may be shocking to you, but a system intended to detail and differentiate masked from unmasked children likely will create problems. This is evidenced in Jane Elliott's 1968 blue eyes/brown eyes exercise in her third-grade Iowa classroom. This morning in fact, my third-grader asked me if

other students would bully him at school because he's not wearing a mask. It's a fair question. Perhaps an even better question is whether the teachers will be allowed to bully him. While most teachers have been professional throughout this tumultuous time, one teacher last week threatened my eight-year-old with expulsion for improper mask wearing. I further have been shocked to see other public school teachers in Fairfax County openly stating on public social media profiles that they intend to persuade the unruly maskless students to mask up even after March 1. I would like you to keep this in mind as you implement your policies for the upcoming weeks.

Rather than spending time and money to spy on these maskless children's parents, you should use your resources to foster an atmosphere of unity in the schools.

Fairfax county students, parents, teachers, and residents all deserve more than what you've offered them for the past two years. This proposed surveillance program is just another one of your bad ideas. The good news is that it's not too late for you to start doing the right thing - which includes listening to parents rather than setting up systems to spy on them.

I look forward to your response.

Stephanie Lundquist-Arora



FAIRFAX COUNTY TIMES

PRIVATE SCHOOLS

Your Guide to Private Education in Fairfax County & Beyond

Helping kids develop confidence and become more resilient

Courtesy of
Brandpoint Media

While the past two years have been tough on everyone, they’ve been especially hard for children living with challenging family circumstances or in communities hit hardest by health and economic difficulties. The American Academy of Pediatrics (AAP), American Academy of Child and Adolescent Psychiatry, and the Children’s Hospital Association recently declared children’s mental health a national emergency due to the serious toll COVID-19 has taken on families. According to the CDC, between March and October 2020, the percentage of emergency department visits for children with mental health emergencies grew by 24% for children ages 5-11. The pandemic also caused a decline in children receiving primary care and behavioral health services, which can negatively impact their well-being.

What can adults do to help children cope?
Supporting children facing unprecedented changes and challenges is key to help-



ing them develop emotional skills - like resilience - that will last a lifetime, according to Dr. Arethusa Stevens Kirk, national senior medical director at UnitedHealthcare. Children and adolescents have faced unprecedented stressors in their environments: quarantines, illness in families and other disruptions. The pandemic has affected the stability and structure of families, with over 140,000 U.S. children experiencing the death of a parent or grandparent from COVID-19, according to the AAP. According to AAP research, children of racial and ethnic minority families are at 4.5 times greater risk of losing a caregiver. “I grew up in and out of foster care starting at age 4, so I understand how important it is to help children re-

main resilient in the face of challenging environments. Knowing how to talk with children and demonstrate compassion helps reduce stress in their lives,” said Kirk. “As a pediatrician, I see how vital it is that we teach them skills like resilience, flexibility, confidence and persistence.” **Resources to support children’s mental health and development** To help children develop critical life skills, Sesame Workshop, the non-profit organization behind the children’s program “Sesame Street” has introduced new resources to help children build resilience. Made possible by UnitedHealthcare, the new content includes three online storybooks and an online course for providers. The content helps teach con-

fidence and how to encourage practicing persistence and dealing with change - all key ingredients to resilience. **For providers:** The “Roads to Resilience” online course is designed to help providers including healthcare workers, educators, and housing and social service providers use the new resources, along with tools and new ideas to foster professional development. **For children:** Three storybooks feature the “Sesame Street” Muppets Karli, Lily and Alex. • **“The Monster Dash: A Story about Resilience and Flexibility”** explores dealing with change. Because of her mom’s struggle with addiction, Karli has spent time in foster care, living with a lack of predictability and control. But caring adults have given

her tools to build resilience. Being flexible and pivoting when circumstances change is a big part of resilience. • **“Looking for Special: A Story about Resilience and Confidence”** teaches children about confidence. Lily and her family haven’t always had enough food, and for a while they didn’t have a home of their own - but they’ve endured hard times and are stronger for it. • **“Bounce Back: A Story about Resilience and Persistence”** shows Alex practicing persistence. When Alex’s father was incarcerated, Alex and his family faced big challenges, and he had to cope with hard feelings like fear and anger. Persistence is another part of resilience and, like everyone, Alex needs to find ways to manage his frustration and

practice patience. “Resources and skills like these help children cope with difficulties. Anyone involved in a child’s care holds power, and they can use that power to help children feel safe, seen - and hopeful,” added Kirk. “By working together, we can improve children’s overall health and well-being.” For over 10 years, UnitedHealthcare and Sesame Workshop have worked together to improve the well-being of children and families - especially those most vulnerable - by providing tools to build a strong foundation for lifelong healthy habits. This partnership includes the “Growing Every Day, Every Way” program, which provides families and caregivers with resources to address topics including food insecurity, physical activity, developmental milestones and healthy habits, to help kids everywhere grow smarter, stronger and kinder. These resources are available in English and Spanish for parents and providers to access and download at SesameStreetInCommunities.org.

Emotional safe spaces help children express their big feelings

Courtesy of
Family Features

Many internet memes have been made about toddlers and their temper tantrums. While the outpouring of oversized emotions can be amusing when viewed from afar, most parents and caregivers simply want to know what they can do to help children express their feelings in less dramatic ways. According to child development experts, one of the keys to helping children learn to regulate their emo-

tions is to develop emotional literacy; the ability to identify feelings. This can help children learn to recognize those feelings and apply coping strategies to (hopefully) calm down before their feelings overwhelm them. One way to help children work on their emotional literacy is to talk about emotions other people feel. “Sometimes it’s difficult to process our own emotions because that puts you in a vulnerable position,” said Taunya Banta from KinderCare’s Inclusion Services team. “When we’re able to find some detachment from

the immediate emotion, like talking about characters in a story - ‘How do you think they feel?’ or ‘Why do you think they feel that way?’ - it opens an opportunity for kids to safely process their own emotions because they’re not in the spotlight.” Another way to help children work through their emotions before becoming overwhelmed is doing what many early childhood teachers do and create a space filled with things that allow children to find emotional release in a safe way. If space allows, Banta recommends creating both a quiet

area and an active area. Quiet areas allow children to work through their emotions using fine motor or listening skills. Items in this space could include blankets or pillows to cuddle up in or headphones to listen to relaxing music or audiobooks. Some children may find comfort in expressing their feelings through art, so consider including some drawing materials or a journal. For young children, a set of pictures or cards showing faces expressing different emotions can help them as they learn to identify their own feelings.

Active areas provide children opportunities to use their gross motor skills to work through emotions. If outdoor space is easily accessible, encourage your children to go outside and jump, stomp or run when they start to feel the urge to “let it all out.” An indoor active space could include pillows to scream into or hit and plastic bottles or bubble wrap to stomp on or squeeze. The action and noise can help get out the desire to hit or punch. Watch how your children show their emotions and give them safe alternatives.

For example, if they tend to yell and hit when they’re upset, give them pillows to scream into or hit. You can also help them designate a box or a specific spot on the wall or floor that they can throw beanbags, wadded up socks or any soft object at. Acknowledge the emotions your children are experiencing and reassure them that while it’s fine to feel that way, it’s just as important they find a safe outlet for their emotions. For more tips to help children identify and regulate their emotions, visit KinderCare.com.

PRIVATE SCHOOLS

An easy DIY activity to get kids excited about STEM

Courtesy of
Brandpoint Media

Most parents typically tell their children not to go to the pantry for a snack before dinner but what if letting your kids into the pantry could help ignite their passion for science, technology, engineering and math (STEM)?

STEM learning can be accessible and right at children's finger tips no matter their age or background. It can even be as easy as walking into the kitchen and looking around for inspiration. Igniting a curiosity for

STEM early can help drive youth into a future including STEM, enabling them to take advantage of a field where jobs are projected to grow 9% by 2029, according to the U.S. Bureau of Labor Statistics.

To help close the STEM opportunity gap, Boys & Girls Clubs of America and Raytheon Technologies are partnering together to enhance Boys & Girls Clubs of America's DIY STEM curriculum so that it's culturally relevant and focused on diversity, equity and inclusion.

The organizations want



to get kids excited about STEM, inspiring youth to start seeing STEM in their everyday surroundings (like through food!), providing more access and opportunity to STEM learning.

"By integrating a diversity, equity and inclusion framework into the new Boys

& Girls Clubs of America DIY STEM curriculum, we are able to create a program that inspires all youth and highlights the possibility of a STEM career," said Susan Cody Ciavolino, director of educational STEM foundation at Boys & Girls Clubs of America.

Boys & Girls Clubs of America, an expert in youth development, suggests this fun, hands-on DIY STEM activity, aimed to surprise and excite kids while also building important social-emotional skills needed to succeed in STEM, both at school and within the workforce.

DIY STEM Activity: Bridge Building

• **Items needed:** Various materials that can be found in the kitchen - use your imagination! From gum drops or marshmallows as the "glue" to dry spaghetti noodles, graham

crackers and pretzel sticks as the connectors, encourage kids to use their imagination as to what materials will best create a bridge.

• **Directions:** Play around and try different methods to build a home-made bridge between two tables or surfaces. Encourage youth to test the weight of their bridge with everyday items like a toy car.

Enjoy this DIY activity and continue to encourage the kids in your life to look at their surroundings and have fun with DIY STEM, as it can lead to a great future.

Westminster celebrates 60 years of excellence in education

Courtesy of
Westminster Schools

Celebrating 60 years of excellence in education, Westminster's overall program is based on the belief that children between the ages of three and fourteen are naturally dominated by curiosity and enthusiasm. To satisfy and

stimulate this appetite for learning and accomplishment, Westminster presents a well-rounded, challenging curriculum steeped in the classics and enhanced by the arts. The purposeful classroom environment emphasizes thorough mastery of subject, high standards of achievement, good study habits, and personal respon-

sibility.

Art, music, and STEAM classes are part of the weekly schedule for all grades and dance is included as a regular part of the PE program. A unique aspect to Westminster School is its drama program. All students participate in theater, performing in a class play every year, culmi-

nating with a Shakespeare play in the 7th grade and a Broadway musical in the 8th grade.

This rich and varied program is supported by extensive optional extracurricular clubs and activities, including K-Kids and Builders Club (community service), Chess, Chorus, Orchestra, French Club, Math Counts, Odyssey

of the Mind, Science Olympiad, as well as team sports in basketball, soccer, softball, and track and field. Athletic competitions, art exhibitions, math contests, science fairs, and talent shows provide many opportunities for students to explore and share their talents.

Westminster parents appreciate that the daily school

life is supported by an array of programs, including small-group teacher-provided academic support which is built into the school day, extended care, summer and intersession camps, frequent field trips, after-school enrichment classes, door-to-door bus service, and an optional lunch program.



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PETS: WHY ADOPT A CAT?
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www.fairfaxtimes.com | Friday - Sunday, FEBRUARY 25 - 27, 2022



"Daphne's Dive" on tap at Signature Theatre
Quiara Alegria Hudes' play tells the story of a Philadelphia bar over two decades

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Pulitzer Prize-winner Quiara Alegria Hudes, known to theatre lovers for writing the book for the Tony Award-winning musical, "In the Heights," and the play, "Water by the Spoonful," has another of her critically acclaimed plays on stage at Signature's ARK Theater.

"Daphne's Dive," a poignant story that follows the patrons of a Philadelphia watering hole, will be performed at Signature through March 20. In "Daphne's Dive," a band of colorful characters create a makeshift home at the neighborhood bar, run by the warm and enterprising Daphne, and the story follows nearly 20 years of their lives as they drink, re-

joice and grieve together. Paige Hernandez makes her Signature debut as director of this powerful piece. "This play's themes of community, culture and family intertwine beautifully with evocative storytelling," she said. "We have assembled an exceptional team of cast and designers who are inspired by their real-life connections to the content and characters of this play."

When she was contacted by Signature's Artistic Director Matthew Gardiner to gauge her interest, Hernandez admitted that she had not seen the show, but she was of course very familiar with the work of Quiara Alegria Hudes. "I knew she and I both came from very similar backgrounds and lived experiences, and we had crossed paths years ago, and I had so

much respect for her," she said. "I knew once I looked at the body of work, I would be ready to say yes. Then, having read it, it touched me immediately. I felt it was really a captivating way to tell a story about a group of people over a span of 25 years and how their relationships grow together and apart, as well as all the different themes that float to the surface."

In between each scene, approximately four to five years pass so a lot of the storytelling exists in the transitions. "For us, that means there are non-verbal ways to convey what happens in those years," Hernandez said. "That's very exciting to me as a director."

Jefferson A. Russell,

See DAPHNE, Page B6

What's the buzz at Kennedy Center?
JESUS CHRIST SUPERSTAR
celebrating 50 years



By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

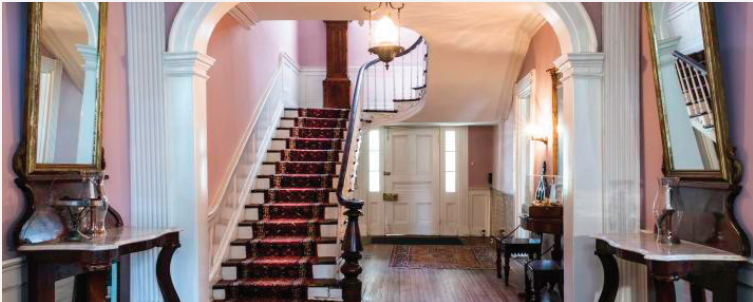
Back in 1970, the duo of Andrew Lloyd-Webber and Tim Rice wrote the musical, "Jesus Christ Superstar," but couldn't get the funding necessary to bring it to the Broadway stage. Instead, the pair recorded the music and released a double rock LP, nicknamed "The Brown Album," and it became one of the most popular albums of the year, topping the charts and becoming a darling of the Grammys. It wasn't long before Broadway came calling, and the staged musical of "Jesus Christ Superstar" ran for more than two years in the early 70s. Since then, there have been several successful revivals, a hit film, and a special TV production in 2018 featuring

John Legend and Sara Bareilles. Now, the Kennedy Center is hosting the touring production of the 50th anniversary of the iconic musical phenomenon, which is being hailed for being as much a celebration of the original concept album as it is a musical production. The 50th Anniversary show, which runs from Feb. 22 through March 13, caters to a 21st Century audience with present-day attitudes, awareness and slang. For those few have never seen a production, "Jesus Christ Superstar" is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. The legendary rock score includes songs such as "I Don't Know How to Love Him," "Gethsemane," and "Superstar." Broadway veteran Alvin Crawford, who has appeared in

"The Lion King," "Miss Saigon" and "Candide," takes on the role of the deep-voiced high priest, Caiaphas, who leaves a memorable mark on the song, "This Jesus Must Die." "I had never done Caiaphas before, surprisingly," he said. "I had seen parts of the movie and I knew some of the big songs, but I didn't know the entire thing." Once being cast, Crawford watched the full movie and sat down and listened to the music over and over, knowing that the show was a celebration of "The Brown Album." "One of the things that is very special about our show is our director, Timothy Shader, and choreographer, Drew McOmic, have taken it back to the celebration of that original concept album, so it's all about the

See KENNEDY, Page B6

HOT LINKS BY COLLIN COPE



Stories in the architecture • February 26 • \$10

Take a tour of Alexandria's Lee-Fendall House Museum & Garden Feb. 26 for an afternoon of historical stories around its construction, as well as its continued use over time. Showcasing areas of the house that are not usually open to the public, this opportunity to explore the grounds stands out for its exploration of the building's unique beauty. The tour will run from 2 p.m. until 3:15 p.m. and tickets will cost \$10 per person. For more information, visit <https://bit.ly/3JSr9iV>.



Violoncello Da Spalla: Bach's Cello Suites
February 26

During Bach's lifetime, the violoncello was an instrument which served as a hybrid between a violin and a cello. The instrument sits atop one's shoulder much like a violin and some speculate that Bach's music was specifically designed with an instrument such as this in mind. For a modern performance of Bach's cello suites, check out St. Paul's Episcopal Church on Feb. 26 between 7 p.m. and 9 p.m. for a performance by Andrew Gonzalez. Tickets will be \$40 for adults and \$10 for those 18 and under. For more information, visit <https://bit.ly/3IizRX9>.

Bark and Buds
February 26 - 27

Join on-site naturalists at Riverbend Park Feb. 26 and 27 for a tree identification event from 12 p.m. until 2 p.m. Perfect for the whole family, learn all about the various trees in the park and the differences between their barks and branches. Tickets to the tour will be \$8 per person and are available online at <https://bit.ly/3v74XNK>. For more information, please call 703-759-9018.



COURTESY PHOTOS

Remembering the lives of the enslaved during Black History Month

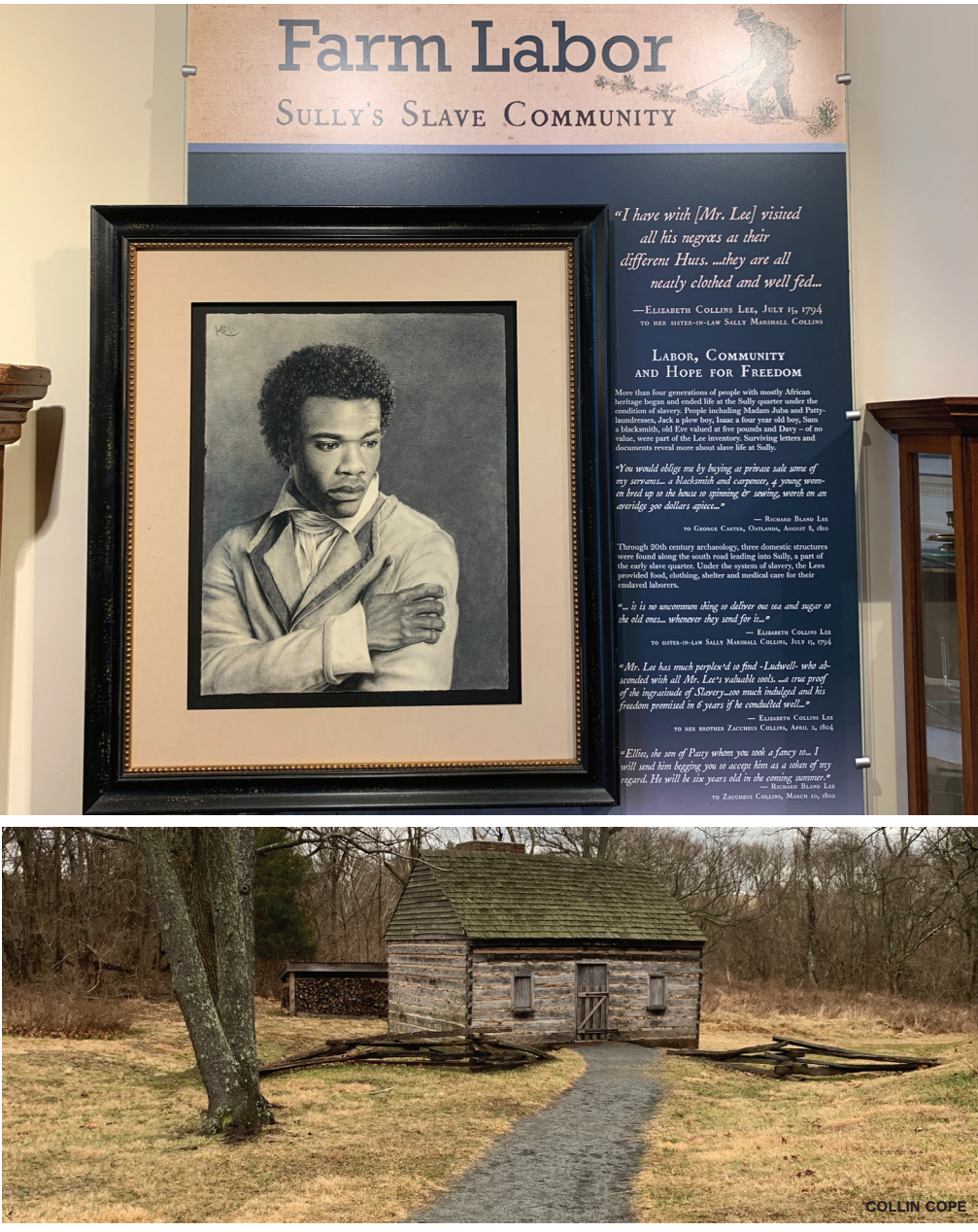
Take a tour of Chantilly’s Sully Historic Site for an in-depth look at the lives of the enslaved people who worked on the land

By Collin Cope
SPECIAL TO THE FAIRFAX COUNTY TIMES

The Sully Historic Site in Chantilly, has a long and rich history that encourages all guests to learn more about the lives of those who were enslaved more than 200 years ago. Originally constructed in 1794 on land inherited from Henry Lee II, Sully served as the country home of Richard Bland Lee and Elizabeth Collins Lee until Lee sold it to his cousin Francis Lightfoot Lee in 1811. At the time of the inheritance, there were at least 29 enslaved people living on the land who worked to fill various labor roles needed for the property to function. Such activities included farming, cooking, tending livestock, and construction - all of which allowed for the land’s continued use by Lee. The Site was later owned by various families before it was conveyed to the Fairfax County Park Authority in 1959 and converted into a historical landmark. Guests visiting the Site today learn more

about who these enslaved laborers are in order to fully comprehend the horror of slavery, as well as highlight the value of their labor to memorialize their hard work. “The theme right now is ‘Who Were They,’ meaning who were the enslaved here who were doing all the work,” explained Site Manager Carol McDonnell. Through their focus on the facts that are known of those enslaved, as well as a discussion of the various tasks expected of them, the Site works to tell the stories of enslaved people, rather than simply those of their owners. In the East Wing of the house, an artist’s interpretation of Godfrey, an enslaved man who escaped the Site, is shown next to an ad placed by Lee when he went missing. In the ad, Lee offers a \$50 reward for Godfrey and essentially refers to him as property that must be returned. Meanwhile, in the artwork, viewers see an articulately detailed image of Godfrey, which aims to provide the dignity he deserves. Site Historian Tammy Higgs emphasized the importance of showcasing

the lived experiences of all people on the Site. “This is a person, this is someone who ran away. We always want to remember that people don’t usually run away from good situations,” expressed Higgs. In addition, the Site includes a representative constructed cabin built by the Park Authority 22 years ago on top of the archaeological footprint. It would have housed around 10 enslaved people in a space that is no larger than 16 by 20 feet and includes an elevated loft space for sleeping quarters. Through this, visitors have the opportunity to experience the living spaces of those who were enslaved on the land in order to further educate visitors of the conditions under which they lived. “It’s a hard history, but we’ve gotta tell it,” added Higgs. The Site is open for tours between Thursday and Sunday from 11 a.m. to 4 p.m. For more information about tours, as well as for more information about the Site’s previous owners, please visit <https://bit.ly/3t0rgSv> or call 703-437-1794.



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AUG 20 • 21

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YO-YO MA AND
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SEP 8

...and many more!

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ACROSS

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12 GPS suggestion

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DOWN

1 "— Miniver"

2 Packed away

3 Shell-game item

4 "No cheating!"

5 Akin

6 Acapulco gold

7 "The First — Club"

8 Required

9 Sierra Nevada resort

10 Cupid's specialty

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ZED by Duane M. Abel

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ADORABLE ADOPTABLES

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See these pets and more at:
www.ffgw.org

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.



BOOTS

Breed: Domestic short hair

Age: 9 months

Gender: Female spayed

Boots is a beauty and polydactyl cat. This doll is loving and sweet, ready to be held or snuggled and treated like the sweet lady she is and with all those extra toes she can wrap you up with warm hugs.



TONKS

Breed: Domestic short hair

Age: 8 years

Gender: Female spayed

Tonks is as soft as a bunny soft. She's as calm and sweet as can be. This girl came to us from a rural shelter where her fosters took amazing care of her. She's happy to meet you and let you rub her snuggly soft fur. Pictures don't do her justice! She's even more striking in person.



MARLENE

Breed: Domestic short hair

Age: 1 year

Gender: Female spayed

Marlene is the momma of the group of cats found in a box on the side of the road. She is gentle and loves to be pet and observe her surroundings. She likes to sit next to her foster mom while she's working. She just finished nursing her babies and becoming a bit more playful.



THOR

Breed: Domestic short hair

Age: 2 years

Gender: Male neutered

Thor is the brown tabby male of all brown tabby males! Chubby cheeks, big tabby feet and a loving personality for all. Thor was rescued from a rural shelter when FFGW took several him and several of his friends at the shelter as well. This big boy is affectionate and ready for a cozy couch and loving lap.



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.



FROM THE DOG'S PAW

Why adopt a cat?

By Samson!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Purrs! Why adopt a cat? MEOWS! Because we are the bestest pet you could ever want or adopt. And, because I said so. I know best about cats since I am one, so I know firsthand about our greatness and how we make human lives much better than any other pet. Did you know that cats in U.S. households outnumber dogs for the first time? Purrs. Not convinced? I'll paw a few reasons for you to adopt a cat and a few friends looking for their "forever homes."

Meows! As Dad admitted soon after adopting his first cat ever, cats are great because they are independent. Purrs, you don't have to take us for walks, like those dogs you know, as it's well beneath our dignity. We require some playtime with wand toys, balls, and the like. Pawingly, it doesn't have to be hours on end, just a bit of your time. We have our litter boxes for those times of "pawsonal moments." We know how to use them without being trained. Paws, you can leave our food and water out should you need to be gone longer than usual in a day. Our independence makes us cats an excellent choice for humans living in apartments or condominiums.

Purringly, though I am paw-somely independent, like most cats, I still enjoy cuddling with my humans. Paws, it's usually, almost always, on my terms when I am ready, but I do enjoy it. I can curl up in my human's lap for belly-rubs, ear scratches, and the like while helping them dress from their day. Meows! Cats are easier to hold than a 100-pound dog. And we are warm, cuddly, fuzzy, and full of lovin's.

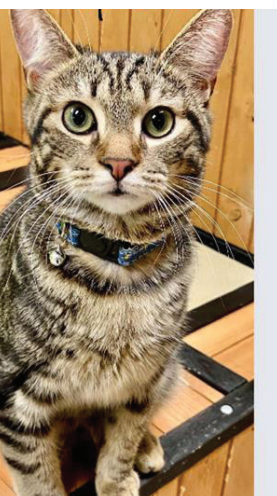
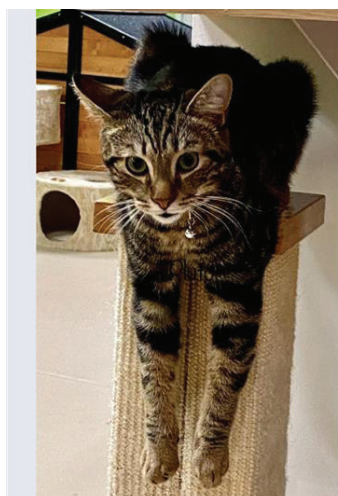
We pawsome cats take care of our grooming too. We paw, lick, bite, whatever needs cleaning, we'll take care of it. I am a long-hair cat, so I appreciate the time Dad and Mom put into grooming me with brushes. As I age, there will be pawlaces I cannot easily reach, so they will help. Have you ever tried to bathe a large dog? It's not easy. Dad usually takes Abby and Noah to a groomer they both like. If you prefer your skin scratchless and no blood, you'll leave the grooming to us. Meows.

Paws, have you heard that



OPERATION PAWS FOR HOMES

Mary Kate



HOMELESS ANIMALS RESCUE TEAM

Pluto and Neptune

adopting a rescued cat saves a life? If you adopt from a rescue or shelter, you are saving that cat's life while freeing up space for another cat who may need it. Meows, did you know you could be saving your own life too? Purringly, petting cats can reduce a human's blood pressure, thus reducing the pawssibility of a stroke or even reducing the risk of heart disease. Paws, just petting a cat helps humans to feel better. Meows!

Purrings, did you know cats make great pets for senior citizens and pawssibly widows? With cats, it's less likely you'll fall or trip over something like you could walking a dog. There is no need to go out in the rain, sleet, snow, or the dark of night. Our care is pawretty easy and relatively inexpensive compared to my canine friends. Cats can bring pawsome companionship too.

Paws, meet a few friends looking for "forever homes" with humans to love who will love them too.

MEOWS! Hey tortie lovers! Meet beautiful **Lottie** with a



PETCONNECT RESCUE

Lottie

pawsome pawsonality to match. She loves chatting with her humans and headbutts you for attention. **PetConnect Rescue**, www.petconnectrescue.org, email: info@petconnectrescue.org or call 1-877-838-9171.

Mary Kate, or **Kay**, loves pawlaying with her fish wand toy and pom-poms, enjoying dancing and twirling after them. She can be scared at first but warms up quickly and will demand lots of pets. A cat with lots of love and a purr to fill a room. She will do great with another playful cat. **Operation Paws for Homes**, www.ophrescue.org, or email: adopt@ophrescue.org.

These two kittens are pawfully cute, gorgeous, lovable, and full of pawsonality. **Pluto** is the adventurer and wrestler with his siblings and mom. **Neptune** is the shy sister who loves pawlaying, investigating empty boxes, wrestling with her brother, and likes quiet time too. These two will bring much laughter and joy to their adopters. **Homeless Animals Rescue Team**, www.hart90.org, 703-691-HART, hart90office@hart90.org.

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Art News

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. Feb. 25 and 26. Tickets start at \$25. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3pcK6F4>.

Mark Morris Dance Group
returns with a medley of lively works by this successful and influential choreographer. 2 and 8 p.m. Feb. 26. Tickets start at \$33. Center for the Arts, 4373 Mason Pond Dr., Fairfax. For more information visit <https://bit.ly/3HIMVKg>.

The Second City Full of the live and in-your-face entertainment, this must-attend show features improvised comedy, audience interaction, and of-the-moment sketches and songs. 7 and 10 p.m. Feb. 26. Tickets start at \$32. The Barns at Wolf Trap, 1635 Trap Rd., Vienna. For more information visit <https://bit.ly/3IfqOWR>.

Ladysmith Black Mambazo
Shares a heartfelt message of love, peace, and harmony, in an uplifting concert showcasing traditional South African vocal styles. 7 p.m. Feb. 27. Tickets start at \$33. Center for the Arts, 4373 Mason Pond Dr., Fairfax. For more information visit <https://bit.ly/3BKPT9O>.

Green Eggs and Ham Make and Take
Take a kit home to play a word game with Green eggs and Ham. All-day event. March 1. Free. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. For more information visit <https://bit.ly/3vcA6iW>.

Woodlawn Needlework Show and Sale
returns with a theme of “Common Threads” which focuses on the threads in life that connect us and a series of events by various artists. Every day except Tuesday March 2 through 31. 10 a.m. to 4 p.m. Timed-entry tickets are \$15 for adults. Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. For more information visit <https://bit.ly/3sgt7DL>.

Outsider Art Inside Lorton
is a collaboration with the Lucy Burns Museum and features the work of inmate “outsider artists” with no formal training or schooling. Some artwork was created in prison sanctioned programs. Fridays and Sundays from noon to 5 p.m. and Saturdays from 11 a.m. to 5 p.m. Through Feb. 28. Lucy Burns Museum, Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information <https://bit.ly/3IZaf28>.

Sweet Tooth is a group exhibition that is all about decadence, desire, and craving. Some of the work will represent these themes through a more conceptual connection such as explorations of coveting, gluttony, greed, and yearning. Exhibit runs through March. Target Gallery in the Torpedo Factory, 105 N. 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>.

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

The Women of Historic Huntley
Learn about a society matron, an enslaved wife and mother, a farmer’s daughter, a military wife. 10:30 a.m. Feb. 25. Cost is \$8. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit <https://bit.ly/3JIaFVw>.

Black Inventor Scavenger Hunt
Pick up a scavenger hunt sheet and search the children’s area for inventions by black inventors. All day event. Feb. 25. Free. Great Falls Library, 9830 Georgetown Pike, Great Falls. For more information visit <https://bit.ly/34X01R1>.

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. Feb. 26. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujysiK>.

Flying Squirrel Campfire
Enjoy an evening around the campfire toasting marshmallows over the embers and learn about flying squirrels that live in our area. 6 p.m. Feb. 26. Cost is \$8. Hidden Oaks Nature Center, 7701 Royce St., Annandale. For more information visit <https://bit.ly/3vewyWP>.

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. Feb. 27. Free. Marshall High School, 7731 Leesburg Pike, Falls Church. For more information visit <https://bit.ly/3GUNBpm>.

Sniffing Out History
Join in an olfactory journey through the ages, exploring aromas from the past and the significant role of scent in human history. 1 p.m. Feb. 27. Cost is \$15 for the lecture only \$38 for both tea and lecture. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3h818jd>.

Qigong
Join Nevin Turk for this virtual Chinese meditation and healing practice as he focuses on movents, self-applied massage and more. Noon. Feb. 28. Free. For more information visit <https://bit.ly/3K5KHjZ>.

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. 4 to 8 p.m. March 1. Free. Herndon Fortnightly Library, 768 Center St. Herndon. For more information visit <https://bit.ly/3H93gl7>.

Virtual Dungeons and Dragons
Join for an on-line role-playing adventure for adults. Familiarity with Dungeons & Dragons is a plus, but players do not need to be D&D experts. All levels of experience welcome. 4 to 6 p.m. March 2. Free. For more information visit <https://bit.ly/3JMHMMB>.

Evening Woodcock Walk
Take an evening stroll through the forest to one of the park’s largest meadows. Listen for the call of the male woodcock and hopefully see his amazing courtship dance and flight. 5:30 p.m. March 2. Cost is \$9. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3sd9VXI>.

Getting Past the Silent Treatment
Join local mental health professionals Mimi Weisberg and Heather Tedesco for a one-hour virtual program dedicated to family communication. 7 p.m. Feb. 28. Free. For more information visit mcleanscc.org.

Virtual Mental Health 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>.

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DAPHNE

CONTINUED FROM PAGE B1

who plays Rey, had worked with Hernandez several times through the years, both coming from Everyman Theatre in Baltimore.

“She called me to come in and be a part of this, and Paige is such a unique director and a friend, so I was excited to come aboard,” he said. “The playwright is of course well known, and this is such a different rhythm from ‘In the Heights’ and there were so many wonderful performers involved. I couldn’t say no.”

“Daphne’s Dive” also stars Rayanne Gonzales as Daphne, Yesenia Iglesias as Inez, James Whalen as Acosta, Jonathan Atkinson as Pablo, Quynh-My Luu as Jenn and Jyline Carranza as Ruby.

Russell and Gonzales had performed in “Ragtime” together at Ford’s Theatre back in 2017, and her involvement also enticed him to be part of the production—his first at Signature.

His character is a biker who doesn’t have very clear roots, though he carries around a picture of his grandson so you know Rey has a family.

“You don’t really know what that connection is, but he is definitely someone who is a free spirit and lives in the moment,” Russell said. “He’s described as the happiest man in the bar. Happy in the sense that he’s taking it a day at a time and just going at whatever the rhythm is.”

The show begins when Rey enters the bar for the first time and introduces himself to Daphne, and over the course of the play, the community of the bar becomes his family.

“I’ve done a lot of August Wilson, and I mentioned this to the playwright. I think this has a lot of that quality—the slice of life with a glimpse into the lives of these people who have this common place to become a family,” Russell said. “I think audiences will take to that. As is the case with a majority cast of color, we highlight the universality of the story.”

In its first week, sold-out Signature audiences have loved the story and it’s quickly become a favorite of Hernandez as well.

“I think it’s tremendous and I fall more in love with it every performance,” Hernandez said. “It’s almost like watching ‘Cheers’ but with a different cultural perspective.”

For more information or to buy tickets, visit sight-atre.org.



COURTESY PHOTO

KENNEDY

CONTINUED FROM PAGE B1

music and dance,” he said. “Audiences can expect a fresh take and a high-energy show that’s 90 minutes, with amazing vocals.”

As a very tall guy with a deep voice, Crawford is no stranger to playing strong or villainous-type roles, and Caiaphas fits in well with that description.

“I often play kings, fathers, priests and devils, and I was very happy I was available to do this at this time,” Crawford said. “I have been part of this tour since it began in 2019, and we just started back in the fall.”

One of the things that he feels is unique to the performance is that it’s also a celebration of dance.

“Normally, when the priests come out on stage, it’s in a very stayed and proper sort of setting,” he said. “Our choreographer has incorporated us into this celebratory dance experience. So, we get to cut a rug a little bit as well.”

Crawford always knew that performing would be the path he would take, singing and acting since very young. He attended The Juilliard School in New York City and his career took off quickly.

“My first appearance on the Broadway stage came when I was 17 in a show called ‘The Buddy Holly Story’ in the iconic Shubert Theatre,” he said. “I just remember thinking how lucky I was to be part of this incredible show. My family is originally Jamaican, so we didn’t grow up with a lot of Buddy Holly music, but it was so wonderful to see the amount of fans he had.”

Now, he’s thrilled to be on tour with “Jesus Christ Superstar” and celebrating this music with people of so many different generations.

“We’ve been going across the country and the audiences are full and loving this production,” Crawford said. “One of the most beautiful things about this production is it’s so open and available to everyone. It’s 50 years of nostalgia.”

Meal planning helps make weeknight dinners easy

KEYS TO BETTER HEALTH
CINDY SANTA ANA



You're busy and the thought of having to plan out meals for the week may feel like just one more chore to add to your already long list of things to do. I know! To be honest, it has not always been my favorite thing to do either. What I found, though, is that taking time to plan for meals each week – and writing out a grocery list – means that I ultimately save so much time and money. It means fewer less-desirable calories from take-out, and, it means less stress. Win-win-win!

Step 1: Get Organized

Make a list of all of your favorite dishes. Create categories for your favorite proteins (ensuring that you vary them): chicken, pork, grass-fed beef, wild game, and wild-caught fish. Add columns for vegetarian dishes, side dishes, salads, and soups. Gather the family and ask everyone what their favorite dish is from each category. Gather cookbooks, blogs, check out Pinterest, and note your favorite recipes. (This concept is on page 77 of my book, Unprocessed Living.) After you have a list of about 25-30 meal ideas, you can pull from this list to create your weekly meal plan. If you typically eat dinner out twice a week, and you have 20 recipes to prepare at home, that's about four weeks' worth of meals without repeating a meal – not bad! You can add



more to the list as you go to expand your base of options.

Step 2: Plan it!

Using your list from above, think about your week ahead and plan your meals. Consider your kids' activities, obligations, and any meetings you may have. Then think about what would be the easiest meals to make on those nights. For me, that means something in the slow cooker or Instant Pot once a week. Or, you may want to double a recipe and have it ready to reheat on a second night. Another option is to double up your chicken for one dish and set half aside to add to a salad as your main meal on another night. Choose quick and easy meals when you know you won't have much time to cook or maybe plan on those being your crockpot nights. It's

ok to schedule a few nights out or takeout if this concept is new to you. Consider the concept of cook once, eat twice. If you're already in the kitchen, make a big batch of quinoa, oats, or grill extra chicken. Some of my quick meals are pan-searing chicken tenders, a large pot of stir-fried veggies, or a large salad with tuna or sardines. Breakfast for dinner is super fast too – but I'm talking eggs or omelets and not pancakes.

Step 3: Go shopping and stock the pantry.

With your meal plan in mind, create your shopping list. Determine where would be the best place to get those items – the farmer's market, grocery store, local farm (for grass-fed meats), or perhaps your own garden. I always have the basics on hand – organic spices,

high-quality cooking oils, nuts and seeds, and condiments. My #1 tip: Don't just toss everything in the fridge when you get home. Take 20 minutes to wash and chop a few of your hardier veggies for some of the meals on your busy nights. Store those in a glass container in the fridge.

Step 4: Execution!

Make sure your meal plan is visible. Thaw out your meats the night before. Get some of the prepping done on the weekend. Cook a few cups of grains (if you eat them) ahead of time. Most grains will keep for 3-5 days in the fridge. Make any marinades, dressings, spice mixes, or sauces in advance to save time on those busier nights.

Even if you start out just planning THREE of your meals

each week, it will make a difference. I feel so much less stressed when I know I'm ready for the week and I have what I need to make healthy meals. Taking 30 minutes to plan your meals will save you much more time and energy than that in the long run.

Here are five quick ideas to get you started:

1. For a quick meal, try a frozen turkey burger, reheated and served with a steamer bag of vegetables. Top your burger with fresh avocado, tomato, and onion.
2. Protein Box - Prep hard-boiled eggs (or buy pre-made), nuts, berries, chopped vegetables, and hummus. Mix and match - great for eating on the go or when time and energy are limited.
3. Salmon Nicoise Salad

- Sear a salmon filet (thawed and frozen filets work great). Top a bed of greens with hard-boiled eggs, green beans (sautéed, steamed, or blanched), onions, and tomatoes. Add cooked salmon filet. Create a quick dressing with vinegar, mustard, olive oil, and lemon, and drizzle on top.

4. Sheet pan / cast iron meal - Consider a mess-less meal by utilizing sheet pan dinners. Pick a starch, a protein, and vegetable(s). Toss all ingredients with olive oil and bake! You may need to bake the starch for a little longer than the protein or vegetable.

5. Vegetable stir-fry - In a large cast-iron skillet or wok, stir-fry fresh veggies (such as onions, cabbage, carrots, snap peas, zucchini, tomatoes, eggplant, celery, and bok choy) and protein of choice (such as sliced grass-fed beef or chicken). Add fresh garlic and ginger, soy sauce (or coconut aminos), and finish with a drizzle of sesame oil.

I'll be honest – I fought meal planning for a long time because it just seemed too time-consuming, but now that I do it on a regular basis, it's so much faster and easier.

Once you start implementing a weekly meal plan, you'll notice you feel less stressed over the dinnertime rush and you may just have a better answer to the question "What's for dinner?" Need more meal planning support, visit www.UnlockBetterHealth.com for more information.

Learn about heart failure causes, symptoms and treatment options

Courtesy of Inova Newsroom

"Heart failure" is something of a misnomer. Although many people think that heart failure means a person's heart abruptly stops beating, heart failure is not the same as cardiac arrest. Heart failure simply means that a person's heart is not pumping optimally, to keep up with the body's needs.

"Many patients come to me with a concern and focus on the name of my specialty," said advanced heart failure and transplant cardiologist Timothy S. Welch, MD, FACC, who practices in the Arlington, Fairfax and Loudoun offices of Virginia Heart and is Associate Medical Director of Inova Heart and Vascular Institute's (IHVI) Cardiac Intensive Care Unit. "In reality, advanced heart failure doctors are friendly experts who teach people about their heart function and what options are available to help treat their condition."

Heart failure's causes and symptoms

Heart failure is the number one most common heart condition, affecting more than 6 million Americans, according to data collected by the

Centers for Disease Control and Prevention. It tends to get progressively worse over time unless steps are taken toward treatment. There are many risk factors for heart failure, including:

- Coronary artery disease, valvular heart disease and other heart-related disorders
- Diabetes and high blood pressure
- Obesity
- Certain genetic conditions
- Excessive alcohol use
- A diet high in fat and sodium
- Lack of exercise
- Sleep apnea

One key symptom of heart failure is shortness of breath with minimal activity. For example, people with heart failure may feel short of breath after walking across the house, tying their shoes or conducting normal activities of daily living. Sometimes, patients can feel shortness of breath after lying down. People with heart failure may also experience a loss of appetite and general weakness or fatigue.

Many of these symptoms result from fluid buildup. When the heart can't pump blood efficiently throughout the body, fluid can back up into the lungs, causing shortness of breath, or can back up into the

abdomen, causing a feeling of fullness and loss of appetite. When a person lies down, fluid can move from the lower body back to the chest, making the heart work harder and causing the person to develop shortness of breath hours after lying down to rest.

"Heart failure is measured by how well the heart pumps blood. Symptoms can vary based on how well a person's body is able to compensate," Dr. Welch said. "Advanced heart failure experts also treat people who have rarer conditions that affect the heart's ability to relax between beats," such as cardiac amyloid, cardiac sarcoid and hypertrophic cardiomyopathy.

Treatment options for heart failure

As a first step, a heart failure expert will work with the patient to try to determine the cause of the heart failure. Some causes, like coronary artery disease, sleep apnea and excessive alcohol use, can be reversible.

"We do everything possible to find out why heart failure is happening and reverse it if we can," Dr. Welch said. "No matter what the cause, we focus on treating the condition with medication to help the person's heart function

improve."

Some heart failure treatments focus on fluid management, with the goal of getting the extra fluid out of the body. They can include diet changes and medications. Lifestyle changes, such as quitting smoking and increasing activity levels, can also be helpful.

If a patient's heart function doesn't get better with medication, or if medications are no longer working well, there are other treatment options available. "This is where Inova's advanced heart failure program is so strong. We have the complete range of treatments available, from infusions of medicine to mechanical support for the heart, all the way to heart transplant," Dr. Welch said.

IHVI's heart transplant program is the region's busiest and most robust, completing three times more transplants than a typical program does. "There are 148 heart transplant programs in the United States, and Inova's program is among the top 15 busiest programs," Dr. Welch said.

The transplant program is supported by one of the busiest cardiac ICUs in the country and multiple cardiac critical care modalities, including a nationally recognized cardiogenic shock program.

When to see an advanced heart failure specialist

Patients can be referred to an advanced heart failure specialist by their primary care doctor or general cardiologist if they are having difficulty with fluid management, are having shortness of breath or are no longer finding their current heart failure medications effective.

"Most of the time, patients

don't need a transplant, but they do need specialized care to help their heart function better over time," Dr. Welch said. Even though heart failure is a chronic condition, the goal, he noted, is to help people live well with heart failure. "From mild to severe, we're here to help them through the experience of having heart failure, and hopefully make everything better for them," he said.

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Solution time: 22 mins.
Answers
King Crossword

STEAK TACOS

INGREDIENTS

1 pound flank or skirt steak, frozen for 30 minutes

4 tablespoons (1/4 cup) Mazola® corn oil, divided

3 tablespoons tamari or reduced-sodium soy sauce

3 tablespoons freshly squeezed lime juice

3 cloves garlic, finely minced

2 teaspoons chili powder

1/2 teaspoon ground cumin

1/2 teaspoon dried Mexican oregano

8 taco-sized flour tortillas heated on skillet lightly coated with Mazola® corn oil until lightly charred.

TOPPINGS

Cotija cheese • Chopped cilantro • Pickled jalapeno • Lime wedges

INSTRUCTIONS

1. In a large bowl, combine soy sauce, lime juice, 2 tablespoons Mazola® corn oil, minced garlic, chili powder, cumin and oregano.

2. Remove steak from freezer and slice thinly across the grain. Place in the bowl with the marinade. Stir to cover steak slices with the marinade. Marinate for at least 45 minutes and up to 2 hours.

3. Heat 2 tablespoons of oil in a large skillet over high heat. Remove steak from marinade. Reserve marinade.

4. Add steak to the hot oil and sear on both sides for about 1 minute. Immediately reduce heat to medium-high.

5. Add the reserved marinade and cook, stirring often, until marinade has reduced to half, about 3-4 minutes.

6. To assemble, divide steak among warmed tortillas. Top with a generous spoonful of coleslaw, a sprinkling of chopped cilantro, crumbles of cotija cheese and pickled jalapeno.

7. Serve immediately with lime wedges.



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Identity, Inc. seeks f/t Evaluation & Quality Assurance Manager in Rockville, MD to provide organizational leadership & mobilize the necessary technical assistance to develop & maintain an effective monitoring & evaluation system throughout the organization. Req's Master's deg. or frgn equiv deg. in Public Policy, Public Health, Social Work or rtd fld & 2 yrs exp working w/ non-profit social &/or health services programs including 1 yr of supervisory or managerial exp. Must be able to pass a federal criminal background check & a Child Protective Services background check. References required. Email resume to Identity, Inc. at Tel: (240) 805-8793 Email: humanresources@identity-youth.org & ref 21-001.

Help Wanted

HW Commodity Specialist II Position available in Herndon, VA, Amazon Data Services, Inc. seeks candidates for the following (multiple positions available): HW Commodity Specialist II (Job Code 150.10176.6). Create sourcing strategies for at least one construction services category and collaborate with internal business partners and suppliers to reduce risks and costs for Amazon. Develop mechanisms to hold suppliers accountable for performance and delivery. Domestic and international travel 20% of the time. Qualified applicants should apply at <https://www.amazon.jobs/en/referencing> Job ID: 1943336

Help Wanted

Notice is hereby given that **AMS Transportation Services LLC**, 8811 Sudley Road Suite #115, Manassas, VA 20110 has filed an application for a certificate of public convenience and necessity that would authorize: 1. Passenger transportation as a Common Carrier over Irregular Routes, providing service throughout the cities of Alexandria, Fairfax, Falls Church, Fredericksburg, Manassas, Manassas Park and Winchester, Virginia, and the counties of Arlington, Culpeper, Fairfax, Fauquier, Loudoun, Orange, Prince William, Spotsylvania and Stafford, Virginia; 2. Transportation of Medicaid recipients throughout the Commonwealth of Virginia as a Non-Emergency Medical Transportation Carrier as defined in Section 46.2-2000 et seq. of the Code of Virginia.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is **MC2200079SK**.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P.O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before **March 10, 2022**.

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

Legal Notice

[(Full name(s) of owner(s)):
The Sea Restaurant LLC

Trading as:
The Sea Restaurant
3238 Old Pickett Rd
Fairfax, Fairfax County, VA 22031

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine & Beer On Premises / Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages.

Christopher L. Aguilar, President

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

3009246 (03-04-22, 03-11-22)

CLASSIFIEDS

To place a classified ad or a Business & Services ad, please contact:
Marcia Patch • 703-904-1004
marcia@wspnet.com

Collabralink Technologies, Inc. seeks a Consultant-Appian Developer in McLean, VA to design and develop Appian solutions by studying stakeholder requirements. Apply at www.jobpostingtoday.com Ref #21606.

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

Data Science Engineer, Hitachi Vantara, LLC, Herndon, VA. Implement, test, and document tasks involved in Big Data Solutions. May telecommute. To apply, please e-mail your resume to ATTN: Bhavna Vara, apply@hitachivantara.com. Please refer to Job# 864.1092.

Multiple IT Positions in Fairfax, VA area: Software Engineers I: Develop, design & code software programs, components, apps, modules & units. Dev/prep software test plans. Software Engineers II: Design, develop, modify, analysis, implement, document & post implement support of software apps. Computer Systems Analysts I: Analyze, modify and evaluate existing or proposed software, hardware and business processes. All positions req travel/reloc to various unanticipated locations. Send res & indicate position to Hadiumondstar Software Solutions LLC at 9477 B Silver King Court Fairfax, VA 22031.

Engin 4, SW Dev & Eng – Comcast Cable Comm, LLC, Reston, VA. Prov tech lead w/i teams resp for devlp & devlr platfrm that enabls enhanced delivry of prodcts & srvc to end usrs. Reqs: Bach in CS, any Engin or rtd; 5 yrs exp perfrm API devlpmt use Java & J2EE; writ Oracle, PL/SQL or SQL queries; perfrm Unix Shell Scripting; & use Spring, Spring Boot, Webservices, JSON, XML, SOAP, and AWS to devlp SW; & 1 yr exp devlp dockerized microsrvc. Apply to: Renu_Puri@comcast.com. Ref Job ID# 3425.

Legal Notice

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Legal Notice

Engin 4, SW Dev & Eng – Comcast Cable Comm, LLC, Reston, VA. Prov tech lead w/i teams resp for devlp & devlr platfrm that enabls enhanced delivry of prodcts & srvc to end usrs. Reqs: Bach in CS, any Engin or rtd; 5 yrs exp perfrm API devlpmt use Java & J2EE; writ Oracle, PL/SQL or SQL queries; perfrm Unix Shell Scripting; & use Spring, Spring Boot, Webservices, JSON, XML, SOAP, and AWS to devlp SW; & 1 yr exp devlp dockerized microsrvc. Apply to: Renu_Puri@comcast.com. Ref Job ID# 3425.

Legal Notice

Notice is hereby given that the **Architectural Review Board** of the of the Town of Herndon will hold a work session on Wednesday, March 2, 2022 at 7:30 p.m. in the Town of Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, March 16, 2022, at 7:30 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR BUILDING ALTERATION, ARB #22-003, to consider an application for a modification to existing structure located at 560 Florida Avenue, Herndon Virginia, further identified as Fairfax County Tax Map 0162-02-0156J and located on the west side of the Florida Avenue and Alabama Drive intersection. This property is zoned as RM (Residential Multi-Family) and consists of 102,932 square feet of land. Owner: Parkridge Gardens LLC. Applicant/Agent: Michael Asbacher, Consulting Design.

APPLICATION FOR SIGNAGE, ARB #22-004, to consider an application for a business identification wall sign located at 510 Spring Street, Herndon Virginia, further identified as Fairfax County Tax Map 0162-02-0156J and located on the west side of the Spring Street and Van Buren Street intersection. The property is zoned as O & LI, Office and Light Industrial, and consists of 196,100 square feet of land. Owner: Nova Realty Holdings INC. Applicant/Agent: Betsy Marino, Service Neon Signs.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning February 25, 2022 after 3:00 p.m.

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

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish February 25 and March 4, 2022

Legal Notice

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon will hold a work session on Wednesday, March 2, 2022, at 7:00 p.m. in the Town of Herndon Police Department Community Room located at 397 Herndon Parkway, Herndon and a public hearing on Wednesday, March 16, 2022 at 7:00 p.m. in the Herndon Council Chambers Building located at 765 Lynn Street, Herndon on the following items:

APPLICATION FOR SIGNAGE, HDRB #21-016, to consider an application for an exterior wall sign located at 702 Elden Street, Herndon Virginia Suite A, and further identified as Fairfax County Tax Map 0162 52 0010. The site is located within the Junction Square development and is situated approximately 90 feet west of the intersection of Elden Street and Monroe Street. This property is zoned as PD-TD, Planned Development – Traditional Downtown, and consists of 461 square feet of floor area. Owner: Kavitha Maddi, Skyvish Square 702 Elden St A LLC. Applicant/Agent: Clay Downing, Signs by Clay Downing. **Continued from February 16, 2022, HDRB public hearing.**

APPLICATION FOR A CERTIFICATE OF APPROPRIATENESS FOR AMENDMENTS TO AN APPROVED APPLICATION, HDRB #22-002, to consider an application for a Certificate of Appropriateness for amendments to an approved addition on the single-family residential property at 764 Grace Street, Herndon, Virginia, located at the southeast corner of the intersection of Grace Street and the Washington and Old Dominion Trail, and further identified as Fairfax County Tax Map 0104-02-0017. The property is zoned R-10, Residential, Single Family; and consists of 16,074 total square feet of land. Owners/Applicants: Bryce A. Perry and Phuong T. Pham.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning February 25, 2022 after 3:00 p.m.

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

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