FAIRFAX COUNTY TIMES

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MUSIC: WOLF TRAP PRESENTS ANNE-MARIE MCDERMOTT

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Annandale building fire caused by electrical event

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HBO

'The Nevers' brings fantasy to Victorian London

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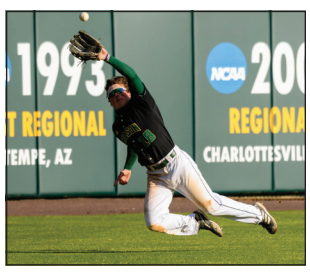

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25¢ NEWSSTAND PRICE

Nova Chamber to hold Annual State of Healthcare event virtually

By Rick Horner
FAIRFAX COUNTY TIMES

The Northern Virginia Chamber of Commerce will hold their Annual State of Healthcare event on April 15 which will discuss a number of topics related to healthcare in the region. The Chamber's webpage of the event touts that top officials from the region's largest and most influential health care companies which will companies such as BlueCross/BlueShield, INova, Cigna, and Kaiser Permanente.

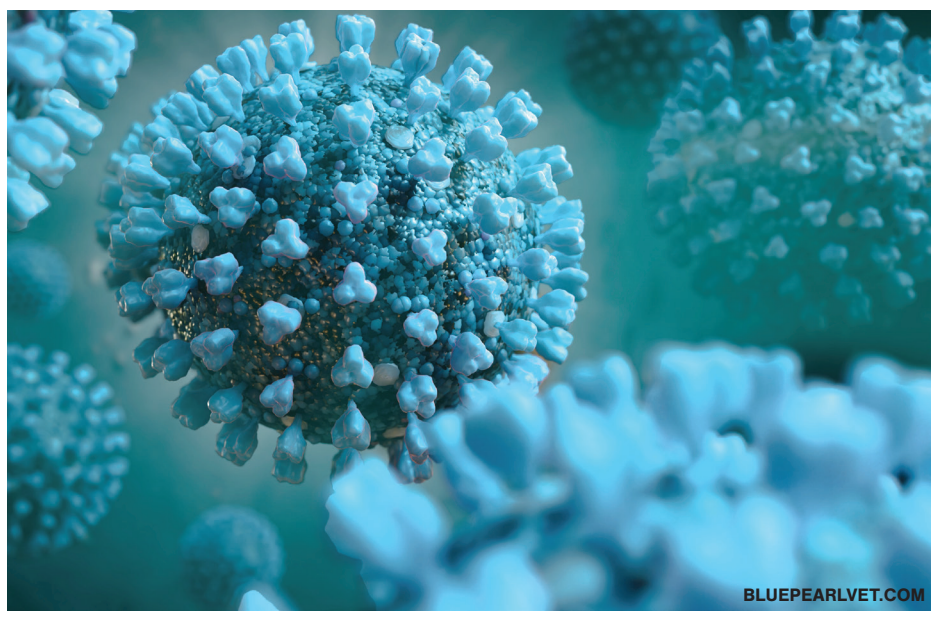
The event, which will be held virtually, will include discussions about issues that affect residents in the Commonwealth of Virginia.

"Our keynote will focus on equity in healthcare delivery, a major issue that was highlighted as a persistent problem during the pandemic. Our panel will also hit on health equity and I expect other major issues like value-based care and topics related to employer concerns like affordability. It's a high-level event with multiple C-suite participants from our healthcare industry members," says Clayton Medford, Vice President of Government Relations for the NOVA Chamber.

While the event will be held virtually as have most chamber events since the pandemic began, a good amount of people is expected to attend the event.

"Honestly, other than being virtual, I don't think covid has had an impact on these kinds of events. Attendance is still close to what it was pre-covid and we're getting very high-level speakers from the private and public sector (speaking broadly for the 'State of' events from 2020). Of course, many people prefer in-person events, and we're looking forward to getting back to holding those as soon as its safe," says Mr. Medford.

Such an event may be beneficial to the Fairfax area since it has the highest total of coronavirus cases according to information on the Fairfax County Government website and the Virginia Department of Health. The Fairfax Health District which consists of Fairfax County, Fairfax City, and Falls Church, has recorded 73,319 cases as of April 6. Of that amount, 60,413 cases were confirmed positive for the virus, 3,830 of that totals were hospitalized for the virus, and 1,075 have died in the health district as a result of the virus.



BLUEPEARLVET.COM

Speakers for the virtual event will include President and CEO of CareFirst BlueCross BlueShield Brian Pieninck, Chief Operating Officer of the Kaiser Foundation Health Plan for Kaiser Permanente Mid Atlantic Lawrence Hamilton, Executive Vice President of Public Policy and Government Affairs for CareFirst BlueCross BlueShield Maria Harris Tildon, Chief External Affairs Officer for Inova Health System Jen Siciliano, Market Medical Executive for Cigna's Mid-Atlantic Region Christina Stasiuk, and Chief Quality and Safety Officer for the Inova Health System Chapy Venkatesan.

Registration for the event closes on April 14 and will be held online on April 15 from 9:00am to 10:30 am on the chamber's website.

Virginia outlaws LGBTQ+ Panic Defense

DANICAFORDELEGATE

By Brooke Lewitas
FAIRFAX COUNTY TIMES

When Delegate Danica Roem received an email from a fifteen year old constituent asking her to take on the LGBTQ "Panic Defense", she was reminded of her own experience of being a queer teenager. When she was around the same age as her constituent, Matthew Shepard was murdered for his sexuality, and the nation watched as his killers were tried and convicted. The national conversation that seemed to condone the brutal murder of queer people was agonizing for her, and she heard that same pain in her constituent's email.

"As a member of the LGBTQIA+ community, seeing this still legal is scary and I think anyone should be worried about this," he wrote.

The LGBTQ Panic Defense, also called the trans panic defense or the gay panic defense. According to the LGBT Bar, "The LGBTQ+ "panic" defense strategy is a legal strategy that asks a jury to find that a victim's sexual orientation or gender identity/expression is to blame for a defendant's violent reaction, including murder. It is not a free-standing defense to criminal liability, but rather a legal tactic used to bolster other defenses."

Researcher W. Carsten Andresen, a criminal justice scholar and researcher wrote to Delegate Roem with an inexhaustive list of several instances of the defense being used in Virginia. All cases listed described an extremely grizzly manner of death--being stabbed dozens of times, being

See LGBTQ+, Page A4

POSITIVE VIBES with Brooke Lewitas

Local nonprofit serves 'Formed Families', celebrates 7th annual Spring Forward event

On April 17, local nonprofit Formed Families Forward will host their seventh annual Spring Forward event, a day for the families that they serve to connect and bond over their shared experiences.

Formed Families Forward was formed in 2011 by a group of moms involved with the adoption, foster care, or kinship of children with special needs. Through training, webinars, and classes, the organization supports formed families all over Nova.

The organization uses the term 'formed families' to include those brought together through adoption, the foster care system, or kinship, which is when a family member becomes the primary caregiver to a child that is not their own.

Kelly Henderson has a PhD in special education, but she also has years of lived experience as a mother of special needs children, some of whom are adopted.

"The biggest obstacles are misinformation or a lack of information," Henderson says. "They're given too little information when they take on the role of caregiver, and are unprepared for the challenges and trauma the kids have been through. The nature of the challenge within the families either contributes to special needs or is impacted initially to special needs. Children with special needs and disabilities are neglected and abused at much higher rates than other children."

The most commonly identified disability for children in foster care and kinship care is emotional disturbance, but in-

See SPRING FORWARD, Page A4

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PUBLIC SAFETY NOTES

COURTESY PHOTO

The building was in a one-story strip shopping mall in Annandale.

Annandale house fire caused by electrical event

Units from Fairfax County Fire and Rescue, the City of Alexandria Fire Department and the City of Fairfax Fire Department were dispatched for a building fire in the 7800 block of Heritage Drive in the Annandale area of Fairfax County March 29 at approximately 6:41 a.m.

Crews arrived on the scene of a one-story, strip shopping center with no smoke or fire visible. Upon looking through the glass door of the store, thick black smoke was noted with the door being warm to the touch. Firefighters made entry and quickly extinguished the fire. Fire was contained to the store though there were smoke conditions in adjoining stores. They rapidly cleared the smoke from those stores. There were no reported civilian or firefighter injuries.

There were no occupants in the store at the time of the fire. The owner of the store was alerted to the fire through his security alarm system. He used his cellphone to access the security camera and discovered a fire inside the store. The owner contacted his security monitoring company who then reported the fire.

Fire Investigators determined that the fire was accidental in nature and started on the sales floor. The fire was caused by an electrical event in a power strip.

No one was displaced because of the fire. Red Cross assistance was not needed. Health inspector was requested as several occupancies were restaurants. Damages as a result of the fire were approximately $100,000.

VSP investigating a two-vehicle fatal crash in Fairfax County

At 9:01 a.m. April 4, a Virginia State Police trooper observed a motorcycle traveling at an excessive rate of speed on I-495. LIDAR recorded a speed of 124 mph in the posted 55 mph zone. The trooper pulled in behind the motorcycle and activated his lights and sirens in an attempt to stop the vehicle. But the motorcycle sped away even faster and a pursuit was initiated. As the motorcycle approached the Woodrow Wilson Bridge, the trooper terminated the pursuit.

At 10:22 a.m., the same trooper was running radar again on I-495 when the same motorcycle passed by at an excessive rate of speed. The trooper activated his lights and sirens to again attempt to stop the vehicle. But, the motorcycle sped away and took the I-95 south exit. When the troopers observed the motorcycle "splitting the lanes" at a high rate of speed between vehicles in the southbound lanes of I-95, the troopers terminated their pursuit of the motorcycle.

At 10:30 a.m., state police received a call of a two-vehicle crash in the southbound lanes of I-95 at the 162 mile marker. When troopers arrived on scene, they recognized the motorcycle as the one pursued earlier. Based on witness statements, the motorcycle rear-ended a Toyota Tacoma pickup truck. The impact of the crash caused the motorcyclist to be thrown from the vehicle and the motorcycle to catch fire.

The troopers administered First Aid to the motorcyclist, Lorrence M. Thompson, 30, of Calumet City, Ill., but he succumbed to his injuries at the scene.

The driver of the pickup truck was transported for treatment of minor injuries.

The crash remains under investigation.

COURTESY PHOTO

Iesha Walker.

Reston woman arrested after barricade

A 29-year-old woman was arrested after an hours-long barricade April 4 in a Reston apartment community.

Beginning at 4:51 p.m., officers responded to the 2200 block of Stone Wheel Drive to investigate a domestic assault. Officers determined Iesha Walker assaulted a family member and obtained a felony domestic assault warrant. When officers went to serve the warrant, they learned that Walker was in another apartment nearby and attempted to contact her when she barricaded herself inside the apartment. Walker then made threats to burn the building, harm the two people inside, and shoot any officers who entered the apartment.

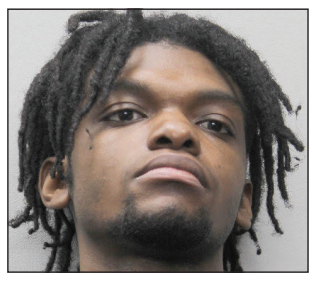
Fairfax County Police Department Special Operations Division and crisis negotiators responded to the apartment and attempted to de-escalate the situation over the phone. As Walker continued to make threats to harm an occupant inside the apartment, officers from the Special Operations Division forced entry in order to preserve the sanctity of life. The family member and acquaintance were safely removed from inside the apartment and Walker was taken into custody. While Walker was taken into custody, she assaulted several officers. She was charged with assault against a family member third offense, threats to bomb or burn and eleven counts of assault on law enforcement. She remains held without bond at the Fairfax County Adult Detention Center.

Worker dies after falling from tree

A 45-year-old man working as a contractor for a tree service company died after falling from a tree he was cutting at a home in the 6500 block of Rivington Road in Springfield.

Officers responded to the home at 2:24 p.m. April 5 when it was reported that Mauro Cruz Cortes, of Culpepper was 40-45 feet above the ground cutting off tree limbs. He was secured to a tree limb that he was standing on, when that limb broke and he fell to ground. Rescue personnel pronounced him deceased at the scene. Detectives from the Fairfax County Police Department Major Crimes Bureau responded and are continuing their investigation in partnership with officials from the Virginia Occupational Safety and Health Administration.

The Office of the Chief Medical Examiner is conducting an autopsy to confirm cause of death. Preliminarily, detectives believe this was an accident. No other injuries were reported as a result of this incident.



COURTESY PHOTO

Noe Ametchi.

Fairfax man arrested after pointing gun at family member

A woman reported that a family member pointed a gun at her while inside her home in the 3800 block of Scibilia Dr. March 31 at 7:43 a.m.

Officers responded and arrested Noe Ametchi, 20, of Fairfax. He was charged with brandishing and domestic assault. No injuries were reported.

Fire sprinklers extinguish Huntington apartment fire

Units from Fairfax County Fire and Rescue Department and the City of Alexandria Fire Department, were dispatched for a reported apartment fire in the 5900 block of Richmond Highway in the Huntington area of Fairfax County March 27 at approximately 5:05 p.m.

Crews arrived on the scene of an eight-story, high-rise apartment building with no smoke or fire visible. Upon investigation, firefighters located an extinguished fire in the kitchen of one apartment. The fire was extinguished when the fire sprinkler system activated. There were no reported firefighter or civilian injuries.

Three occupants were home at the time of the fire. A child discovered the fire and alerted her father who then tried unsuccessfully to extinguish the fire with a towel. The occupant then called his roommate who called 9-1-1. Smoke alarms were present, and it is unknown if they sounded.

Fire Investigators determined that the fire was accidental in nature and started in the kitchen of the apartment. The fire was caused when an air fryer sitting on the electric stove top ignited after a burner on the stove was accidentally turned on.

Four occupants were displaced because of the fire. Red Cross assistance was offered and declined. Building management was assisting the displaced occupants. Damages as a result of the fire were approximately $25,000.

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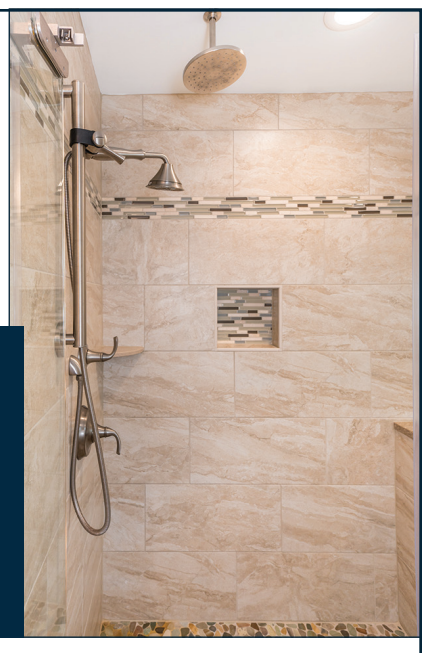

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PEOPLE AND PLACES

COURTESY PHOTO

Robyn Mehlenbeck.

Mason psychology professor offers tips to help children with pandemic anger, anxiety

Children and teens who are experiencing increased anxiety and anger during the coronavirus pandemic will need guidance and validation as their lives continue to change, said **Robyn Mehlenbeck**, director of George Mason University's Center for Psychological Services and a clinical psychology professor in Mason's College of Humanities and Social Sciences.

"All kids are going to go through different struggles at different times. It's so important to validate their feelings," said Mehlenbeck. "We worry more about kids who always 'put on a happy face' as they are likely suppressing feelings. This can lead to more anger or anxiety."

Mehlenbeck said that parents and guardians should give children "permission to share that certain things are hard."

Mehlenbeck pointed out that teenagers are especially feeling the challenges of the pandemic.

"The preteens and teens are struggling big time," said Mehlenbeck. "All the things they want to do have been curtailed, including seeing their friends regularly, and that often leads to anger."

In addition, anyone under the age of 16 isn't currently eligible for COVID vaccination, while those 16 and older and many adults are. The availability of vaccines for adults while children and younger teens remain unvaccinated will likely cause further feelings of anger and frustration, said Mehlenbeck.

Mehlenbeck suggested helping redirect children's anger to activities that could make them feel better, such as doing things to help friends or other people and connecting socially with peers in a safe way.

In addition, data shows that focusing on gratitude can help address anger. Writing down one thing each night that a child or teen is grateful for at least two weeks, can help improve mood, said Mehlenbeck.

"If a teenager finds a reason every night for gratitude, it can help their feelings become more manageable in time," said Mehlenbeck.

Mehlenbeck also said to expect that children and teens may experience increased anxiety as they face going back to school and getting involved in more group activities.

"Even kids who are very outgoing are out of practice for being social," said Mehlenbeck. "In addition, with everybody wearing masks, it can be confusing. You lose some of the visual cues that you normally have."

For children and teenagers working through anxiety, deep breathing exercises can help, said Mehlenbeck.

Mehlenbeck suggested getting children and teens accustomed to socializing again by finding ways to get together safely outside as the weather gets warmer. If a child or teenager is virtual now, but anxious about in-person school in the fall, let them visit the school, if possible, said Mehlenbeck. For children and teenagers going back to in-person now, talk to them honestly about how school is different than it used to be, said Mehlenbeck.

"You don't want to pretend that school is normal right now, because it's not," said Mehlenbeck. "You don't want to raise their expectations and have them be disappointed. You can say it's different, but at least you can see some of your friends or your teachers."

Chantilly-based IT company acquired by N.C. company

Chantilly-based IT services provider, **SolutionWorx**, has been acquired by WingSwept, an IT services firm based in Garner, N.C.

The acquisition brings together two managed IT service providers who serve similar types of clients and have strong employee-focused cultures. It also brings SolutionWorx into a larger, more mature and structured organization with the resources to support growth.

"Together WingSwept and SolutionWorx bring an aligned employee focused culture with the ability to serve more clients and employees," said Mike Mazan, founder and CEO of SolutionWorx. "In the book Ride of a Lifetime, Bob Iger writes 'Don't be in the business of playing it safe. Be in the business of creating possibilities of greatness.' Together we realize this opportunity to create possibilities of greatness."

Mazan and Jay Strickland, founder and CEO of WingSwept, have served as trusted advisors to each other for more than a decade. In fact, Mazan has served on the WingSwept board of directors since 2013. Both teams have worked together on small projects over the years as well.

A common approach to business and a strong focus on culture help to make the two organizations a great fit. SolutionWorx was founded in 1992, was named one of the world's premier managed IT service providers in the Channel Futures 2020 MSP 501 Rankings and consistently appears in best places to work rankings. WingSwept was founded in 2000, has appeared in the Inc. 5000 in nine of the last 10 years and consistently receives best places to work recognition in the Raleigh-Durham area of North Carolina.

"This acquisition was driven by our desire to expand our workplace ministry and our ability to serve more clients and employees," said Strickland. "We will be increasing our scale of expertise and range of capabilities while further diversifying our skillset, enabling WingSwept to better support all of our clients, and to expand our potential to serve new markets."

The deal became official March 31. The unification of the expertise, experience and skills of both teams will greatly benefit current and future clients in both locations. As they work on integration, they are focused on making sure it doesn't get in the way of providing clients with the high level of service to which they are accustomed.

COURTESY PHOTO

Bill Collier, of the Sons of the American Revolution, awards Lt. Jonathan Schmeltz and Master Technician/Paramedic Brian Roberts with commendation medals.

FCFRD members awarded public safety commendation medals

Bill Collier of the Sons of the American Revolution (SAR) – Col. William Grayson Chapter, stopped by Fire Station 39, North Point, recently to award **Lt. Jonathan Schmeltz** and Master Technician/Paramedic **Brian Roberts** with SAR Public Safety Commendation Medals. Both were nominated by co-workers.

Schmeltz was awarded the SAR Firefighter of the Year Commendation Medal. He is recognized as someone who is always willing to accept any task and usually accomplishes the task quickly and competently. Schmeltz also played an integral role in the FCFRD Covid-19 vaccine roll-out as the planning section chief.

Roberts was awarded the SAR Emergency Medical Services Award. Co-workers indicated that he provides outstanding emergency medical care to the residents of Fairfax County on each call. The recommendation letter stated, "It is obvious that every call he runs he treats the patient as if they were one of his own family members. His care and bedside manner on calls is second to none."

COURTESY PHOTO

Margaret Kinder.

Lake Accotink Pollinator Garden event set for mid-April

A dedication ceremony will be held at Lake Accotink Park April 17, for the new Margaret Kinder Education and Pollinator Garden.

Members of the public are invited to attend in person or via livestream at 10 a.m. Due to COVID-19 restrictions, only limited in-person reservations will be taken on a first-come, first-served basis. Reservations can be made at https://bit.ly/3cULUfU. Those who cannot attend are invited to watch the livestream.

To access the livestream, visit the Friends of Lake Accotink Park's (FLAP) Facebook page on the day of the event. The link will also be available at the FLAP website. Information will be posted before the 10 a.m. start time.

This ribbon-cutting will feature remarks by members of the Board of Supervisors, the Park Board and members of FLAP, as well as the unveiling of the garden's new interpretive sign and highlighting of the plaque in honor of Margaret Kinder. Kinder's plaque was previously installed to recognize her decades of service as an educator, naturalist, gardener and volunteer at Lake Accotink Park and the Ravensworth Farm community.

The pollinator garden, which was sponsored and installed by the Friends of Lake Accotink Park, boasts more than 800 plants of 14 varieties. Signs identify plants and provide information on the types of pollinators they attract – birds, bees, butterflies and/or hummingbirds. Pollinators are attracted to the plants for food, and while they feed, they help to spread pollen, fertilize and disperse seeds. Without pollinators, we wouldn't have fruits, nuts and some vegetables.

Look for the Margaret Kinder Education and Pollinator Garden near the park's large lake shelter. The garden has been designed to enable classes on planting and maintaining your own pollinator garden. Keep an eye out for the upcoming classes and watch this garden as it will be blooming throughout the growing season, from wild columbine and goldenstar in early spring to late-summer bloomers, such as little bluestem, white wood aster and short-toothed mountain mint.

Lake Accotink Park is located at 7500 Accotink Park Road, in Springfield. For more information about the park, call 703-569-3464; or visit Lake Accotink Park.

For more information about the dedication ceremony, contact the Public Information Office at 703-324-8662; or send an email to parkmail@fairfaxcounty.gov.

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Americans can finally grow hair so thick "It will cover up your bald spots," says top US Doctor

Clinical trials show a new hair loss breakthrough can both help men and women naturally regrow a thick, full head of hair – without drugs, surgery, or side effects

Thousands are rushing to get a new hair restoration method based on surprising new studies from the University of California.

It is the world's first and only hair loss solution that revives dead hair follicles. And studies confirm it helps men and women regrow a thick, full head of hair, even after years of balding.

Now, with news of this breakthrough spreading like wildfire — the manufacturers are struggling to keep up with overwhelming demand.

That's because, unlike other methods, it is prescription-free, drug-free, and has no side effects. And while hair transplants can cost $4,000 or more, this new approach costs pennies on the dollar and doesn't involve going to the doctor's office.

Instead, it leverages cutting-edge technology to prevent hair loss, fill-in embarrassing bald spots, and renourish thinning hair — with results you can see and feel in 30 days or less.

As Jeanne F. from San Diego, CA reports: *"When my husband began to use this product, all he had on top of his head was fuzz. His hair began to grow after 30 days and now it is about 2 to 3 inches long!"*

Breakthrough research proves this discovery helps fill-in bald spots, re-nournishes thinning hair, and leads to noticeable growth in as little as 30 days.

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

Unfortunately, most people think there is nothing they can do to stop it. However, while many doctors will tell you that thinning hair, a receding hairline, and bald spots are due to your genetics, this is not the whole story.

"While genetics play a role, it's not the main reason you lose hair," says Dr. Al Sears, the nation's top anti-aging doctor. "And surprisingly it's not just your age, thyroid, hormones, stress, or a vitamin deficiency, either."

The latest scientific research reveals that hair loss is primarily caused by the stem cells in your hair follicles dying.

"This discovery is a true breakthrough because by reviving these stem cells on your scalp, you can stop hair loss dead in its tracks and trigger new hair growth, even in areas that have been thinning for years," explains Dr. Sears.

Now, at his world-famous clinic, the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida, Dr. Sears and his team have used this game-changing discovery to develop a brand-new hair restoration formula that is taking the country by storm.

Sold under the name ***Re-Nourish***, it is flying off the shelves with men and women of all ages raving about the results it delivers.

"I have seen a significant improvement in hair growth. Previously, you could see thinning areas at the back of my head and now hair has grown over it," says Peter W. from Ontario, Canada.

And Susan D. from Fort Pierce, Florida reports, *"My hair was thinning. So, I began to use Re-Nourish every day on the front part of my scalp. Now I have thicker hair."*

Dr. Al Sears, M.D., is America's leading anti-aging expert. He's authored more than 500 scientific papers, and his discoveries have appeared on more than 50 media outlets including, ABC News, CNN, ESPN, Discovery Channel, National Geographic, Lifetime, and many more.

Regrows Hair In Just 30 Days

Scientists now know that stem cells are the lifeblood of your hair follicles.

Research from the University of California shows they're the reason you're able to grow hair. However, these stem cells aren't always active. In fact, studies reveal they're only active during certain phases of the hair growth cycle.

"Your hair grows in three phases," explains Dr. Sears. "First, you have the anagen phase, the hair growing phase. Then the catagen phase, when hair gets ready to shed. And finally, the telogen phase, where your hair is pushed from the follicle and falls out."

As you get older it becomes harder for your hair follicles to complete this three-phase cycle. The results? Your hairs get stuck in the telogen phase. This is when they start falling out and stop regrowing, no matter what you try.

This process doesn't happen overnight, says Dr. Sears.

"At first, your hair dries out, becoming brittle, thin, and harder to style. Then, you start finding hairs on your pillow and down the drain. Finally, you're left with bald spots that age you prematurely."

Fortunately, ***Re-Nourish*** puts a stop to this. It revives the dead stem cells in your hair follicles and reactivates your hair's three-phase cycle, triggering new growth in as little as 30 days — even in areas that've been balding for years.

Reawakens Dead Hair Follicles

For years, scientists couldn't figure out why hair follicle stem cells died.

However, a study from the University of California finally found the answer.,

It has to do with T-cells — an important immune cell in your body. The researchers discovered these T-cells are the only way to command hair follicles to grow new hair.

More importantly, they showed that T-cells helped revive the stem cells in your hair follicles — spurring new growth, filling in bald spots and natural hairline.

Re-Nourish uses a unique blend of all-natural ingredients. By spraying it on your hair once per day, scientific studies show you can revive dead stem cells and improve the appearance of thicker, fuller hair.

For example, the key nutrient of ***Re-Nourish*** was tested on a group of severely balding women.

After 6 months, nearly 70% of the women saw significant improvement in hair growth. Their hair was noticeably fuller, thicker, and healthier looking. Most exciting of all, they grew new hair on parts of their scalp that had been bald for years.

In another study, Italian researchers gathered a group of both men and women with thinning hair and applied the core ingredient of ***Re-Nourish***. After 12 weeks, they reported a staggering 74% increase in hair growth.

"It's really mind-boggling that my hair started growing back," says Zan R., another ***Re-Nourish*** customer.

With results like this, it's no surprise that demand for ***Re-Nourish*** is soaring. Thousands of men and women are scrambling to get their hands on the limited-supply available.

Re-Nourish is not currently available in any store at any price. But we've secured a small batch for our readers.

Try Re-Nourish 100% Risk-Free

For the next 48-hours, Dr. Sears is offering readers a risk-free trial of ***Re-Nourish***.

Dr. Sears feels so strongly about this product that he is backing every order with a risk-free, 100% money-back guarantee. To take advantage of this special offer, simply call the Sears Toll-Free Health Hotline at 1-800-577-4043 now. Use Promo Code NP0321RN551 when you call in.

[EDITOR'S NOTE]: Due to recent media exposure for ***Re-Nourish***, the **Sears Institute for Anti-Aging Medicine** is experiencing unprecedented demand. If the phone line is busy when you call, please try again to avoid missing this special one-time-only offer.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY.

SPRING FORWARD

CONTINUED FROM PAGE A1

tellectual, learning, and developmental disabilities are also quite common. As a result, families involved with foster or kinship care have a myriad of different needs from 'traditional' families. This might include caregivers navigating the special education system or disability advocacy world. This is where Formed Families Forward and their expert staff can help.

Formed Families Forward provides families with many different avenues of support. Their website, for one, functions as a robust resource director, which includes a guide to private providers, agencies, and support groups in the area. They also do training and webinars, as well as self-paced online classes that allows caregivers to learn more about special education and disability basics. Additionally, they offer consultations, and work with parents, special education teachers, and case workers. Plus, they offer peer support groups to youths in adoption, foster care, or kinship care as well as support groups for adults.

COURTESY PHOTO

Their Spring Forward event is an annual occasion for families to connect with one another over their shared experiences in raising children with special needs. This year, the event will be a seventy five minute virtual event where caregivers can process challenges, children 5-12 will be led in virtual activities, and teens will have a motivational speaker.

The organization is a 501c3 non profit organization and they accept donations year round in order to continue providing these free services to families in need. Tax deductible donations can be made at formedfamiliesforward.org/donate/.

LGBTQ+

CONTINUED FROM PAGE A1

'beaten to a pulp', being 'dragged to death'--but due to their lawyer's use of the panic defense, the defendants did less jail time than they would have otherwise.

"In these cases, criminal defense attorneys used gay and trans panic defense to put the victim (rather than the offender) on trial," Andresen told Roem in an email.

While the material policy implications are large, Delegate Roem says that the symbolic meaning is also substantial.

"Virginia has just told the country that not only do we welcome, respect, and celebrate our lgbtq constituents, but we will protect you for who you are," she said.

When the Governor signed HB2132 into law on March 31, Virginia became the twelfth state to outlaw the LGBTQ+ panic defense. The final vote was 58-42, with three Republicans-- Carrie Coyner, James Edmunds, and Roxann Robinson reaching across party lines to vote in favor of banning the panic defense.

"I'm going to outright scold the majority of members across the aisle for Virginia being the only state in the country that this became a partisan issue," said Roem.

For Delegate Roem, the passage of the bill underscored the value of representation in government.

"The fact that I have an out student constituent who is willing to reach out to me, to come out to me, and to feel safe enough to make that request--I can't tell you that that would or wouldn't happen if he had a cis, straight representative like most districts. But I can tell you that me being transgender meant that he knew he would have a friend. He knew that I would listen, that I would get it. When you've established that common ground, and that empathy, that's why you need diversity in your elected officials."

Delegate Roem is proud to have brought an end to the kinds of cases that caused her so much pain years ago, like the Matthew Shepard case. In a full circle kind of moment, the last person to testify in favor of ending the panic defense was none other than Shepard's mother Judy.

"The LGBTQ+ panic defense is a direct affront to the memory of Matt and all the other LGBTQ+ victims of hate crimes," Mrs. Shepard told delegates. "This so-called defense upholds in court the notion that violence, even homicide, is a reasonable or understandable response to a life lived openly."

Roem knows the fight for equality for LGBTQ people in Virginia is far from over, and hopes to tackle the treatment that trans women receive in interactions with the criminal justice system next, but she's created a strong legacy of fighting for queer rights in Virginia so far, having passed over two dozen pro LGBTQ rights bills in her time in the house. She prides herself on being an advocate for constituent service.

To the student constituent who inspired this law, Roem wrote: "You should be proud. Your voice changed the law."

Creating a naturally healthy home

Courtesy of Brand Point Media

The pandemic has changed the way many of us think and feel about home. More than ever, it has become a place of refuge, safety and comfort in an uncertain world. The need for our dwellings to be sources of both physical and emotional well-being has never been stronger. Architects and designers looking to maximize the unique and personal qualities of a residence - the subtle factors that turn it from a house into a home - have long recognized that specifying wood offers a natural means of achieving that goal. Now COVID-19 is making that strategy even more attractive to savvy homeowners.

"We hear it from professionals and consumers alike: Today, families want an especially cocooning home environment," says Linda Jovanovich, of the American Hardwood Information Center. "Wood is an inherently warm and characterful material that engenders feelings of reliability and familiarity in us. But along with that tried-and-true aspect, hardwood also offers a wide range of different looks and design possibilities, so there's always an element of uniqueness and personalization whenever it's used."

The kitchen is often called "the heart of the home" - a gathering place that provides sustenance through food and the companionship of friends and family - making it an ideal space in which to put wood's authentic natural powers to work. Replacing tired old cabinets with stylish hardwood ones is a good starting point, as shown in the makeover of a 1920s Bungalow house kitchen where a classic American hardwood - quarter-sawn white oak - is used for all the new millwork and flooring. The floorboards are lightly white-washed to create the look of bare wood; the base cabinets, supplied by Plain & Fancy Custom Cabinetry, get a slightly darker cerused finish to distinguish them from the rest of the woodwork. The wall cabinets are painted white to match the kitchen's shiplap ceiling. "It's peaceful rather than exciting," notes the homeowner. "And that's exactly what we wanted."

Without doubt, a good part of wood's appeal is due to the fact that, like us, each piece of timber is unique - its color, texture and grain are as individual as a human personality, so we keep discovering new aspects of its beauty and versatility to delight in. "But there are other good reasons why being surrounded with hardwood makes us feel good," Jovanovich points out. "It is exactly the kind of material that today's environmentally conscious consumer demands: One that's renewable, sustainable, plentiful, durable and easy to work with - all of which makes it an excellent return on investment, too." And that feeling of well-being is not just in our minds or pocketbooks: Wood is healthy, it doesn't harbor dust and other allergens, and it gives off almost no VOCs in its natural state. And what could be more reassuring than that?

Seahawks emerge from pause to begin playoff run

By Michael Napolitano
SPECIAL TO THE FAIRFAX COUNTY TIMES

After a two-week pause due to COVID cases within the South Lakes JV and Varsity teams, the Seahawks resume practice this week in preparation for a home playoff game against Chantilly.

Before the start of the spring football season, it was determined by VHSL that four teams, instead of the usual eight, would represent each region when playoffs began.

That meant the power-point ranking system, which uses a mathematical formula each season to award points for wins, losses, and the results from common opponents would carry even more importance. To be playoff eligible during this shortened season, teams would have to complete a minimum of four games in the event games had to be missed due to a program shutdown. With that out of the way, let's go back to the week of March 22nd.

"After McLean [March 19], we came in on Monday, had an okay practice, and then found out Tuesday afternoon that some kids had tested positive.", Coach Jason Hescock recalled, "based on an investigation by the health department it was determined to put the entire JV and Varsity program on pause. There was a lot of damage control within the program because the kids were thinking the season had been canceled… we held a couple of team meetings online and told everyone we are just on pause and our season was not over because we played the four-game minimum for playoff eligibility. We started running all the calculations in the region to determine all the possibilities and scenarios based on the power-point system. We have some coaches on staff that are good at looking at the numbers and figured out about 14 different scenarios that could get us into the playoffs and about 7 teams we needed to follow based on common opponents that would determine our status."

In end, two games mattered on the final night of the regular season; Madison defeated Centreville and T.C. Williams defeated Hayfield. Only Madison advanced to the playoffs out of those four teams. The top four teams in Region D to advance were 1. Madison 2. South Lakes 3. Chantilly 4. Wakefield.

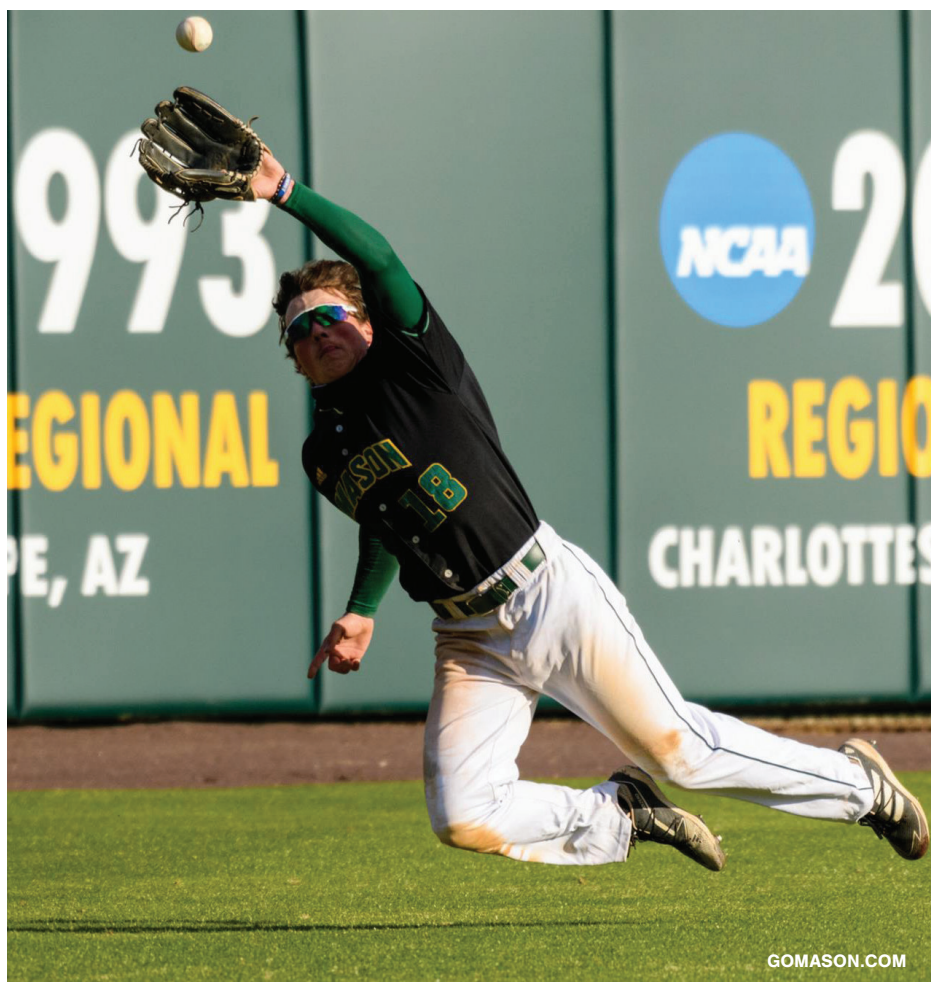
During the pause, the coaching staff still had a plan to keep players motivated as well as check on their overall well-being. "We gave players a 5-day conditioning plan for when we return to practice. For the kids that did test positive, we've checked in on them regularly to see how they have been feeling in general outside of football activities. Some kids have felt great throughout and some others were down; one struggled and shows how people are affected differently by COVID no matter how old they are."

The Seahawks are set to resume practice on Tuesday in preparation for Friday's home playoff game against Chantilly. "Those with football injuries had time to heal [during the pause] and weren't getting banged up everyday with practice. That gave typical nagging injuries time to heal, so that was a positive. On the downside, we haven't been able to maintain conditioning and get better at our everyday drills. We need to be smart on how we proceed once we get on the field and get back to why we are where we are [playoffs]. We just need to get back to the fundamentals."

The playoff game against Chantilly will be a rematch of the first-round game last season which South Lakes defeated Chantilly 43-40 in double overtime. "They're going to be angry, bitter, and salty from the loss last year. We made a lot of mistakes in that game last year and had to claw back [down 16 points in the 4th quarter] to win. They have a great defense this year and it should be another close game."

"It's the Region Semi-Finals, our goal is not just to make the playoffs but to win the region and then let the chips fly, hope we remain healthy, and advance past that. Our standard is higher than just making the playoffs even in this shortened season."

Mason splits double header with St. Bonaventure, Bonnies get first win of the season



By Rick Horner
FAIRFAX COUNTY TIMES

This past Saturday saw the George Mason men's baseball team split a double header with St. Bonaventure at home on Spuhler Field. While the Patriots record going into the game was a losing 6-11 it was still better than the Bonnies' 0-7 record for the 2021 season so far.

Game one would see Mason's freshman starter Kieran Versaw-Barnes knock out the first nine batters of the game and would only allow four runners on base with no hits in the first five innings.

The Patriots would take the lead in the bottom of the fourth inning as outfielder Jack DeLongchamps would pick up his second RBI of the season by driving a single up the middle. DeLongchamps would earn the run by batting in the designated hitter Scott Morgan who had reached base on a fielding error and then took second base on a wild pitch from Bonnies' pitcher Elijah Baez.

St. Bonaventure would come back in the top of the sixth inning when right fielder Tyler Kelder blasted a solo home run over the left field fence to tie things up. But the Patriots would not be denied as catcher Kyle Hayes would beat a throw home after a double laid out by Morgan to give the Patriots the win after seven innings with a score of 2-1.

Game two would see St. Bonaventure wake up from their slumber as the Bonnies would score three runs from four hits off of Mason's pitcher Ryan Stoudemire. Hits by the Bonnies' Matthew Williams and Ben Berger as well as a fielder's choice run by Kevin Higgins would begin the trail of vengeance by St. Bonaventure in the top of the first inning. The Patriots would get one run in the bottom of the first to cut St. Bonaventure's lead due to a single from right fielder Cam Reckling bringing fellow Patriot South Trimble who had reached had gotten on base with a triple.

The Bonnies were not done bringing the hurt as they sent ten batters against the Patriots' defense resulting in four runs in the top of the second. A run batted in by Scott Morgan would put another run on the board for Mason in the fifth inning but there would be no coming back from the beating the Bonnies would put on the Patriots after seven innings with a final score of 8-3 and giving St. Bonaventure their first win of the season.

Mason will play a double header at home against St. Louis University this coming Saturday.

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5-minute healthy snack

KEYS TO BETTER HEALTH
CINDY SANTA ANA

Nothing makes my kids happier than an awesome snack they can pop in their mouth! These little powerhouses are great for packing in lunches, afterschool snacks and they make great gifts you can slip into a clear cellophane bag and tie with a pretty ribbon. (Perfect for teachers!) The protein from the nut butter and chia seeds will keep tummies full and best of all, they are gluten-free, sugar-free and dairy-free (if you use vegan chocolate chips). For more nutritional therapy tips, visit me at www.UnlockBetterHealth.com.

CHERRY CHOCOLATE PROTEIN BITES

INGREDIENTS

- 2 cups quick cooking, gluten-free rolled oats, not the big flat oats (I use Bob's Red Mill)
- Dash sea salt
- 1/2 cup dried tart cherries
- 1 cup pitted Medjool dates
- 1 Tbsp chia seeds*
- 4 Tbsp natural peanut/almond butter (OK to leave out to make nut-free or use sun butter) You can also use unsalted sunflower seeds.
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp raw cacao
- 1/4 cup mini chocolate chips (preferably semi-sweet) I use Enjoy Life brand.

DIRECTIONS

1. Put oats and salt in a food processor.
2. Process until finely ground.
3. Add remaining ingredients, except for chocolate chips, and process until fully combined. Add 1 tsp water to bring ingredients together.
4. Fold in chocolate chips
5. Add a few drops of water if needed to form balls.
6. Form into balls or press into a square pan and cut into squares.

NOTES

Makes 30-40 balls depending on how big you make each one. Keep in the fridge in an airtight container. If you want a more distinct cherry taste, chop the cherries instead of processing in the food processor. You'll have bigger chunks in each ball.

*Don't be tempted to leave out the amazing little chia seeds. These suckers are packed with fiber, protein, Omega 3's and tons of nutrients! You can put them in smoothies, oatmeal, sauces, water, make chia pudding and more!

OPINION

Show your support for school libraries this month

Dear Editor,

April is School Library Month, and it is the perfect time to reflect on the benefits school libraries have for students. Much more than just rooms that house books, school libraries are places where students learn to think critically and creatively, to explore and embrace other perspectives, to expand their knowledge and explore their interests and, yes, hopefully, to develop a love of reading.

As one of the American Association of School Librarians' common beliefs states, "the school library is a unique and essential part of a learning community." School librarians can and do contribute to student learning by collaborating with classroom teachers and helping to teach students valuable inquiry skills that will serve them as lifelong learners. School libraries help students to be creative, critical thinkers.

In a typical elementary school library, students might listen to stories, learn coding, tinker in makerspaces, develop questions and explore their interests through inquiry, discover new books and authors that pique their interest and much more.

School libraries also play an essential role in supporting intellectual freedom and in ensuring that all learners feel welcome, included, and represented. School librarians are trained and certified educators who support students and teachers and contribute to the learning environment in countless ways.

During School Library Month, show support for your school library, and remember that supporting school libraries means supporting student learning.

Amanda Heincer
Burke, VA

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SPRING AWAKENING

Next level lawns and gardens: 6 steps to spring success

Courtesy of Brand Point Media

Americans have spent the past year getting very familiar with their homes and gardens. That's left owners and renters alike primed to tackle this year's spring DIY projects with newfound enthusiasm and expertise. Fortunately, with the right equipment and a little tenacity, just about anyone can create a spectacular yard.

It's time to seize the season with these six steps for the perfect spring yard.

1) Clear your space. Dead grass, emerging weeds, wind-blown winter debris - it all must go. While just the first step, it can sometimes be a bit daunting when staring at a yard just emerging from winter. Consider buying or renting equipment that reduces the amount of manual labor and raking required. For example, leaf blowers like the Toro 60-Volt Max Leaf Blower make it easy to gather scattered, loose plant matter all in one place, while stand-up weed pullers are another great tool that can save you a lot of backache.

2) Trim your edges. Getting all the bits of grass and weeds at the extreme edges of your yard will truly take it to the next level. A good-quality trimmer kit makes the process fast and easy, while a battery-powered trimmer will spare your ears and the environment a bit of wear and tear. Something like the Home Depot's powerful yet environmentally-friendly Makita 18-Volt LXT Lithium-Ion Brushless Cordless String Trimmer Kit is ideal.

In general, battery-powered outdoor equipment is emerging as the future of lawncare. Battery-powered products are easier to use, more environmentally friendly and have the power and runtime that rival gas to help you take your project to the next level.

3) Nourish your grass. Laying down fertilizer is a great way to promote a lush, vibrant lawn. To minimize runoff and maximize nutrient uptake, time your application carefully. Apply your fertilizer in the spring once the ground has completely thawed, ensuring no rain or heavy winds are in the immediate forecast. If you live in a climate that is warm year-round, delay application until early summer.

4) Consider color. As gorgeous as green grass is, the radiant colors of flowers will take your yard to the next level. Perennials, flowers that grow back every year, bring exuberant color to any lawn.

BRAND POINT MEDIA

Plants like Knock-Out Petite Rose Bushes, available at The Home Depot, are easy to care for and are well suited to a variety of climates.

5) Mulch your gardens. Once you have the flowers in place, polish your presentation with a layer of Vigoro Bagged Brown Mulch. Apply a layer 1 to 4 inches thick, depending on the type. Not only is mulch aesthetically pleasing, but it also has real benefits for the soil, as it aids in moisture retention and blocks weed growth.

6) Remember to mow. Keeping your grass properly mowed is an essential step. Just remember: the shorter your grass, the harder it is on your soil. Short grass isn't as effective at preventing evaporation and retaining nutrients. A height of 2.5 to 3 inches gives a pleasing, clean-cut look while also doing wonders to minimize runoff and moisture loss.

Looking for another way to improve your mowing routine? Use a cordless, battery-powered lawn mower. They eliminate the need for outlets, oil and gas. When choosing an electric mower, use the simple equation of volts multiplied by amps equals watts (Volts X Amps = Watts) to evaluate the total power. Watts are what actually determines a battery's power, not voltage. If you take a look at The Home Depot's Ryobi Smart Trek Walk Behind Mower, you can see it has 40 volts and 6 amps, for 240 Watts total. A high number means more power, a longer runtime and longer motor life.

Anyone can claim a piece of spring serenity for themselves with a little lawn care this spring. Enjoy the warmer weather, get your hands dirty, and soon your yard will be the absolute envy of everyone around.

SPRING AWAKENING

The future of gardening: information and inspiration

Courtesy of Brand Point Media

Gardening saw record growth in 2020 and experts expect many more people will be digging in the dirt again this spring. From "Victory" vegetable gardens to balcony containers, outdoor gathering spaces and mood-lifting landscapes, gardening is providing an outlet during the pandemic. Research conducted late last year found that 86% of homeowners plan to continue gardening in 2021. Nearly half of respondents say they'll be planting more and expanding their garden spaces this spring. With all that expansion and enthusiasm comes the need for inspiration and advice.

Help for beginners

One source provides both inspiration and advice, with a goal of helping people feel more successful in their gardening endeavors. The National Garden Bureau was founded in 1920 in the wake of World War I, when an increasing number of suburbanites needed basic backyard gardening instruction. The nonprofit organization's mission is to provide education to motivate people to enjoy plants, from indoor houseplants to outdoor gardens.

Try something new

How do they do it? One way is with their 'Year of' program. Each year the National Garden Bureau selects one annual, one perennial, one bulb crop, one edible and one shrub as their 'Year of the' crops. "Our 'Year of' program puts a spotlight on timely, interesting varieties," says Diane Blazek, executive director of NGB. "Plants are chosen because they are popular, easy to grow, widely adaptable and versatile."

One of the more popular picks for 2021 is The Year of the Sunflower. "If there was ever a time where we needed to add some sunshine to the world, it's now," adds Blazek. "Sunflowers add bright, cheery color to the garden, and they're extremely easy to grow. They're simple to start from seed, or you can purchase new potted varieties that promise multiple blooms throughout the season." 2021 is also the Year of the Green Bean, Hardy Hibiscus, Hyacinth and Monarda.

A look into the future

"A big trend we've seen in our Future of Gardening survey is all about creating beautiful spaces," says Blazek. "Planting sunflowers, hibiscus, hyacinth, monarda and other easy-to-grow flowers can help add color and curb appeal, but they also add natural beauty to outdoor gathering spaces, another COVID-19 world trend." Food gardens are also hot, especially with newer gardeners.

BRAND POINT MEDIA

"History shows that when there's a national crisis, there is an increased interest in edible gardening," she says. "That's why we're including more info on growing vegetables."

Learn from the experts

NGB's members are horticulture experts who know gardening. The curated information the organization provides comes directly from those sources, offering new and experienced home gardeners advice they can count on to create great garden spaces. "The increased interest in gardening is great news," adds Blazek. "Our goal as an industry is to keep people engaged in gardening even beyond this season. We feel an even greater need to provide quality information for new gardeners and exciting ideas for gardeners who want to take their experience to the next level. NGB is a great resource for everyone."

New plants for 2021

A popular area of NGB's website is the New Plants section. In addition to searching by name, visitors to NGB.com can search by plant category, type and height to find the perfect variety for their garden. NGB.com also provides inspiration for plant combinations, delicious new vegetable varieties and tips to keep plants thriving throughout the season.

Need more information or inspiration for your garden this year? Visit NGB.org.

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COURTESY PHOTO

Wolf Trap presents Anne-Marie McDermott

The world-renowned pianist is part of the venue's popular streaming concert series

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

Noted American pianist Anne-Marie McDermott has performed concertos, recitals and chamber music in hundreds of cities throughout the United States, Europe and Asia over a 25-year career. Her repertoire spans from Bach, Haydn and Beethoven to Rachmaninoff, Prokoviev and Scriabin to works by today's most influential composers.

Currently, she's an artist member of the Chamber Music Society of Lincoln Center and performs and tours extensively with CMS each season. McDermott also leads the Ocean Reef Chamber Music Festival in Florida and is artistic director of the six-week Bravo! Vail Music Festival.

Beginning April 9, McDermott can be seen as part of the Wolf Trap Foundation for the Performing Arts' Chamber Music Society's Front Row streaming concert series. The streaming event can be viewed until midnight, April 16.

"This program is a real feast musically," she said. "They are two very contrasting pieces of music. The whole program is exciting and also very uplifting."

During the program, the pianist will play Mozart's Concerto in D minor for Piano, Flute, and Strings, joined by Tara Helen O'Connor on flute, Sean Lee on violin, Bella Hristova on violin, Paul Neubauer on viola, Mihai Marica on cello and Timothy Cobb on bass.

"This is being done with seven players, which is rather unusual; typically, this is done with an orchestra of 60 players," McDermott said. "So, this is a unique opportunity to hear this Mozart concerto in a different way."

The second work being performed is Smetana's Trio in G minor for Piano, Violin and Cello, Op.15., with Ida Kavafian on violin and Gary Hoffman on cello.

"This is one of the iconic trios in the repertoire by Smetana," McDermott said. "It's a very personal work to him; he wrote it after the death of his daughter, so it's very emotional, very passionate, but also very uplifting."

These come from two separate performances that were filmed at the Chamber Music Society of Lincoln Center pre-pandemic, and McDermott loved the idea of showcasing both during this special streaming event for Wolf Trap.

"They are both incredible pieces of music so I was very happy with the choice," she said.

What was done during the pandemic, is that at the very beginning of the streaming program, there's an eight-minute film that was recorded at McDermott's apartment in New York City, completely filmed on her phone.

"That was done to give a look inside my life during the pandemic," she said.

One of the things she's spent a lot of time on this past year is making recordings. McDermott has traveled to Demark several times as she's in the middle of recording the complete Mozart piano concertos.

"Later this month, I'll be recording a full Franz Schubert album," she said. "This has been a good time to recording because there's not many concerts happening. I've been grateful for those opportunities because it keeps the focus on the music making during a devastating time as a musician."

Piano was something that came easily to McDermott. The youngest of three girls, she and her sisters all were taught as children.

"My mom had taken me to a concert where I heard a full orchestra on stage with a pianist soloist, and I was probably 4 years old," she said. "I remember the black shiny piano on stage, and how glamorous and powerful it looked. And because I was very shy, expression through music making was the most natural thing for me."

McDermott studied at the Manhattan School of Music with Dalmo Carra, Constance Keene and John Browning, and she was awarded an Avery Fisher Career Grant for her studies.

Throughout her life, she has continued to perform each season with her sisters, Maureen McDermott and Kerry McDermott in the McDermott Trio.

"I feel lucky and grateful that I've been able to have a career in music for a few decades now," she said. "It's an amazing life being a musician and traveling and playing concerts. I'm completely in love with it all."

McDermott is glad that more people will be getting to see these performances thanks to the Wolf Trap streaming program. The event is free and can be viewed at www.wolftrap.org.

STAY TUNED

'The Nevers' brings fantasy to Victorian London

By Melissa Crawley
MORE CONTENT NOW

A spy makes his way through a volatile pre-wall Berlin, Mark Wahlberg fans get to follow the actor through his very busy days, and a special group of women shake up Victorian London.

Dispatches: Weekly TV news

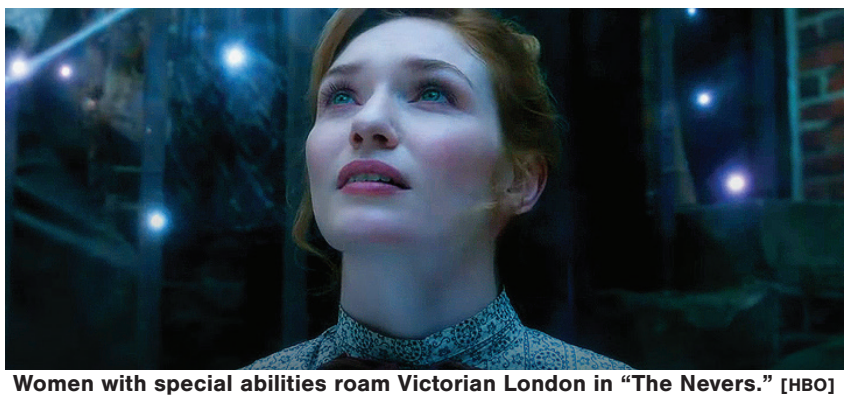
HBO has announced a month-long **"Iron Anniversary"** to commemorate the 10th anniversary of the series premiere of **"Game of Thrones."** It includes an interactive "Game of Thrones" spotlight page on HBO Max, along with a "MaraThrone" of all season one episodes beginning at 10 a.m. on April 10 on HBO2.

Contenders: Shows to keep on your radar

Horror anthology series, **"Them,"** premieres (April 9, Amazon). The first season is set in the 1950's and focuses on a Black family who move to an all-white neighborhood in Los Angeles where evil forces, both next door, and supernatural, threaten to destroy them.

Filmed over eight years, **"Future People: The Family of Donor 5114"** (April 10, Discovery+) follows a group of young men and women who discover that they were conceived from the same sperm donor. The film explores the complex world of alternative conception and the shifting notions of family.

Victorian London is shaken after a mysterious supernatural event gives (mostly) women extraordinary abilities. **"The Nevers"** (April 11, HBO, 9 p.m. ET) focuses on this new underclass of gifted people, called "The Touched," and the two women who vow to protect them from annihilation.



Women with special abilities roam Victorian London in "The Nevers." [HBO]

In 2014, Peter Liang, a Chinese American police officer shot and killed an innocent, unarmed Black man named Akai Gurley in Brooklyn, New York. **"Down a Dark Stairwell"** (April 12, PBS **"Independent Lens,"** 10 p.m. ET) chronicles the shooting of Gurley and the trial and conviction of Liang. The film examines the experiences of two marginalized communities and puts a spotlight on race, policing and justice in America.

"Our Towns" (April 13, HBO, 9 p.m. ET) highlights how civic and economic reinvention are transforming small cities and towns across the United States. Based on the bestselling book, "Our Towns: A 100,000-Mile Journey into the Heart of America," the documentary features local initiatives that are putting communities on new paths to the future.

Mark Wahlberg fans get a look inside the life of the actor/entrepreneur in six-episode documentary series, **"Wahl Street"** (April 15, HBO Max). The series follows Wahlberg as he maintains and expands his business portfolio while juggling a film schedule and the challenges of the pandemic.

The setting is Berlin, 1961, shortly before the construction of the Berlin Wall. The city is full of spies and double agents, as well as American, British and French troops who are separated from their Soviet and East German counterparts by an imaginary line. Into this volatile mix, an English spy (Dominic Cooper) is sent to find a traitor. **"Spy City"** premieres on April 15 on AMC+.

Report Card: Ratings winners and losers

Winners: "Miss Scarlet & the Duke" (PBS "Masterpiece") will be back for another season.

Losers: "Bless the Harts" (Fox) will not return for a third season.

MOVIE REVIEW

A city boy heads east to find the West in 'Concrete Cowboy'

By Ed Symkus
SPECIAL TO THE FAIRFAX COUNTY TIMES

NETFLIX

Idris Elba and Caleb McLaughlin try to fix their broken father-son relationship.

Sometimes, filmmakers just pack too much stuff into their movies, hoping to attract viewers by offering a little something for everyone. If it's good stuff, that pushes the plot(s) along, all power to it. Think of "Pulp Fiction," "Boogie Nights," "Nashville," "Snatch." They worked well, with plotlines and characters never getting in the way of one another. That each of those movies was, in its own way, kinda crazy, also helped.

But multi-narrative films don't have to be eccentric, or even complicated. "Concrete Cowboy" is based on the 2011 novel "Ghetto Cowboy," whose author, G. Neri, based it on some real-life city cowboys who have run the Fletcher Street Urban Riding Club in Philadelphia for the past couple of decades.

So, how dense is "Concrete Cowboy" in plotting and characterization? It's, in turn, a realistic urban drama, a colorful slice of history, an intimate look at a difficult father-son relationship, and an appealing yet uncompromising coming-of-age story. And it has lots of horses! In the city!

The father is Harp (Idris Elba), the head cowboy at the Fletcher Street Stables, a rundown but much-loved Black enterprise that tries to keep inner city kids in Philadelphia away from gangs and drugs by teaching them to ride and to work with and get to know all about horses. He's a serious and driven man who's not exactly showing all of his cards.

The son is 15-year-old Cole (Caleb McLaughlin, Lucas in "Stranger Things"), who lives with his mom in Detroit, is making a habit out of getting in trouble at school, and has just been expelled. At the end of her rope, mom orders him into the car, drives to Philadelphia, and drops him off with estranged Harp, for the summer.

"Mama, please don't leave me here," pleads Cole, crying. But mom, also crying, drives off. And Cole enters a new world, where his dad's place is a wreck, the refrigerator has only Coke and beer, and Chuck the Horse is wandering around in the living room. Cole and Harp don't really know each other, and at this point, viewers don't know much about either of them.

Then those other characters and situations come flooding in. Teenaged Smush (Jharrel Jerome) is a street kid and old acquaintance of Cole's. Nessie (Lorraine Toussaint) is a cantankerous neighbor who runs the stables. Leroy (Method Man) is a former cowboy who's now a cop. Boo is a wild horse who gets along with no one … except horse-fearing Cole.

The disparate stories that eventually develop into a single one don't have any sort of sprawling feel to them, and the film maintains a subdued atmosphere, sticking with Cole as he adapts to his new routine.

At first, he just wants to go back home, then Smush offers him some "business opportunities." A bad start with Dad - who doesn't want Smush around - leads to Cole sleeping in the stables, where he meets Boo. But he's still seen as the outsider who's been plopped down into a group of people - the folks at the stables - who have become a tight-knit family, who love their work and love being with each other.

The film evolves into an insightful look at very different sorts of inner-city life - one revolving around drugs, the other around horses. It's also an ensemble piece, with captivating characters everywhere you look, some effectively drawn backstories for a couple of them, and a realistic, natural feel to every performance

Though it earned an R-rating for its salty language, "Concrete Cowboy" works wonderfully as a family movie, one with a message of self-empowerment and a bit of an edge. There's some dramatic overkill involving the future of the stables in the third act, and an event referred to as "the cookout" will remind action movie fans of climactic races in the "Fast & Furious" franchise (with sleek horses instead of souped-up cars). But the film also has a full-of-heart ending and a great credits sequence with speeches by some of the real Fletcher Street riders.

FROM THE DOG'S PAW

Benefits of a dog trainer

By Abby!
SPECIAL TO THE
FAIRFAX COUNTY TIMES

Woofs! A Dog Trainer? Oh, paws! How about a Human Trainer?! One that will train humans how to pawsitively spoil a puppy like me, Abby, so I can live the mostest spoiled dog's life? Pawingly, a good dog trainer will work to help the humans understand their dog and how to achieve their training goals. Last fall, Noah wrote several articles about adopting a puppy; working with a dog trainer is another impawtant part! Recently adopt a puppy? Pawlease visit Noah's articles at http://www.fromthedogspaw.com/p/published-articles.html.

Barkingly, when I came to live with my humans, I was a 5-month-old puppy with little training. Paws, I was a handful, still am! As a Black Labrador Retriever mix puppy, what would any human expect? Woofingly, thankfully, my human Dad knew that, so he wasn't too surprised. Though I think I wear him out often! Barks. Though he knows about raising a dog, it's been a while since he's trained a dog, has never trained a puppy, he decided to hire a dog trainer.

After asking our Veterinarian, my rescue, and a few friends for recommendations, Dad chose to work with Victor Cruz of Cruz Canine Consultants, https://www.facebook.com/CruzK920. Vic has had an interest in training canines since he was a mini-human. His parents held strong beliefs in dog training and obedience. He has always had an easy time understanding dogs and getting them to do what he wanted. He started professionally training dogs twenty-one years ago with a Northern Virginia Police Department. He has three dogs, Lucy, a Red Fox Labrador Retriever, retiring from 11-years of Police Service; Molly, a Shih Tzu; and Gracie, a Yorkshire Terrier.

BARKS! Since I am the one being trained, I asked Vic why he got into dog training. He shares, "as a mini-human, I was in a rowboat with my parents and my father's dog named 'Snoopy' whom he had for a few weeks. The boat capsized. I had a lifejacket on, so I was not in real danger, but Snoopy helped get me to shore. Since then, I have been amazed at what dogs can do without being told. We got a German Shepherd named 'Lady' who I did obedience training. I never had any issues having her do what I wanted. When I started training canines in the Police Department, I was able to help the Police Officers accomplish their goals with their canine partners. Seeing them meet their goals, I wanted to train more! "

Woofingly, twenty-one years ago, Vic attended a US Customs Narcotics training class with his dog "Otis" which became a Police Canine and a certified US Customs Narcotics Detection Canine. Paws, Vic went to US Customs and became a Tech Trainer assisting the Lead Trainer. Once he received his training with Customs, he started training the narcotic dogs in his unit. Barkingly, since becoming a K-9 Handler, he has taught and certified several K-9 teams. He's attended training classes in Police Canine and Canine Behavior over the past twenty-one years throughout the United States.

Paws, barks, why should someone hire Vic Cruz for a dog trainer? Woofs, my humans like him because while he trains the canine, he explains to them the "whats" and "whys" of what he's doing. Pawingly, he describes how to control their dogs by understanding what their canine wants from them. This method helps in future training.

Barks, how does Cruz Canine Consultants differ from others? Vic meets with the canine and its family to determine the training needs, especially any pawticular behavior issues. He goes to the home to work with the dog and family on training. Using the pack leader method and positive reinforcement, he teaches the canine to use their brains to correct or do what the family wants. His goal is to help the family achieve their goals. After the training, the owner and canine become more confident and happier.

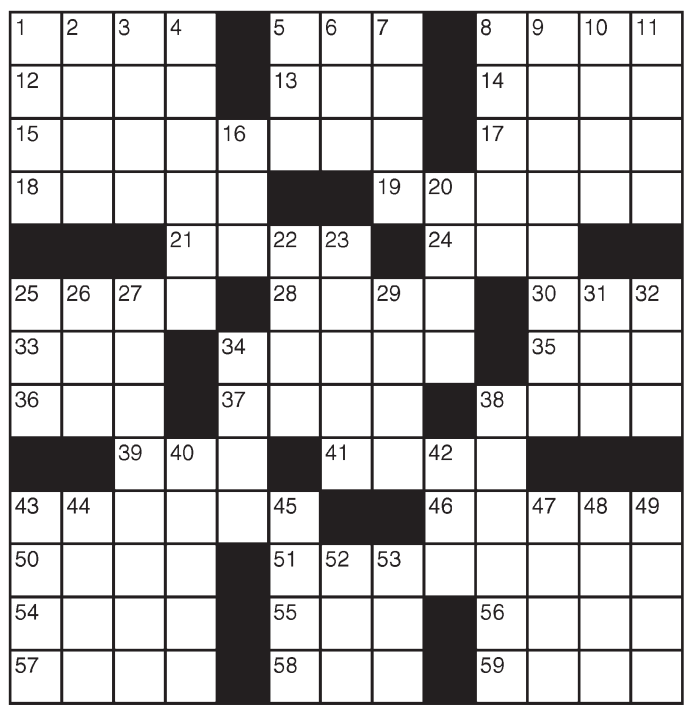
BARKS! Woofs, I have enjoyed working with Victor Cruz as I start life with the human family. He hopes to get the chance to help you and your canine someday too!

Contact Victor Cruz, Cruz Canine Consultants, K9 Trainer, 703-928-1978, Email Cruzcanine20@gmail.com, https://www.facebook.com/CruzK920.

About us! Barks! Meows! Using humor with facts, Samson, Abby, and I write about dog/cat adoption, humor, pet care tips, and entertaining stories about life with pets! Enjoy our articles? Pawlease follow us at www.fromthedogspaw.com by email. Samson is Cat-in-Charge, I am Noah, Dog to our human, Allen Pearson Dog Photographer and Writer,Allen Pearson Dog Photographer and Writer, www.allenpearsonphotography.com, www.allenpearsonphotography-journal.com, www.facebook.com/AllenPearsonPhotography, www.instagram.com/allen_pearson_photography, www.instagram.com/fromthedogspaw, www.facebook.com/fromthedogspaw.

CRUZ CANINE CONSULTANTS
Victor Cruz and Lucy

King Crossword



ACROSS
1 Zilch
5 Male swan
8 "Ditto"
12 Mideast airline
13 Glacial
14 "Let's go!"
15 Pattern
17 Help a hood
18 Old photo tint
19 Walks with pride
21 Yuletide tune
24 Archipelago unit (Abbr.)
25 Verifiable
28 Carton sealer
30 Mimic
33 Hostel
34 Goes belly up
35 Water tester
36 "Acid"
37 French 101 verb
38 Quick look
39 Online address
41 Ump's call
43 Steak choices
46 Toy bricks
50 Actor McGregor
51 Intensify
54 Damon of Hollywood
55 Essen exclamation
56 Grand tale
57 On the briny
58 Fish story
59 Take five

DOWN
1 Tennis barriers
2 Sheltered
3 Slightly wet
4 Skiing style
5 Spy org.
6 Halloween mo.
7 Tournament passes
8 Surgery reminders
9 Walk
10 Champagne brand
11 Tolkien creatures
16 Thai language
20 Cravats
22 Coup d' —
23 Hideaways
25 Up to
26 ER workers
27 Move in waves
29 Entreaty
31 "The Raven" writer
32 "A mouse!"
34 Fedora fabric
38 Kitchen gadget
40 Oscar de la —
42 Ga. neighbor
43 Disaster aid org.
44 "As — saying ..."
45 Barking critter
47 Be slack-jawed
48 Elevator name
49 Faction
52 High school subj.
53 "Evita" role

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ADORABLE ADOPTABLES

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

Sissy

Breed: Domestic short hair
Age: 12 years
Gender: Female spayed
Sissy is lovable lap cat. She goes crazy over her catnip banana, loves shoes and slippers, and likes being brushed. She is a kitty who will want to sleep with you in bed so get ready for a new friend. Sissy is ready to settle into a new forever home.

Nugget

Breed: Domestic short hair
Age: 9 months
Gender: Male neutered
This big guy is a golden Nugget ready to shine for you. Playful and fun he loves to chase feather toys and give head butts. After a busy day of play he's ready to snuggle up in your lap.

Kitty

Breed: Domestic short hair
Age: 5 months
Gender: Female spayed
Fun and playful, sweet Kitty is ready to hunt and pounce on her play mouse then bring you her catch. She has fun with interactive feather toys. When she's wiped out, she'll join you for a nap and snuggle on the couch.

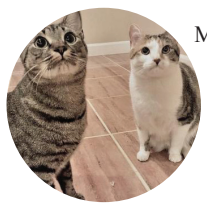
Puppy

Breed: Domestic long hair
Age: 9 years
Gender: Male neutered
Do you enjoy long naps? Short bursts of cuddles? Chatting about the birds outside the window? If so, you'll have an excellent co-conspirator in Puppy, who despite his name is, in fact, a cat. Identity crisis aside, Puppy would be a wonderful addition to any family. He is a friendly guy, who digs naps, loves a good chin scratch, and has excellent house manners. Really, the perfect, well-coiffed charmer. As an added bonus, he will help you investigate any and all new noises in your home.

KIRI

Breed: Domestic short hair
Age: 5 months
Gender: Male neutered
Kiri is a quiet guy who likes to check out his surroundings and watch the birds from his cat tree. Kiri enjoys the company of other cats but would also be happy as an only cat in a new forever home.

STANLEE & STELLA



Breed: Domestic short hair
Age: 1 year
Gender: Male neutered & Female spayed
My name's Stella, and my brother Stan and I are hoping to find a "stellar" home. I love people, and once I get to know you, I will come over for some scratches, treats, attention, or all of the above. My favorite things to do are lounging on comfy beds and playing with Stan. I'm Stan Lee, brother of Stella and creator of Marvel Comics. I'm the more adventurous one and I like to go on little outings out of our room to see my foster parents' dog and cat. I can be very playful and have been known to start sprinting around out of nowhere to show off how adorable I am.

Art News

Chamber Music at the Barns features Anne-Marie McDermott on the piano performing Mozart and Smetana in a streaming performance. 7:30 p.m. April 9. Streams through April 14. For more information visit https://bit.ly/2R4vV6A.

Playing with Watercolor Techniques Paint a series of backgrounds and add a drawing as you learn more techniques in this virtual program. 9:30 a.m. to 3:30 p.m. April 10. Cost is $102 per person. For more information visit https://bit.ly/3fJWdW8.

Japanese Garden Design Whether you are looking to make your own gardent or simply want to appreciate the elemental meanings, join horticulturist Bevan Shimizu for this virtual program. 11 a.m. April 10. Cost is $18 per person. For more information visit https://bit.ly/3wyxtGs.

Ellen Reid Soundwalk is a GPS-enabled work of free public art that uses music to illuminate the natural environment. Continues through Sept. 6. For more information visit https://bit.ly/3cSyZLw.

Workhouse Arts Education programs include visual arts, dance and theater, culinary arts, ceramics and glass and camps. For more information visit the class catalog at https://bit.ly/3uNLejG.

Vertigo is an exhibit by Mouna Benserradj featuring impressionistic oil pastel illustrations. The gallery is open Friday through Sunday from noon to 5 p.m. This exhibit continues through May 2 and may also be viewed virtually. Workhouse Arts Center, 9518 Workhouse Way, Lorton. For more information visit https://bit.ly/3uoNZr9 or call 703-584-2900.

Arcadia Enjoy a public sound and light installation created by artist Sam Nester offered in partnership with Murals at Mason and Mason Exhibitions initiatives. This will be accessible through December via Twitch livestream as well as in person. For more information visit https://bit.ly/3sEUJAn.

Community Information

Please check the event and attraction websites to confirm operating status.

Virtual Leadership Conference presented by The Women's Center. Hear stories of how leaders have responded to challenges. 1 to 5 p.m. April 9. Cost is $65 and up. For more information visit https://bit.ly/39Q0CD5.

Wetland at Dusk Walk Join part naturalists for a relaxing stroll through the forest and wetland paths. 7:15 p.m. April 10. Adults. Cost is $10. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit https://bit.ly/39PrOBT.

Virtual Afternoon Tea Enjoy 1970s nostalgia, explore social highlights and lowlights. Re-live the days of pre-internet amusements. 2 p.m. April 11. Adults. Cost is $12, optional tea box for an additional $24. For more information visit https://bit.ly/2PDvLCM.

Funday Monday Enjoy music together with Sing & Groove virtually. 10:30 a.m. April 12. Free. For more information and to sign up visit https://bit.ly/3mmYojM.

Rainbows, Haloes and Glories Webinar covers common and uncommon phenomena you can see in the day or night skies. Lear about the green flash, purple light and more. 7:30 p.m. April 14. Cost is $8. For more information visit https://bit.ly/2Ox2Jo4.

ONGOING

Developing Fiction with a Theatrical Mindset Join this four-week virtual writing workshop and learn from George Mason MFA writers. Adults. 11:30 a.m. Each Wednesday through April 28. Free. For more information visit https://bit.ly/3u0Po6m.

Senior Womens Softball Join a league with games on Saturday and Wednesday mornings in Vienna. Ages 40+. For more information visit goldengirls.org.

Online Storytime with Fairfax County Public Library. Every Tuesday and Thursday at 10 a.m. Visit https://bit.ly/2HOBkut.

Help Needy Children through volunteer work with Assistance League. Learn more at https://bit.ly/305C3ge.

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

Meals on Wheels needs drivers, coordinators, and co-coordinators. Apply at http://bit.ly/2DGfhme.

Fairfax County Times

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— King Crossword —

Answers

Solution time: 24 mins.

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N	O	M	C	■	Y	C	I	■	L	A	L	E
E	M	A	S	■	B	O	C	■	A	D	A	N

Legal Notice

[(Full name(s) of owner(s)]:
Motier LLC

Trading as:
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12664 Chapel Rd
Clifton, Fairfax, VA 20124-8000

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

Ivar Setiawan, General Manager, Owner

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

3008234 (04-02-21, 04-09-21)

Legal Notice

[(Full name(s) of owner(s)]:
Restaurant Associates LLC

Trading as:
Restaurant Associates
1900 Reston Metro Plz
Reston, Fairfax, VA 20190-5218

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

Adrian L. Meredith, President & CFO

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.

3008232 (04-02-21, 04-09-21)

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Classified

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

Help Wanted

Computer Systems Analyst; netLogic Solutions, Inc. - Jobs loc in Chantilly, VA & var unanticipated locs t/o U.S. Confer w/ clients regarding the nature of the info processing or computation needs a comp prgrm is to address. Coord & link the comp systs w/in an org to increase compatibility & so info can be shared. Test, maint, & monitor comp prgrms & systems, incl coord the install of comp prgms & systems. Wrk on incremental deliveries, incl immed analysis & fix of critical issues. Work w/ var techs such as Oracle, SQL, & Toad. Trav/relo to var unanticipated locs t/o U.S. for l/t & s/t assigns at client sites. Reqs Bachelor's or frgn equivt in Comp Sci, Engng (any), or rel & 2 yrs exp in job offered or as a Comp S/ware Prof'l. Will also accept 4 yrs exp in job offered or as a Comp S/ware Prof'l in lieu of Bachelor's + 2 yrs exp. Mail res w/ cvr ltr to netLogic Solutions, Inc., 14175 Sullyfield Circle, Chantilly, VA 20151; Job 20NLS38; EOE

Product Manager sought by Avertra Corp., Herndon, VA to drive prdct strtgy & may rqr trvl to various unantcptd client locs. thrght the US. May telecommute. Deg'd applicant's exp'd w/ use of SAP IS-U, SAP CRM for utilities, etc. Send resume to pm@avertra.com.

Serco, Inc. has an opening for Business Systems Analyst III in Herndon, VA to review, analyze, & evaluate business systems & user needs by working closely with application developers & database developers. Translate functional requirements into detailed descriptions of user needs from a systems view, program functions & steps required to develop computer programs by working closely with developers. Serco Inc. US performs pre-employment drug tests and criminal background checks. Apply online at https://www.serco.com/na/careers and reference Job #37917-8058.125.

IT Professionals (Chantilly, VA) Software Engineers, Software Developers, Data Analysts, Programmer Analysts. Multiple Positions. May also req travel to various unanticipated client sites nationally. Send resume to Applet Systems LLC, Attn: HRGC, 4229 Lafayette Center Dr., Ste 1750, Chantilly, VA 20151

LynxTech Group LLC has openings for the position Technical Analyst, SCCM with Associates degree in Computer Science,Technology,Any Analytical Science or related & 3 yrs of exp to work on monitoring production deployment process and provide rollout status/ updating reporting as required. Installation, Configuration and Management of System Center Configuration Manager 2012, SCCM CB 1602 and SCCM 1910/2002 includes WSUS integration. Configuring Windows legacy operating system and autopilot deployment with SCCM in an Enterprise scale environment. Configuring and troubleshooting issues with respect to OSD deployment with PowerShell scripts, Windows Autopilot Hybrid Azure AD Join and 1E PXE Everywhere components. Deploy security updates using SCCM Software Update Point (SUP).Prepare technical documents, servers, network devices, link utilization reports.

CLASSIFIEDS

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

Serco, Inc. has an opening for Software Engineer III in Herndon, VA to design, develop, enhance, debug, implement, & maintain software. Troubleshoot production problems related to software applications. Serco Inc. US performs pre-employment drug tests and criminal background checks. Apply online at https://www.serco.com/na/careers and reference Job #8058.110.

Serco, Inc. has an opening for Software Engineer III in Herndon, VA responsible for the design, development, automated testing, building, & deployment of application solutions & delivery of the company's core technologies. Responsible for supporting middleware components & applications. Serco Inc. US performs pre-employment drug tests and criminal background checks. Apply online at https://www.serco.com/na/careers and reference Job #8058.112.

Federal Home Loan Mortgage Corporation seeks f/t Quantitative Analytics Professional A in McLean, VA to collect & combine data from multiple sources. Req's Master's degree or frgn equiv in Statistics, Data Science or rel quantitative or engineering discipline that provides substantial knowledge of data principles. Part-time telecommuting available. If interested, submit resume/ cv via email to: im_jobs@freddiemac.com & reference #18-1884.

Legal Notice

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold work sessions on Tuesday, April 6 and Tuesday, April 20, 2021, at 7:00 p.m. and public hearings on Tuesday, April 13 and Tuesday, April 27, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Thursdays**, prior to the meeting dates.

An Ordinance to amend Chapter 74 (UTILITIES), Article II (Sewers & Sewage Disposal), Division 5 (Sanitary Sewer System Rates & Charges), Section 74-262; and Article III (Water), Division 2 (Service), Section 74-326 (Schedule of Charges), to increase the usage charges for sanitary sewer and water, effective for meter readings taken on or after July 1, 2021.

The actual dollar amounts of the proposed rate changes are as follows:

Chapter 74 (UTILITIES)

Article II. Sewers & Sewage Disposal

Division 5. Sanitary Sewer System Rates & Charges

Sec. 74-262. Schedule of Rates.

(a)The rate schedule for sanitary sewer service shall be determined on the basis of water consumed and shall be charged at the rate of ~~**$6.19**~~ ***$6.28*** per 1,000 gallons of water used, except as otherwise provided in this division.

Article III. Water

Division 2. Service

Subdivision II. In-Town Service Charges

Sec. 74-326. Schedule of charges.

Quarterly Water Usage Charges
(a) The water usage charge shall be ~~**$3.16**~~ ***$3.21*** per 1,000 gallons, based on the consumption of water as measured by readings of the water meter serving the property.

Peak Water Usage Charges
(c) All water consumed during the peak use periods in excess of the average consumption of the preceding two winter quarter billing periods shall be charged an additional amount of ~~**$5.38**~~ ***$5.46*** per 1,000 gallons. This peak use period charge shall be applied in addition to the base water usage charge in subsection (a) above.

Sections 15.2-2122 and 15.2-2143, Code of Virginia (1950), as amended, grant to the Town the legal authority for enactment of such proposed levy, fee or increase.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning April 1, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish on April 2 and April 9, 2021

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Town Council** of the Town of Herndon, Virginia, will hold a work session on Tuesday, April 20, 2021 at 7:00 p.m. and a public hearing on Tuesday, April 27, 2021 at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to town.clerk@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Thursday**, prior to the meeting dates.

Resolution, to consider a special exception amendment, **SE #19-02, 525 Grove Street, Virginia Dominion Energy Substation,** to amend the conditions associated with the construction of a new telecommunications facility that includes a monopole. The proposed amendment would increase the amount of time allowed to construct the telecommunications facility. The property is split zoned; the west half is zoned CS, Commercial Services, and the east half is zoned O&LI, Office & Light Industrial. The property is designated in the Herndon 2030 Comprehensive Plan Land Use Map as "Community Facilities." The property is located on the south side of Grove Street, approximately 180 feet south from its intersection with Grant Street and is approximately 63,688 square feet in area. Fairfax County Tax Map Reference Number: 0162-02-0190E. Applicant: Vertical Bridge. Representative: Tessia Knight, Network Building & Consulting Solutions. Property Owner: Virginia Electric and Power Company.

Resolution, to consider a special exception, **SE #21-01, 400 Herndon Parkway, Peppertree Montessori & Preschool,** to permit a private school/daycare within an existing office building. The property is zoned O&LI, Office and Light Industrial. The property is designated in the Herndon 2030 Comprehensive Plan Land Use Map as "Office Parks and Flexible Space." The property is located on the west side of Herndon Parkway, approximately 900 feet from its intersection with Spring Street, and is approximately 5.5 acres in area. Fairfax County Tax Map Reference Number: 0171 06 F3. Applicant: Gwendolyn Dozier, Managing member, Peppertree Montessori, LLC. Property Owner: DK Herndon Parkway, LLC.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 16, 2021, after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish April 9 and April 16, 2021

[(Full name(s) of owner(s)]:
Natys Bar & Grill Inc

Trading as:
Natys Bar & Grill
8170 Silverbrook Rd
Lorton, Fairfax, VA 22079-2956

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

Jose Buruca, Officer

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.

3008232 (04-02-21, 04-09-21)

[(Full name(s) of owner(s)]:
Vargas Restaurant Group LLC

Trading as:
Bella Vita Pizza, Dyfre's Burger, La Taqueria DC
7420 Fullterton Rd Ste 105
Springfield, Fairfax, VA 22153-2836

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

Freddy Vargas Ramirez, Owner

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

3008242 (04-09-21, 04-16-21)

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Historic District Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, April 7, 2021, at 7:00 p.m. and a public hearing on Wednesday, April 21, 2021, at 7:00 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the item are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR A CERTIFICATE OF APPROPRIATENESS FOR AN ADDITION TO AN EXISTING STRUCTURE, HDRB #21-006, to consider an application for a Certificate of Appropriateness for two additions to the single-family residential structure at 622 Madison Street, Herndon, Virginia, located between the intersection of Monroe Street and Madison Street and the intersection of Jackson Street and Madison Street, and further identified as Fairfax County Tax Map 0162-02-0263. The property is zoned R-10, Residential, Single Family; and consists of 19,117 total square feet of land. Owners: William H. and Lisa K. Nolf. Applicant: Basem Abdelhaq, Agent.

The proposed item is available for review by the public on the town's website www.herndon-va.gov beginning April 2, 2021 after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish April 2 and April 9, 2021

TOWN OF Herndon VIRGINIA

NOTICE OF PUBLIC HEARING

Notice is hereby given that the **Architectural Review Board** of the Town of Herndon, Virginia, will hold a work session on Wednesday, April 7, 2021, at 7:00 p.m. and a public hearing on Wednesday, April 21, 2021, at 7:30 p.m. Pursuant to Virginia Code Section 2.2-3708.2, as amended; the Governor's Executive Orders, as amended; and in accordance with Ordinance 20-O-23, Continuity of Governmental Operations during Pandemic Disaster (COVID-19), as amended and readopted by the Herndon Town Council on September 8, 2020, which superseded previously adopted amendments, the work session and public hearing may be by electronic means.

The public is encouraged to participate in the town's public hearing process. If the meetings are by electronic means, people having an interest in the items are invited to register to join the WebEx to state their opinions or to submit comments for the record to hdrb.arb@herndon-va.gov.

Electronic meetings will be broadcast through Cisco WebEx and details for the meetings will be made available to the public on **Friday**, prior to the meeting dates.

APPLICATION FOR ALTERATION TO AN EXISTING STRUCTURE, ARB #21-004, to consider an application to construct a new rooftop screening structure enclosing new mechanical equipment on the multi-tenant commercial building located at 12900 Worldgate Drive, Herndon, Virginia, and located between the intersection of Worldgate Drive and Alton Square and the intersection of Worldgate Drive and Wiltshire Lane, and further identified as Fairfax County Tax Map 0163-02-0028D. The property is zoned PD-W, Planned Development - Worldgate, and consists of 174,727 square feet of land. Owner/Applicant: MIVPO, LLC c/o Nick Sheehan, Jones Lang LaSalle (JLL). Applicant's Representative/Agent: Lynn Maia, Clune Construction Company.

APPLICATION FOR A WALL OR WINDOW SIGN, ARB #21-005, to consider an application to construct a new tenant wall sign on the multi-tenant commercial building located at 494 Elden Street, more specifically for Suite 220, Herndon, Virginia, located between the intersection of Elden Street and Grant Street and the intersection of Elden Street and Jonquil Lane, and further identified as Fairfax County Tax Maps 0162-24-A. The property is zoned PD-B, Planned Development - Business, and consists of 331,041 square feet of land area and 102,080 of gross building floor area. Owner/Applicant: SVAP II Herndon Centre LLC c/o Greg Moross. Applicant's Representative/Agent: John Martel, Complete Signs, Inc.

The proposed items are available for review by the public on the town's website www.herndon-va.gov beginning April 2, 2021 after 3:00 p.m.

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

Viki L. Wellershaus, Town Clerk

Note to Publisher:
Publish April 2 and April 9, 2021

Help Wanted

IT Professionals (Herndon, VA) Ent. Lvl to Sen. Lvl Sftwr Engnrs, Prgrmr Anlysts, Sftwr Dvlprs, Sys. Admins, DBAs, QA Anlysts are needed for our Herndon, VA office. May req. traveling. Send resume, cvr ltr. & Sal. Req. to Realsoft Technologies LLC, 503 Carlisle Dr., Ste. 175, Herndon, VA 20170

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