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Friday - Partly Cloudy

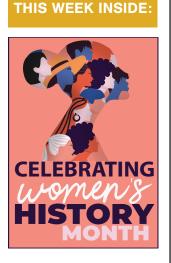
High: 74° *Low:* 59°

Saturday - AM Clouds/PM Sun

🍊 High: 76° Low: 50°

High: 60° *Low:* 41° Sunday - Partly Cloudy

Officials break ground for 495 NEXT





Ex-boyfriend sought in killing

SEE PAGE A2



UNSPLASH

Residents feel squeeze as inflation rises

By Heather Zwicker FAIRFAX COUNTY TIMES

↑onstruction offi- \checkmark cially kicked off on 495 NEXT after a groundbreaking ceremony Monday morning in Tysons attended by state and local officials.

The 495 Express Lanes Northern Extension (495 NEXT) project is a \$660 million, two-and-a-half mile extension of the express lanes between the Dulles Corridor and the George Washington Memorial Parkway in Fairfax County. The project will provide new travel options, reduce congestion, support new transit services, and minimize cutthrough traffic in residential communities.

Governor Glenn Youngkin, Virginia Secretary of Transportation Shep Miller, and Fairfax County Board of Supervisors Chairman Jeff McKay joined officials from Transurban and VDOT and other state and regional leaders for the ceremony.

"The 495 NEXT project represents the Commonwealth's commitment to improving regional infrastructure and traffic flow for Virginians, our



visitors, and the broader lanes toll-free. It will also business community," said Youngkin. "Together with our partners from the public and private sectors, we are limiting cut-through traffic prioritizing investments in Virginia's transportation netand our economy moving."

The 495 NEXT project will add two new dylanes in each direction, including new connections at the Dulles Corridor and Memorial Parkway interchanges. The project will deliver faster and more reliable travel options, cutting travel times for express lanes users by up to 50 percent, includ-

improve safety in the corridor by reducing crashes by an estimated 20 percent and in residential communities.

"495 NEXT is an imwork to keep people, goods, portant new link in the safe and modern transportation system we're working hard to build throughout namically tolled express the Commonwealth," said Miller. "This extension to our express lanes system will provide needed relief for a the George Washington highly congested portion of the Capital Beltway, providing major benefits to the greater region. This regional approach is crucial to solving our transportation challenges, and through close ing for HOV 3+ and transit coordination with our partriders who can travel the ners in Maryland, Virginia's

495 NEXT project will be built to connect and complement future improvements in the Capital Region."

The project is estimated to generate \$880 million in economic activity and create more than 6,300 jobs during the construction phase, according to Transurban. It will improve mobility and connectivity to economic hubs as well as providing new bicycle and pedestrian trails, environmental benefits to the corridor and funding for new American Legion Bridge bus service connecting Virginia and Maryland.

The 495 NEXT project will include the additional benefits of bridge replacement or rehabilitation for

seven bridges as well as replacement of nine existing noise walls and the construction of one new noise wall.

"495 NEXT expands the benefits of faster and more reliable travel to more drivers in the region," said Pierce Coffee, president of Transurban North America. "We know at Transurban that regional mobility is strengthened when the public and private sectors come together and we are seeing another strong example of that marking today's milestone."

In the coming months, the 495 NEXT team will continue to refine and finalize the project's design details, while crews continue early exploratory field activities such as surveying and begin to mobilize for full construction activities, which could start as early as this summer. The partners continue to work with communities and travelers to reduce impacts both on and off the road, and are planning to have a public information meeting (with both virtual and in-person formats) in spring 2022, before full construction activities begin. The new extended lanes are scheduled to open in 2025.

Connolly secures money

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FCPS staff members report sickness from mold in school buildings

SEE PAGE B5

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25¢

NEWSSTAND PRICE

for county projects



By Heather Zwicker FAIRFAX COUNTY TIMES

S even Fairfax County projects were included in Community Project Funding (CPF) requested in the FY2022 omnibus appropriations package by Congressman Gerry Connolly (D-VA), chairman of the House Subcommittee on Government Operations. The bill was passed by the Senate and signed by President Joe Biden

"I was proud to secure the funding for these community projects, totaling nearly \$12 million for Fairfax and Prince William counties," said Connolly. "These projects

reflect the shared priorities of local leaders, and I am greatly looking forward to seeing these dollars in action for the people of Northern Virginia. This funding will be put toward critical efforts to bolster Northern Virginia's response to climate change, expand affordable housing initiatives, invest in workforce development and training, and more.'

The House Committee on Appropriations solicited no more 10 ten requests from each member of Congress and ultimately accepted the following funding requests from

See MONEY, Page A4



A dream of prom for all

Local mom and Scout troop lead prom donation drive

66 Kind of had a dream about this," local Amanda Makely said about the vision she had. The image of dresses and shirts of all colors but for one occasion: prom.

Makely was inspired by local high schools and their existing donation drives to collect prom-wear. She wanted to create her own prom-wear drive. Makely has her sixthgrade daughter to thank for the drive coming to fruition.

Makely has been the leader of her daughter's Girl Scout troop for nearly seven years. The girl scouts were as much a part of the dream as Makely herself. "I told my daughter about it, she told the girls, and they were all pumped," she said.

She took to Facebook for casting a line into the community and gauging interest. The response was astoundingly supportive. "There are so many people willing to give," Makely said. She began personally collecting dresses, shoes, accessories, ties, and dress shirts.

Prom dress drives may be more familiar, but Makely's drive extended donations to dress shirts and ties "so that there was an option for everyone," she said. She has been picking up donations herself or accepting them at her home

See PROM, Page A5



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PUBLIC SAFETY



COURTESY PHOTO Joel Mosso Merino

Ex-boyfriend sought in killing

Fairfax County Police detectives searched the area near Piscataway Park in Maryland March 15 for a 35-year-old woman reported missing on March 6.

Hannah Choi was last seen on March 5 at her home in the 5300 block of Jesmond Street in Alexandria. Friends arrived at Ms. Choi's home on Sunday, but Choi did not answer the door. Choi missed several appointments and could not be reached. Her friends contacted police out of concern for her wellbeing. FCPD officers searched the home, and the house appeared to be in order except for bedding which appeared to be missing from a bedroom. Based on her sudden disappearance, detectives from the Major Crimes Bureau assumed the investigation.

Through interviews with friends and family, detectives discovered Choi spent significant time on March 5 with her live-in ex-boyfriend, Joel Mosso Merino, 27, of Alexandria. Detectives believe during their time together Choi may have sustained a significant injury. Detectives believe Merino then removed her from the home and transported her to another location.

Detectives identified a vehicle they believed Merino was operating the night of Choi's disappearance. The vehicle was located the following day, March 7, in Washington, D.C. A search warrant was executed on the El Salvador. vehicle, and although Choi discovered evidence to suggest she was harmed prior to her disappearance. Based on the evidence recovered from the vehicle and additional interviews, detectives obtained a warrant for Merino for second degree murder and the disposal of a body. Detectives from the Fugitive Track and Apprehension Unit immediately assumed the investigation and began tracking Merino's whereabouts. They quickly determined Merino fled the state and notified the U.S. Marshals Service to aid in apprehending Merino.

significant time in a park in are very concerning. Customs a crash around 3 p.m. on no fixed address, was taken Prince George's County the night of Choi's disappearance. Officers from FCPD Search and Rescue along with our partners from the Fairfax County Fire and Rescue Department, George Mason University Police Department, U.S. Park Police and Mason-Dixon Search Dogs searched the area near Piscataway Park for two days. Detectives continue to review evidence to potentially identify additional locations to search.

Detectives are asking anyone who may have information about her disappearance or knowledge of Merino's whereabouts to contact them at 703-246-7800, option 2. Tips can also be submitted anonymously through Crime Solvers by phone - 1-866-411-TIPS (866-411-8477).

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



COURTESY PHOTO Customs and Border Protection officer observes as travelers walk past in this undated file photo.

Dulles CBP officers arrest Baltimore rape suspect fleeing country

U.S. Customs and Border Protection (CBP) officers arrested a previously deported Salvadoran on Baltimore felony rape charges March 11 at Washington Dulles International Airport as he attempted to board a flight to

CBP officers arrested was not found, detectives Salvador Atilio Vasquez Rivera, 32, an El Salvadoran national, and turned him over revealed that the employee to Metropolitan Washington Airport Authority (MWAA) Police. In addition to strongarm rape, Vasquez Rivera was wanted by Baltimore authorities on multiple charges, including third- and fourth-degree sex offenses, second-degree assault, second-degree rape, and sexual abuse of a minor. CBP records check also revealed that Vasquez Rivera entered the United States without inspection and was ordered removed from the U.S. on Dec. 18, 2013. Criminal charges are merely allegations. Defendants are presumed innocent unless proven guilty in a court of law.

and Border Protection officers are pleased to capture a fleeing fugitive and return him to justice," said," said Daniel Escobedo Area Port Director for CBP's Area Port of Washington, D.C. "Border security remains a critical mission for CBP, and we remain committed to supporting our local law enforcement partners in helping to keep our communities safe." The National Crime

Information Center (NCIC) is a centralized automated database designed to share information among law enforcement agencies including outstanding warrants for a wide range of offenses.

Based on information from NCIC, CBP officers have made previous arrests of individuals wanted for homicide, escape, money laundering, robbery, narcotics distribution, sexual child abuse, fraud, larceny, and military desertion.



Stephanie Turk

Woman arrested on embezzlement charge

Fairfax City Police officers took an embezzlement report over the telephone at approximately 12:39 p.m. March 9. The reporting person stated that an employee wrote five checks to themselves using company checks.

Officers made contact with the employee at FJ Hooks Plumbing located at 10650 Main Street Suite 104. When questioned about the checks, the employee admitted to writing and depositing them.

Further investigation

March 9 in the 8800 block of Georgetown Pike that involved three cars. The driver of a 2020 Audi A5 was traveling west on Georgetown Pike. The driver of a 2005 Nissan Sentra and the driver of a 1991 Toyota MR5 were both traveling east on Georgetown Pike. The driver of the Audi lost control of his car, crossed the double yellow line, and hit the Nissan head-on. The Audi then spun into the path of the Toyota, resulting in the Toyota rear-ending the Audi.

The driver of the Audi was treated for injuries at the scene. The driver of the Toyota was taken to the hospital for injuries not considered life-threatening. The driver of the Nissan, Karla Boggess, of Berryville, was taken to the hospital and succumbed to her injuries four days after the crash. Detectives continue to

investigate to determine if speed or alcohol were factors in the crash. The investigation remains active, and details of the investigation will be presented to the Office of the Commonwealth's Attorney for review.

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

This is the first non-pedestrian related fatality in the County to date in 2022.

Year to date, in 2021 there was one non-pedestrian related fatality.



Robert Bennett

into custody and transported to the Fairfax County Adult Detention Center where the disorderly conduct warrant was served. Bennett was also charged with petit larceny and held on a \$1,000 secured bond.



Tony Ventura

Officers arrest man after he enters vacant apartment

Officers were called to the apartment complex at 3207 Lockheed Boulevard at 2:51 a.m. March 7 after neighbors observed two people enter a vacant apartment.

When officers arrived, they found a man and a juvenile inside. Tony Ventura, 18, of no fixed address and a juvenile were taken into custody. The man was charged with burglary, destruction of property and contributing to the delinquency of a minor. The minor was released to a parent with charges pending.



Maryland man arrested in Alexandria

Officers saw a stolen 2019 Volkswagen Jetta trav-

Money launderer sentenced for his role in romance fraud scheme

A Woodbridge man was sentenced March 11 to 21 months in prison for engaging in financial transactions with illegal proceeds as part of a romance fraud scheme against mostly elderly victims.

According to court documents, beginning in February 2016, Abdul Rasak Garuba, 41, received large wire transfers from a number of senior citizens living throughout the United States who were duped into believing that they were sending money at the request of and for the benefit of romantic partners they met through online dating sites. In fact, the victims had been directed to send money to Garuba by individuals in Nigeria who were operating a "romance fraud" scheme.

To receive the funds, Garuba opened a number of bank accounts at local bank branches in Virginia. A victim of the scheme called his bank to report that the money he wired to Garuba was induced through fraud. In the ensuing investigation, Garuba lied and told his bank that he was engaged in business with the victims, had purchased cars for them, and had the paperwork to prove it. Garuba's bank closed his account for fraud when he failed to produce any records. However, he continued to perpetrate the fraud scheme by accepting shipments of cash and wire transfers from victims.

In total, Garuba transferred approximately 15 percnet of the nearly \$2.9 million that the fraudsters obtained from the victims. During this period, Garuba was aware that much of this money was obtained through fraudulent means and that he was furthering the fraud. Garuba used the illegal proceeds to purchase vehicles at auction in the United States and then shipped the vehicles at 1:12 p.m. March 10. When to Nigeria for the benefit of the leaders of the "romance fraud" scheme. Combatting elder abuse and financial fraud targeted at seniors is a key priority of the Department of Justice. Elder abuse is an intentional or negligent act by any person that causes harm or a serious risk of harm to an older adult. It is a term used to describe five subtypes of elder abuse: physical abuse, financial fraud, scams and exploitation, caregiver neglect and abandonment, psychological abuse, and sexual abuse. Elder abuse is a serious crime against some of our nation's most vulnerable citizens, affecting at least 10 percent of older Americans every year.

Homicide detectives continue to investigate the circumstances surrounding Choi's disappearance. Based on records returned from search warrants, they identified Merino spent a

"The allegations, if true,

also had an active warrant out of Fairfax County for felony probation violation. Stephanie Turk, 52, of Marshall, was taken into custody and transported to the Fairfax County Adult Detention Center where she was charged with embezzlement. The probation violation warrant was served and Turk was held on no bond.

Woman dies after three-car crash in McLean

A 62-year-old woman died Sunday from injuries sustained in a crash that occurred last week.

Officers responded to

Man taken into custody in Fairfax

Fairfax City Police officers responded to the Lamb Center at 3160 Campbell Drive at approximately 8:38 a.m. March 11 for a threat.

The reporting person stated that a known subject was asked to leave the property and became disorderly. The subject left the scene prior to police arrival. At 12:35 p.m., a separate reporting person stated that the same known subject cut their bicycle lock at this location and left with their bicycle. The first reporting person obtained a disorderly conduct warrant from the magistrate. Fairfax County Police located the known subject nearby and detained him until city officers arrived.

Robert Bennett, 53, of

eling on Richmond Highway officers began following the Jetta, the driver accelerated at a high rate of speed. Due to safety concerns, officers did not pursue and lost sight of the Jetta. Shortly after losing sight of the car, a community member notified police

a car with a tarp at the dead end of Massey Court. Officers found the stolen Jetta under the tarp and saturated the area. Officers found the driver, Yusuf Yusuf, 23, of Maryland, hiding in the backseat of a nearby parked car. The man was charged with receiving stolen prop-

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FAIRFAX COUNTY

erty and eluding.

that someone was concealing



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PEOPLE AND PLACES



COURTESY PHOTO

Sen. Mark R. Warner (D-VA) met with Peraton employees and leadership in Herndon on March 11. As part of a keynote discussion, Warner talked about the ongoing war in Ukraine and answered questions from employees on the state of U.S. cyber defenses and the U.S. intelligence community. The senator also expressed gratitude for the work of federal partners like Peraton that are supporting and amplifying U.S. security from the private sector.



COURTESY PHOTO Lori Becker



COURTESY PHOTO Mike Smith

Chantilly business names two new leaders

Arcfield announced that it has named Lori Becker as chief financial officer (CFO) and Mike Smith as chief security officer (CSO). Both Becker and Smith will join from Sierra Nevada the company's executive

of transformative financial and operational excellence in government contracting and technology sectors. As CSO at Arcfield,

Smith manages all aspects of security, including personnel security, physical security, information systems security, and program security. Smith and his team also ensure compliance with security regulations and provide education and awareness programs. For more than two decades, Smith has specialized in assessing and executing the technical and physical security plans necessary for safeguarding our nation's most critical assets and sites.

"Lori and Mike bring exactly the type of wellrounded, proven experience that will be priceless to Arcfield," said Kelly. "We will rely heavily on their leadership and expertise as we develop and execute our short- and long-term strategies for the company. I look forward to working closely with both of them.'

Becker joins Arcfield Corporation, where she served as CFO and managed approximately 130 employees across all areas of finance and accounting. She has held a variety of leadership roles across the government contracting industry, including: CFO and executive vice president of finance and treasury at Deltek; vice president of finance systems and transformation and compliance at Peraton; CFO and treasurer at LMI; vice president and corporate controller at Akima; and vice president and corporate controller at Vangent.

of Protective Operations, where he led and enabled the global mission support requirements necessary for the agency's 33 permanent protectees, as well as for U.S. government hosted national special security events. Prior to joining the USSS, Smith was a police officer in the Charlotte-Mecklenburg Police Department for six vears.



Colvin Run Miller's House

Public invited to **Colvin Run Miller's** House opening

Come to the mill and experience history firsthand. The public is invited to join in the fun at Colvin Run Mill on April 3, from 1 to 4 p.m. as the Miller's House reopens.

chance to tour our 200-yearold water powered mill while it is running and grinding grain. Then visit our store to buy some of our own stone ground flour, cornmeal, and items were donated by the grits.

For questions or more information email fcpacolvinrunmill@fairfaxcounty.gov or call 703-759-2771. Colvin Run Mill is located at 10017 Colvin Run Road in Great Falls.

Wolf Trap Foundation for the **Performing Arts** elects new member to board

Wolf Trap Foundation for the Performing Arts today announced the election of Kevin P. Smithson, D.C. Metro Office Managing Partner, PwC, to its Board of Directors.

Smithson joins a group of diverse business leaders and arts philanthropists serving under Wolf Trap Foundation Board Chairman Daniel A. D'Aniello, cofounder and chairman emeritus of The Carlyle Group. The Board of Directors ensures overall health of Wolf Trap Foundation for the Performing Arts, a national arts presenter and leader in early childhood arts education.

"On behalf of the Foundation, it is my pleasure to welcome Kevin Smithson to our Board of Directors," said Arvind Manocha, president and CEO of Wolf Trap Foundation for the Performing Arts. "Wolf Trap Foundation is comprised of community-minded individuals who embody the values of philanthropy and service, qualities that are essential to achieving Wolf Trap's mission."



their parents."

Reston Community Center held a dress and accessories drive in February, and hundreds of beautiful community. Those have been added to an extensive collection of dresses in a wide variety of sizes that will be available at this year's Diva Central. Volunteers will be on hand at the event to help teens select shoes, jewelry, handbags and other accessories to complete their formal dance look.

Library staff members receive annual Staff **Excellence Awards**

The Fairfax County Public Library (FCPL) Board of Trustees honored several staff members with its annual Staff Excellence Awards.

Library users nominated their favorite staff members this February, and a board committee selected winners from nearly 150 nominations recognizing staff members from 12 branches and FCPL's administrative services. Board members introduced each winner and shared an excerpt from their nomination during the virtual meeting last week.

2022 FCPL STAFF

EXCELLENCE AWARD WINNERS

Vicki Corcoran, information assistant at Richard Byrd Library; Renee Edwards, programming and educational services director at FCPL Administrative Services; Kelly Gilbert, youth services assistant at Chantilly Regional Library; Jane Girondo, early literacy assistant at FCPL Administrative Services; Robert Harsher, reader's advisor at Access Services; Jill Johnson, branch manager at Burke Centre Library; Christine Jones, branch manager at Tysons-Pimmit Regional Library; Rebecca LaPlante, assistant branch manager at Pohick Regional Library; Christine Lomax, page manager at Woodrow Wilson Library; Elaine McRey, librarian at City of Fairfax Regional Library; Kim Nguyen, library aide at Burke Centre Library; Shazia Shehryar, page manager at Oakton Library; Rebecca Takacs, youth services assistant at Reston Regional Library: Anita Toth, youth services assistant at Burke Centre Library; Erica Tran, library aide at John Marshall Library; Maree Watkins, librarian at City of Fairfax Reginal Library; and Nora Wickert, information assistant at Dolley Madison Library.

OBITUARIES

In loving memory Jose Manuel Espino



Jose Manuel Espino, born February 6, 1936 in Jose Manuel Espino, born February 6, 1936 in Caracas, Venezuela, passed peacefully at Fairfax Inova Hospital on December 9, 2021, surrounded by the ones he loved. The only son of Dr. Jose Manuel Espino and his Dutch mother, Delia Espino, he came to the US at the age of 6 for schooling while his parents traveled the world educating doctors on the latest breakthroughs of ophthalmological medicine. latest breakthroughs of ophthalmological medicine.

He studied at Haverford School, Choate Rosemary Hall and finally at the University of Pennsylvania. His studies in architecture and urban planning are what brought him to Reston. He also had a degree in Anthropology and a lifelong love and great knowledge of photography. As with so many who leave their motherland, he had a constant undertow of longing for Venezuela. Caracas and his favorite place, Playa Azul, seemed a physical part of him, his home.

nim, ins nome. Jose was preceded in death by his only daughter, Elizabeth Anne (Lizzie), and his second love, Aurora. He is survived by his sweetheart, Zaneta, by his two sons, Jose (Leslie) and Peter (Mette), his son-in-law, Gregory, his first wife of many years, Elizabeth, six grandchildren, his lifelong friends, Erich and Michael, his cousin, Carlos, and so many others in Reston and Caracas. Many neonle will see his photograph and know that the world lost a

Many people will see his photograph and know that the world lost a bod one. You might not have known his name, but you surely will good one. just make you feel better about this place we share. It did not matter who: the doctor, the grocery store bagger or the waiter, he was nice and

leadership team reporting directly to the company's chief executive officer (CEO) and chairman, Kevin Kelly.

Arcfield is a leading provider of innovative solutions in systems engineering and integration, C5ISR and digital transformation for air, sea, land, space and cyber domains in support of our nation's most critical intelligence and defense missions.

In her role as CFO, Becker is responsible for defining and executing Arcfield's financial infrastructure and processes and will oversee all aspects of financial planning and reporting, accounting and compliance, mergers and acquisitions, auditing, and program finance and pricing strategy. She has more than 30 years of experience and a proven track record

Smith joins the company after a 23-year career with the U.S. Secret Service (USSS). He has held various roles of increasing responsibility at the USSS, most recently serving as the special agent in charge of the Office

After extensive renovation, the house now offers an interactive design representing home life and in the early and late 1800s. The two lower rooms of the have house have been designed for guests to immerse themselves in the past. Sit at the writing desk, play a game from 1810 or try out an 1890s toy.

The grand opening is free to the public and includes a brief ribbon-cutting ceremony at 1 p.m. in the gardens adjacent to the house. Guests can also enjoy historic outdoor games, blacksmithing and a woodcarving demonstration along with open tours of the house. Light refreshments will be served following the garden ceremony.

Visitors will also have a



Global hygiene and health company Essity recently donated nearly 2,000 cases of Tork hand sanitizer to various schools, daycares and nonprofits, including this shipment to Northern Virginia Family Services in Oakton.

Ladies shop at the formal dress event.

Diva Central formal dress event returns to RCC

After a two-year, pandemic-caused hiatus, Reston Community Center's annual Diva Central event returns on March 26

All area high school and middle school students are invited to shop for free formal dresses and accessories from 11 a.m. to 3 p.m.at RCC Lake Anne, 1609-A Washington Plaza, Reston.

This one-day event is the perfect shopping experience for any current high school or middle school student who needs a dress, shoes, jewelry and other accessories. Everything is absolutely FREE, and shoppers may choose up to two outfits. The event will also feature exciting door prizes and raffle giveaways.

To control capacity, patrons must register for this fashion experience. Register online through myRCC. The registration number is 8C1008-2A. Patrons who need assistance creating a household account may call 703-476-4500 and press "8" for assistance.

"We are so pleased that the return to school has allowed for spring formal dances and events," said RCC Executive Director Leila Gordon. "Diva Central has been a generous tradition in our community for nearly 20 years, and countless teens have been outfitted for those special evenings by the donations of Reston residents and businesses. For times like these, when stretching family budgets is more imperative than ever, this event is welcomed by both teens and

ould say something to make you think. Jose was so rich with knowledge and storytelling that you could not help but to engage and ask for more. He had a knack for enjoying life in a way that would make you question your own ability to do the same.

In loving memory Louise Mabel Obear

Louise Mabel Obear, age 101, passed away peacefully in her home in Los Angeles, California, on February 10, 2022. She was born July 24, 1920, in Herndon, Virginia

She was the daughter of the late Margaret C. and Daniel L. Borden, and survived her late husband Frank D. Obear, sisters Mildred Ann Burke, and Ruth Elizabeth Williams and brothers Ralph Lee Borden, Daniel Carlin Borden, and Keith Franklin

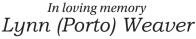
Borden, and nephews Daniel and Stephen Borden. Louise is survived by 8 nieces and nephews: Eileen McComb.

Lorretta McAteer, Alice Hagan, Vincent Borden, Linda Burke, Dennis Burke, Peggy Jackson, and James T. Williams IV; and 15 great nieces and nephews: Bridget Neddo, Ellen Thigpen, Meghan Brady, John McComb, Brian McAteer, Kevin McAteer, Christopher Borden, Kenneth Borden, Mathew Hagan, Andrew Hagan, Joseph Hagan, Brittany Dugas, Katlyn Ziemianski, Corinne Bruce, and Christian Burke, and their respective families.

Louise graduated from Herndon High School, Herndon, Virgina in 1937. She worked for the U.S. Geological Survey in Washington, D.C. She moved to Los Angeles in 1952 and worked for the office of land records of U.S Department of Interior. She met her late husband Frank D. Obear in Los Angeles in 1953. They moved briefly to Coral Gables, Florida, where she worked for the U.S. Coast Guard. They returned to Los Angeles in 1954 where she cared for her ailing husband until his passing in 1980 and where she lived until her passing

Louise was a devoted Christian throughout her long life and will be dearly missed by her family and friends.

A private family service and burial will be held at Brown's Chapel Cemetery, Reston, Virginia. View the online guestbook www.moneyandking.com



Lynn (Porto) Weaver, a longtime resident of Burke, passed away on March 2nd after a brief illness. She was

Lynn was born on April 9, 1946, in Yonkers, New York to Louis J. Porto and Ann (Parliapiano) Porto. She attended the Yonkers Public Schools, graduating from Roosevelt High School in 1964. In the fall of 1964, she enrolled at thaca College in Ithaca, New York, where she graduated in 1968 with a B.S. in Speech Pathology and Audiology.

After college, Lynn worked in Georgia as a speech pathologist for several years until her son Sean was born. She was a homemaker for the next ten years, a period that encompassed the birth of her second child,

In the early 1980s, she returned to school, earning a master's degree in courseling, with a focus on school counseling, at Old Dominion University in Norfolk. When her family later moved to Burke, she began a long career as a middle school guidance counselor at Lake Braddock Middle and High School, where she was employed until her retirement in 2013. Lynn was surely in her element as a guidance counselor. She loved helping children to chart their paths in life, and she did so with a warmth and flexibility that endeared her to both students and colleagues.

She brought those qualities—along with considerable energy and enthusiasm—to her duties as a cheerleading coach too. In 2002 Lynn married Donnie Weaver, who owned and operated a landscaping business in Fairfax County. They shared a love of dogs, beach walks on the North Carolina coast, their three grandchildren, and

beach walks on the North Carolina coast, their three grandchildren, and each other's company for two decades. Survivors include Donnie, of Burke, Lynn's sons, Sean Kimball of Herndon and Christopher Kimball of San Diego, Lynn's brother, Brian Porto, of Windsor, VT, cousins Patty Porto Schmidt of St. Petersburg, FL, Anthony Porto and Dan Porto, both of Albuquerque, NM, and Donnie's daughters, Heather Simpson of Purcellville, and Christine Farrow of Ashburn. A celebration of Lynn's life is planned for the spring.

PAGE A-4

MONEY CONTINUED FROM PAGE A1

Connolly, totaling more than \$11,879,000 in direct funds for Virginia's 11th District.

The most expensive project, earmarks \$2,100,000 for the City of Fairfax for the rehabilitation and capital upgrades of Old Town Hall in Fairfax. One of the front facade columns collapsed into the street in August 2020 resulting in the closure of the building. This project would help reopen the town hall to the public through ADA-accessibility, safety, and sustainability upgrades that meet 21st century federal standards.

The bill also included \$2,000,000 for redesign of the Merrifield Crisis Response Center (MCRC) redesign. In recent years, MCRC services have expanded to meet growing community needs, which have been exacerbated by the COVID-19 pandemic. Reconstruction is needed to sustain and expand program operations. Additional space and redesign will increase capacity to better meet community needs. This redesign is necessary due to significant programming changes since the opening of the building.

George Mason University will receive \$1,979,000 to establish the Virginia Climate Center to serve as a climate extension service to help communities in the Commonwealth increase resilience to the impacts of climate change. This project will establish the Center in partnership with the City of Fairfax, Fairfax County, and the Northern Virginia Regional Commission. The Center's data-driven decision support will save tax dollars and improve the livelihoods of Virginians, increasing resilience to severe weather, air pollution, drought and floods, with an emphasis on the underprivileged communities that are most susceptible to adverse effects of climate change.

Funds in the amount of \$1,500,000 have been granted to Fairfax County for Residences at Government Center II - Community Facility. Included in this proiect is a 15,000 square foot community facility which would provide community services, such as childcare, a teaching kitchen, or other services that benefit persons of low- or moderate-incomes. The grant funds would assist with the construction of this community facility. GMU will also receive \$1,150,000 for a learning laboratory for social & population health. This interprofessional learning lab will improve health care for communities and ensure students

have improved competencies upon graduation. The learning lab will allow students to design and implement demonstration projects that generate innovative community-based healthcare models and fuel students' understanding of population health improvement for communities.

Fairfax County will receive \$1,000,000 in funds for the Stable Families, Thriving Futures program, which will focus on improving the immediate and long-term educational, employment, and health outcomes of pregnant and parenting teens and non-parenting young adults ages 15 to 25 in Fairfax County's underserved communities of color. The program would operate under the Fairfax County Health Department and would implement a multifaceted evidence-based experiential peer group education model, along with whole-family case management supports designed to stabilize and advance educational, employment, and health outcomes of program participants and their families.

Lastly, the government will receive \$400,000 to launch a new skills development center to link immediate pandemic recovery efforts with long-term plans to grow employment opportunities for low-income and communities of color. One critical component is an Apprenticeship Readiness Training Program provided by the Baltimore/ DC-Metro Building Trades. Apprenticeship opportunities for local Fairfax County residents are significant to ensuring good careers for local workers and sustainable economic development for the County. The Baltimore/ DC-Metro Building Trades (BDCBT) places a high premium on apprenticeship training; affiliates have 27 apprenticeship and journeyperson training centers in the region. BDCBT provides free, earn-while-you-learn training for members in industry standard trades across a variety of construction crafts.

"The community projects receiving appropriations funding are ones that our Board has focused on from the early months of the pandemic as we looked for ways to emerge from this crisis a stronger, more equitable, and more sustainable community than ever before," said Chairman Jeff McKay, Fairfax County Board of Supervisors. "These projects are the products of envisioning a community where all of our residents can thrive. An investment in any one of these initiatives is an investment in the success of our County."

Residents feel squeeze as inflation rises

By Michael Marrow FAIRFAX COUNTY TIMES

Inflation rose by 7.9 percent in the year between February 2021 and February 2022, according to a recent estimate by the Department of Labor, marking a 40-year high as global supply chain woes combined with rising rent, food, and energy costs to drive a surge in prices.

Energy prices increased the most, which rose by 25.6 percent. Food prices increased 7.9 percent. Average rental listings also increased approximately 14 percent nationwide, according to a report in the Washington Post.

Climbing demand due to changing pandemic conditions has contributed to much of the change. Demand for oil slumped as the pandemic kept most people at home and brought activity to a standstill. With the gradual reopening, demand has climbed.

Recent data shows that meat prices have been a leading factor in the rising cost of groceries. The dominance of a handful of suppliers in the market has attracted increasing scrutiny from antitrust regulators as well as the White House, who have accused the companies of exploiting their market power to take their profit margins to record levels.

Shifting living conditions have also fueled rising rents. Children are moving out after hunkering down with their parents, people are moving back to cities, and builders have struggled to keep pace as essential materials are backlogged due to the supply chain logjam. continued a steady decline and currently sits at approximately 3.3 percent. Wage growth was also robust, leading to an expected 3.9 percent increase in payrolls in 2022, according to a December 2021 report from the nonprofit Conference Board.

ary, the unemployment rate

However, skyrocketing inflation has eaten away at wage boosts. According to the Bureau of Labor Statistics, real average hourly earnings decreased 2.6 percent between February 2021 and February 2022.

Economic straits have translated to increased demand for welfare services. According to the Virginia Department of Social Services, 170,058 residents in Fairfax County received benefits – through programs such as the Supplemental Nutrition Assistance Program, Temporary Assistance for Needy Families, and Medicaid – in fiscal year 2021. That is up from 159,062 in FY2020.

Specific to SNAP, which provides specific assistance for critical nutritional goods, the number of households served by the program increased from 27,839 in FY2020 to 30,467 in FY2021.

County residents "can apply for SNAP, Medicaid and more online, any time, any day, through the CommonHelp portal," wrote Department of Family Services Spokesperson Amy Carlini. She added that residents can submit documents through a dropbox and that job seekers and employers can seek additional aid through the Public Assistance and Employment Services webpage. Many economists have singled out aggressive fiscal

stimulus as a leading reason for current inflation.

"The core driver is the delayed effect of the loose monetary policy of the Fed and both parties that ran big deficits during Covid," said Professor Garett Jones, an economist at George Mason University. "When the government takes steps to stimulate the economy, that helps jobs and the real economy in a year or two but it shows up in inflation in about two or three years. And we're at that point now."

"Regular Americans switched from buying services to buying physical goods," Jones explained, as many opted to stay home and furnish their living quarters with goods that other services may have otherwise provided. Combined with aggressive fiscal stimulus, the two conditions have increased pressure on the supply chain. "The supply chain running into trouble is a symptom of the economy running really hot," Jones said.

As companies look to attract new workers, rather than waiting for a raise, Jones added "people should be especially willing to quit their jobs if they can find a good job prospect out there that pays 10 or 15 percent more than their old job."

As for future inflation projections, Jones said that "We should be expecting something like 8 percent inflation the rest of this year, five the next year, and as long as no terribly bad news kicks in the next year, we'd be heading towards 3 or 2 by 2026."

As the Federal Reserve

tion, Jones noted that "the question is whether the Fed is willing to take a high enough risk of recession to make that possible. That is often a tough choice."

Climbing COVID cases in China have recently prompted a full lockdown of the manufacturing hubs of Shenzhen and Changchun. The move is expected to weigh on an already beleaguered supply chain and exacerbate existing inflationary pressures.

Conversely, the lockdowns could provide some relief at the pump. After the price of Brent crude rose precipitously in the wake of Russia's invasion of Ukraine, peaking at nearly \$130 a barrel, prices have since fallen by about 20 percent to under \$100 a barrel.

The downswing in prices was driven in large part by China, the world's leading importer of oil, imposing lockdowns, leading to a decrease in demand. Rising speculation stemming from economic sanctions imposed on Russia may have also largely settled.

Additionally, the Biden administration in March announced renewed efforts to dip into the country's oil stock, pledging a release of 30 million barrels of oil from the Strategic Petroleum Reserve in an effort to curb prices.

As of March 15, the average price of gas in the Commonwealth stood at \$4.125 per gallon, about 20 cents below the national average of \$4.31. Governor Glenn Youngkin (R) has also pushed for a one-year gas tax holiday, though the General Assembly's recent session adjourned without acting on the proposal.

There are some positive trends in the data. In Febru-

pursues gradual interest rate increases to tamp down on inflation, which also can increase the risk of infla-



Fill Us In!

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

Wednesday, March 23, 2022, 7:30 p.m.

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

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

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You may also submit comments to holly.novak@ fairfaxcounty.gov.



McLean Community Center 1234 Ingleside Ave., McLean VA 22 703-790-0123, TTY: 711 www.mcleancenter.org

General Assembly passes notable bills during 2022 session, the budget still lingers

By Sravan Gannavarapu

FAIRFAX COUNTY TIMES

The Virginia General Assembly's 2022 Regular Session came to a close on March 12. However, lawmakers left without settling on the budget.

Despite adjournment, the two-year spending plan has not been approved. In a statement, Governor Glenn Youngkin said that he is hopeful that the budget is eventually resolved.

"I'm encouraged with the recent progress on the budget, and I'm grateful to the members on both sides of the aisle for their efforts. We need to finalize tax relief, lab schools, and other bipartisan priorities, including investing in education, funding law enforcement, and addressing our behavioral health crisis, among others," Youngkin said.

While the budget stalled, Youngkin and other lawmakers are looking towards other bills, including the Alcohol Beverage Control Bill (HB426) proposed by David Bulova (D-37) and the Assault and Battery Penalty Bill (HB366) proposed by Vivian Watts (D-39).

"It could take time to get the budget right. I'd ask that the negotiators work quickly. Virginians are ready, and together we can deliver for them all," Youngkin said.

One of the holdups involving the state budget includes the grocery tax cut. Last summer, before the election, Youngkin called for eliminating the grocery tax. Jacob Fish, deputy director of the Americans for Prosperity Virginia chapter, says it is a step in the right direction. Still, the next step is to have more comprehensive tax reform.

"Right now, looking at the grocery tax, people are hurting, inflation is incredibly high," said Fish. "There are a lot of policies that the administration can focus on to try to make it easier for Virginians to have what they need to provide for themselves and their families."

Although the regressive r

grocery tax impacts low-income families the most, Fairfax County officials are concerned about the impact it could have on funds for transportation and education. Both chambers have built-in ways to restore the school funding, but neither has come up with a way to replace the transportation dollars.

Fairfax County receives an estimated \$60-70 million in revenue from the grocery sales tax, much of which goes to education spending. They receive about \$135 million per year from the state's Commonwealth Transportation Fund, which pays for maintenance and construction of highways as well as public transit.

As it pertains to the wrapping up of the legislative session, Fish says he sees that the House Budget and the Senate budgets still have pretty significant gaps, specifically around a couple of large issues, but has faith that agreements can be reached. "We know we have great faith in our legislators here in Virginia, that they will come together and find some compromise that still manages to meet the majority of the objectives that we had going into the session," said Fish.

Fish also says that AFP-VA is looking forward to seeing how the policies make their way into the budget and help improve life for Virginians as a whole.

Senator Janet Howell (D-32), Senate Finance Chair, said in a statement that in reaching a budget deal, senate negotiators would "work to maintain the original Senate budget funding to invest in the futures of Virginia's students; provide health resources, particularly behavioral care, for everyone in the Commonwealth; and assure economic strength for every family."

Youngkin says he hopes to have a special session date to finalize the budget but has not offered specific details on when that will be.

Herrity advocates for police raises, reduced spending

He takes issue with Board opting to advertise current tax rate

By Sravan Gannavarapu bility is already built into the proposed budget, which has

The Virginia Board of Supervisors voted 9 to 1 to advertise the tax rate at the current rate of \$1.14 per \$100 of assessed value. This means that the full cost of estimated real estate taxes will remain the same until the final tax rate is adopted in May.

Springfield District Supervisor Pat Herrity was not in favor of this move. In his latest edition of the Herrity report, Herrity talked about how he voted against advertising the current rate because he believes there should not be an option regarding the significant assessment increases across the county.

Additionally, Herrity cited the need to fund critical areas, such as police compensation, and reduce spending in non-critical areas.

"If the board were to get its spending under control, it wouldn't need additional revenue sources," said Herrity. "The board has used onetime funds for recurring purposes, which basically builds an increased budget before you even before you start to balance out priorities."

Herrity says the Board continues to say it needs more taxing authority from the state and how they have not been supportive of even considering spending reductions, citing that \$9 million is coming to the county and that spending, not revenue, is the main issue. While some of his colleagues have supported his disposition, Herrity says that the current tax rate is being supported to have maximum "flexibility." bility is already built into the proposed budget, which has \$80 million in unappropriated funds, readily available to cover at least a 2-cent reduction in the tax rate.

"There are too many programs (some very good) that the Board wants to fund at the expense of taxpayers and instead of addressing critical needs," said Herrity. "I have repeatedly requested the Board consider specific spending reductions and/or ways to do work more efficiently, but so far they have been rejected by the Board. I also offered a simple suggestion to track spending commitments the Board is making out of budget cycle, which was rejected."

Social Media had plenty of responses to Herrity's words about the Board. Comments ranged from support to questioning Herrity's handling of the situation.

Jorge Torrico responded to Herrity's tweet, asking if it was likely that the Board would use \$80 million of unappropriated money towards reducing the tax rate, then how many real estate tax-paying properties would be there?

On Tuesday, Braddock District Supervisor James Walkinshaw addressed the tax rate during his town hall gathering. Walkinshaw says that the proposed budget presented by County Executive Bryan Hill, which includes the tax rate, kicks off a months-long process before the Board of Supervisors adopts the final budget in May. be working to reduce the tax rate to minimize the impact of skyrocketing home values on your overall tax bill," said Walkinshaw.

Herrity has since formed a Fairfax County Bipartisan Citizen Budget Review Committee that is will identify short and long-term options for reducing the cost of government and the tax rate.

"I'm continuing to look at ways that we can fund critical needs, like our critical employee compensation needs that have been neglected by the Board, while still reducing the tax rate."

Tune in to the following budget town hall meetings: **Providence District Budget Town Hall**, March 23, 6 p.m, televised on Channel 16 (Cox Channel 1016; Verizon/ Comcast Channel 16) and streamed online.

Mount Vernon District Budget Town Hall, March 23, 6 p.m., Zoom or by phone: 602-333-0032/toll free, 888-270-9936, conference code: 711201.

Hunter Mill District Budget Town Hall, March 30, 7 p.m., Link to attend and participate . Register with your email address and zip code to log in. To listen, call 844-621-3956, access code: 2334 051 4882. You also can watch the meeting on You-Tube Live.

Springfield District Budget Town Hall, March 30, 7 p.m., Springfield Governmental Center, 6140 Rolling Road, Community Room, Springfield.

Dranesville District

PAID ADVERTISEMENT

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!"

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.



Breakthrough research proves this discovery helps fill-in bald spots, re-nournishes thinning hair, and leads to no-ticeable growth in as little as 30 days.

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 antiaging 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."

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.

Herrity notes that flexi-

"It is important to note that this is not the final tax rate and will serve only as a ceiling for the rate, and I will

Budget Town Hall, March 31, 7 p.m., televised on Channel 16 (Cox Channel 1016; Verizon/Comcast Channel 16) and streamed online.



PROM CONTINUED FROM PAGE A1

since the drive began.

Her daughter's Girl Scout troop has participated in organizing, inspecting, and assessing each donation they receive. With their work, each article donated is ensured to be clean and in top shape–sometimes with the addition of a rhinestone or button.

The girls have been making thank-you notes for those who graciously donated items. Makely partnered with local restaurants that donated gift cards covering dinner that can be freely raffled off to students.

"Our mission is to be able to help someone who otherwise wouldn't be able to afford a dress or shirt or shoes, and do it discretely and at zero cost to someone," she said.

Makely and her daughter are a part of two communities, working in Fairfax County and living in Prince William County. The troop is based out of Centreville Elementary School. As such, she has been working with people from high schools local to both counties to have this drive positively impact more than one community.

"I was on the receiving end of things like this," Makely said, so she knows how easy it is to feel shame about being a recipient. Prom is symbolic as a social rite of passage and can be isolating for those who can't afford the expensive experience.

"When I was younger, I couldn't afford a dress and I had one donated to me for prom. Nobody knew it was donated to me. I had the best time at prom!" she exclaimed. Makely wants people to have a dress or shirt that makes them feel comfortable and confident.

She estimates that they have received more than 100 dress donations and in excess of 30 dress shirts and ties donated. She will conclude collecting donations on March 21 and drop off the entire haul to the local high schools she has been partnering with. High school students will then be able to pick a prom outfit up until the day of their prom.

"A prom dress to some people is not a necessity, and they would rather spend that money on groceries or a bill [so] being able to take that burden off of somebody is so important to me," Makely said. "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 brandnew 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 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.

Thisprocessdoesn'thappenover-night,saysDr.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. *"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 1-800-926-7412 now. Use Promo Code NP0322RN49 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.

Fairfax woman forms nonprofit to preserve Jermantown Cemetery

Smith works to revitalize neglected grounds

By Jaya Patil FAIRFAX COUNTY TIMES

The Jermantown Cemetery has been officially established since 1868 but was the unofficial burial site for African Americans for far longer. For Constance "Connie" Smith, Jermantown Cemetery is the resting place for generations of family. Smith brought the cemetery from a neglected plot of land to revitalized grounds over the last few years.

Benevolent societies, which start the story, existed since the Civil War for the sake of supporting African American communities. The cemetery was created when the Burial Sons and Daughters of Benevolence of Fairfax Court House purchased an acre of land for proper burial of their dead.

Smith's roots with the cemetery run deep, as her great-grandfather Lewis Jackson was a part of that founding society. She has attended burials at the cemetery since the age of five. Smith lost her mother when she was nine and her custodial aunt at 13.

At the burials as a child, she said, "I remember feeling perplexed, like there should be something that says their names... [and wondering why] they



don't have headstones." Smith later learned of the racism behind the absence of headstones in cemeteries for African Americans and decided she would mark the graves of her family one day.

The trustees of the founding society all passed away without appointing successors, so ownership of the cemetery remains undetermined. Fairfax took over minimal upkeep of the cemetery. After three children and 13 years as an Arlington County Government administrative professional, Smith retired in 2013 and felt the opportunity to revisit her goal. Smith got in contact

with Historian Mary Lipsey

when she asked to put a grave marker down for her family in 2014. A flat marble stone engraved with the names of her family members now marks their burial location. Although, the fear of disinterment plagued her, as she said, "I was afraid that one day I would go up there and [the graves] just wouldn't be there."

It wasn't until 2020 that Smith was introduced to the Interfaith Racial Reconciliation group by Lipsey. The group comprises several religious parishioners who take on work aspiring to atone for the evils of slavery. They adopted the cemetery as a restoration project and contacted Smith for her insight.

In order to work with the group, Smith formed the non-profit Jermantown Cemetery Preservation Society. The nonprofit consists of Smith's son Ron Crittendon as president, descendant Linneall Naylor as VP, and Smith as secretary and treasurer. Smith's daughter Vickie Lucas will officially join the committee this summer.

Jermantown Cemetery Preservation Society works for the "perpetuation, maintenance, and preservation of the Jermantown Cemetery," said Smith. What started as a goal to mark the burial place of her family has grown into an endeavor to care for and revitalize the entire grounds.

In partnership with the interfaith group, the nonprofit has significantly cleaned and remodeled the cemetery by clearing litter, painting fences, and landscaping. They have had boy scout troops help in the restoration and hosted memorial ceremonies commemorating Juneteenth, Flag Day, and Wreath-Laying Day.

The society makes decisions with the best interest of the cemetery in mind and factors in what they think other descendants would prefer. They hope to appoint a board of trustees to ensure the preservation of Jermantown Cemetery for generations to come.

At 74 years old, Smith has plenty on her list to get done for the cemetery. They aim to find the deed owners, protect the area from development projects, locate all the graves to better understand the cemetery's history, and find as many descendants as possible to return them to their lost family.

Smith mused, "My mother died when I was nine, I knew her for nine years. Somehow it feels like, by doing this, she's there with me-the family is with me."



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Friday - Sunday, MARCH 18 - 20, 2022 fx

Warhawks three-peat themselves

Madison girls hoops wins third straight state crown

By Jason S. Rufner SPECIAL TO THE FAIRFAX COUNTY TIMESS

That makes three in a row - but this one's different.

Amid shouts of "threepeat, three-peat" from their jubilant fans, the James Madison High School girls basketball team (27-2) won its third consecutive Class 6 state championship March 11 with a 38-29 decision over Osbourn Park inside the Siegel Center at Virginia Commonwealth University in downtown Richmond.

But it's the first of the three that the Warhawks got to celebrate on the big stage.

Two years ago Madison went 28-1 and was declared co-champion as the COVID pandemic forced state title contests to go unplayed. In an abbreviated season last year, the Warhawks went 17-1 and earned the crown outright, defeating Osbourn Park inside Madison's own gym.

"I think it was a really fun game," said Warhawks Head Coach Kirsten Stone, who also won a state championship as a Madison player. "This is the first time these girls during the three-peat have ever gotten to experience coming to VCU. I think they handled it with class. They had a good work ethic and stayed focused on our team commitment. It was fun."

The Warhawks now own five state crowns in girls' basketball.

"This has been the first time we've really experienced it, coming here," senior forward Mia Chapman said. "It's been weird because we had



Senior guard Grace Arnolie said it was nice to share the experience of traveling to Richmond for the state final.

"Our entire team is like a family, so to get the full experience of playing here, the huge student section, all of that, and do it as a family, as a team, makes it mean so much more."

The Warhawks never trailed after the first quarter in the championship game. A short Chapman jumper, followed by a Kiera Kohler shot block, put Madison up 10-7 in the second.

Crashing the offensive glass, the Warhawks got three chances in one possession, culminating with Avery Griepentrog's lavup for a three-point play and a 13-8 lead. Arnolie along with fellow guard and twin sister Alayna,

both of whom will play collegiately next season, were uncharacteristically scoreless in the first half.

"We have that team mentality that allows us to have everyone contribute so that we don't necessarily need to put in a lot of points every quarter," Grace Arnolie said.

She got off the schneid early in the third, nailing a three-pointer for an 18-8 advantage.

The margin grew to 12 late in the third, as Arnolie drilled another three-pointer and Chapman blocked a pair of Osbourn Park shots.

"Defense has always been our No. 1 focus," Alayna Arnolie said. "We knew that on

Chapman, who'll play at Dickinson College, echoed her fellow senior.

"Defense is fun," she said. "When you're getting rebounds and forcing turnovers, it's exciting and it leads us to easier offense.'

An Alayna Arnolie layup at the 6:52 mark of the final quarter gave Madison its biggest lead of 33-18, giving the throng of red-clad Warhawks fans plenty of reason to make noise.

Everything You Need to **KNOW**

The Yellow Jackets. champs of the Cedar Run District and Region 6B, cut the lead to eight but fell to the Warhawks in the grand finale for the second straight season.

The Warhawks out-rebounded Osbourn Park 32-26 and registered 10 blocked shots, including three apiece by Chapman and Kohler. Alayna Arnolie led with four steals.

ison with 11 points and six rebounds, hitting her team's only two three-pointers. Chapman scored 10 points and junior forward Sarah Link put in eight on four-of-six shooting from the field.

PAGE A-7

It's the final hurrah for eight Madison seniors, including Chapman, Kohler, the Arnolie twins, Emily Lockard, Kaela Gordon, and Katie and Jillian Koshuta.

Grace Arnolie paced Mad-



Good food today. **Brighter futures** tomorrow.

PUBLIC NOTICE DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

HANDICAPPED REGULATIONS

This notice is published pursuant to the requirements of 24 CFR Part 8, Nondiscrimination Based on Handicap in Federally Assisted Programs and Activities of the Department of Housing and Urban Development, as published in the Federal Register on June 2, 1988. 24 CFR Part 8 prohibits discrimination against qualified individuals because of their handicapped status.

The Capital Area Food Bank advises the public, employees, and job applicants that it does not discriminate on the basis of handicapped status in admission or treatment or employment in, its programs and activities.

The Capital Area Food Bank has designated the following as the contact to coordinate efforts to comply with this requirement.

Such inquiries should be addressed to:

Radha Muthiah CEO & President Capital Area Food Bank 4900 Puerto Rico Avenue, NE Washington, DC, 20017 Phone: 202-644-9800 Virginia Relay 711 Fax: 202-529-1767 9 a.m. - 5 p.m

Senior Scams Prevention **Series**

two rings but we hadn't even been in this gym yet. So it was really cool."

the other end we're making plays, forcing turnovers, getting rebounds.'



MADISON WARHAWKS GIRLS BASKETBALL

Class 6 champions Region 6D champions Concorde District champions (regular season and tournament) **Record:** 27-2 Average margin of victory: 28.7 Season-ending winning streak: 19 Record since 2019-'20: 72-4 State titles since 2019-'20: 3

MADISON 38, OSBOURN PARK 29

M: G. Arnolie 11, Chapman 10, Link 8, Griepentrog 3, A. Arnolie 2, Kohler 2, K. Koshuta 2

OP: Kellogg 15, Powell 5, Brown 4, Kelly 4, Wolfe-Pullen 1 Halftime: M 15, OP 8

> Free throws: M 6-10, OP 5-8 Three-pointers: M 2-10, OP 2-14



During this empowering series, we will address the alltoo-common problems associated with scams targeting older adults and how they can be avoided.

IRS Tax Scams

THURSDAY, MARCH 24 • 12 – 1 PM

Presented by Martin Bailey, AARP, NOVA Community Ambassador & Fraud Watch Network Representative, and Fairfax County Silver Shield Task Force Member

IRS imposters have created many convincing scams to trick you out of your hard-earned money.

Join us to explore what these frauds look like and how to protect yourself and your loved ones from becoming victims.



Martin Bailey

This online event is free and open to the public. Advance registration is required! Visit TallOaksAL.com/Scam to register.





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OPINION

FAIRFAX COUNTY TIMES

Friday - Sunday, MARCH 18 - 20, 2022 fx

Response to the trickle-down effect of mask bullying in Fairfax County

Dear Editor;

PAGE A-8

I am writing in response to the article titled The Trickle-Down Effect of Mask Bullying in Fairfax County, published in your newspaper on March 4, 2022. The principal issue being discussed in the article is the poor behavior regarding masking decisions being displayed at the top of the academia hierarchy and is now reflected through students actions. In hopes of analyzing the situation I turn to Mark Granovetter, an American sociologist, who considers how our actions take place within a social context where our behavior is influenced by the setting and the behavior of everyone around us. This phenomena has previously impacted the local students' impressionable minds, but is creating an even worse mentality where bullying is encouraged. The continuous reminders that wearing masks makes you "kind" and "sympathetic" promotes students to act according to that notion. Whether intentionally or unintentionally, this results with the staff and administration constraining the students' choices. Actions resulting from constrained choices can have severe consequences. In this case,

the consequence is bullying; a problem that has always (supposedly) been held in the highest regard in Fairfax County Public Schools. To make matters worse, the juxtaposition between being the "philosophical minority" to a minority based on race or gender raises many concerns about the treatment of minorities in schools. The article The Trickle-Down Effect of Mask Bullying in Fairfax County poses numerous problems that should be addressed by Fairfax County Public Schools, but it seems as if they never will.

Alex Penny Herndon

Governor Glenn Youngkin announces creation of nearly 200 jobs in Fairfax County

Dear Editor;

I am writing in response to your article "Governor Glenn Youngkin announces creation of nearly 200 jobs in Fairfax County" Published in your newspaper on March 7th. During this last gubernatorial election in the great Commonwealth of Virginia, we saw one of the closest races in Virginia history. With many people in the state feeling very worried after republican candidate Glenn Youngkin won, it was

very apparent that Governor Youngkin would need to start off strong in his first few months as governor. Fortunately he did precisely that. He announced that Alarm.com would invest 2.6 million dollars, ultimately creating 180 new high paying jobs in Fairfax County. Reducing the division of labor by producing jobs in our commonwealth is a big win right now for Governor Youngkin, especially because inflation is at a 40 year high in America. With Governor Youngkin creating these new jobs, it will allow for more people and families to afford what once were general basic commodities. Inflation is once again bringing about the problem of scarcity, as many people can no longer buy these specific items. So, although

many people in the state are very unhappy that Governor Youngkin won, I think that he is the best answer to many of the problems in this day and age.

> Ryan Crosby Herndon





Capital Area Food Bank is preparing to carry out 20-20-58 UN/COV19 Capital Area Food Bank CDBG Project through the use of Virginia Community Development Block Grant Funds.

Capital Area Food Bank does not anticipate any contracts subject to Section 3 at this time.

Should any jobs be created they will be posted with the Virginia Employment Commission. Persons qualified for the jobs listed should register at the following location:

5520 Cherokee Avenue, Suite 100 • Alexandria, VA 22312 https://www.vec.virginia.gov/ • 866-832-2363

Additionally, the following contracts and procurements will/may be made: 1. Food • 2. Equipment

Should any jobs be created, in carrying out this project Capital Area Food Bank will, to the greatest extent feasible, utilize qualified persons who permanently reside within the Counties of Arlington, Fairfax, and Prince William, and the City of Alexandria for employment and training positions.

Should any jobs be created, procurements will be made on a competitive basis. The names of businesses who respond to this notice will be included on procurement lists for this project. Names of job seekers will be given to contractors.

County's Tibetan residents seek to spread awareness

Dear Editor;

I am writing in response to the article titled "County's Tibetan

themselves. The Chinese claim them as nothing more than an uncivilized, lower-ranked group of the Chinese nation but it's

do: they brought Tibet into their hearts and minds.

I knew nothing about the evacuees living in Fairfax, Virginia who fundamental for fight human rights. It is sad that some people in the local area cannot see that these individuals need our help, but only consider them as the minority. We should be educating ourselves on what is happening rather than allowing obliviousness and ignorance to get the

best of us.

I am happy to know there are also local areas in Fairfax, Virginia that permits these individuals to

Any person residing or firm located in the above named localities may request to participate in procurement opportunities associated with this project by contacting the following person within ten (10) days of this notice:

Such requests should be addressed to: Cynthia Singiser, Senior Director of Northern Virginia Region Capital Area Food Bank • 6833 Hill Park Drive Lorton, VA 22079 P. 571.482.4771 • csingiser@capitalareafoodbank.org Virginia Relay: 711 • F. 703.541.0179

Written requests should include the name, address, product or service and phone number.

All above-referenced procurements will be made on a competitive basis. The names of businesses who respond to this notice will be included on procurement lists for this project. Names of job seekers will be given to contractors.

residents seek to spread awareness" published in your newspaper on March 10, 2022.

I was not at all educated or aware of the religious and political situation that has been going on in Tibet and the difficulty they face when they cannot speak for important to know why Tibet exists. They continue to exist because of the people's inner strength, who could not imagine giving up their religion or nation. It continued because in numerous nations, especially in the United States, citizens did what their legislatures wouldn't have a real sense of security and support of the Tibetan American community. However, this information needs to grow and their voices need to be heard.

> Isabella McClanahan Winchester

Herndon NOTICE OF PROPOSED REAL PROPERTY TAX

The Town of Herndon, Virginia, proposes the following property tax levies.

1. <u>Assessment Increase</u>: Total assessed value of real property, excluding additional assessments due to new construction or improvements to property, is greater than last year's total assessed value of real property by 4.64 percent.

2. <u>Equalized Rate Necessary to Offset Increased Assessment</u>: The tax rate which would levy the same amount of real estate tax as last year, when multiplied by the new total assessed value of real estate with the exclusions mentioned in Section 58.1-3321(A), Code of Virginia, would be \$.2533 per \$100 of assessed value. This rate will be known as the equalized tax rate. The current real estate tax rate is \$0.2650 per \$100 of assessed value.

3. <u>Proposed Levy</u>: The Town of Herndon, Virginia proposes to adopt a tax rate of \$0.2650 per \$100 of assessed value. The difference between the equalize tax rate (as described in paragraph 2 above) and the proposed tax rate would be \$0.0117 per \$100 of assessed value, or 4.64 percent. This difference will be known as the "effective tax rate increase."

Individual property taxes may, however, increase or decrease at a percentage greater than or less than the above percentage.

4. <u>Proposed Total Budget Increase</u>: Based on the proposed real property tax rate and changes in other revenues, the total budget of the Town of Herndon, Virginia, will be greater than FY 2022 total approved budget by 5.1 percent.

The **Town Council** of the Town of Herndon, Virginia, will hold work sessions on Tuesday, April 5 and Tuesday, April 19, 2022, at 7:00 p.m. in the Herndon Police Department Community Room, located at 397 Herndon Parkway, Herndon and public hearings on Tuesday, April 12 and Tuesday, April 26, 2022, at 7:00 p.m. in the Herndon Council Chambers Building, located at 765 Lynn Street, Herndon on the real estate tax rate.

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

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 March 18, 2022

Masking has become political

Dear Editor,

I am writing in response to the article titled "The Trickle-Down Effect of Mask Bullying in Fairfax County", published in your newspaper on March 4th, 2022. It is my understanding that the question of whether one should mask has been a topic of debate since the pandemic first started. Masking has become not only a political topic of discussion, but also a social one. What was once a collective decision to mask up and stay safe, has now become an individual choice now that mask mandates are starting to lift. I believe that there will always be a difference of opinions when it comes to these types of issues, possibly due to biased media reporting. While bullying those with differing opinions is not the way to go about starting these conversations, I do believe that further discussion and debate on the topic, in a patient and understanding way, will lead to more positive change. I think that by talking with someone who believes in having some form of a mask mandate will invite a new way of thinking and open new perspectives that haven't been thought of before.

> Abby Deer Fairfax







PETS: DOGS NEED FURR-EVER HOMES Page B3

www.fairfaxtimes.com | Friday - Sunday, MARCH 18 - 20, 2022

Gardening with the masters



By Collin Cope

SPECIAL TO THE FAIRFAX COUNTY TIMES

TO COURTEST OF COLLIN C

F or 20 years, Alexandria's Green Spring Gardens has been home to an informative and environmentally-conscious Master Gardeners Program.

With help from horticultural research conducted through the Virginia Cooperative Extension, Green Spring Extension master gardeners aim to educate the public in order to promote sustainable gardening practices, as well as at-home knowledge.

Training for 12 weeks and interning before receiving the master gardener certification, volunteers have the opportunity to enhance their knowledge of gardening with help from other Master Gardeners in the area.

Since the program's inception, the class size has grown from around 30 to now 150 volunteers and bases all of its teachings on documented science, according to Green Spring Gardens Community Horticulture Coordinator Pamela Smith. "We're not trying to sell you anything, we're not trying to push any particular brand," said Smith. "We're just trying to give you the best information for gardening."

After retirement from his job, Master Gardener Tim Bowers volunteered for the program in 2017 when learning about the opportunity on a trip to Home Depot. Despite having some gardening knowledge prior, Bowers appreciated the ability to exercise his talents outside of the confines of his home.

"I've got the typical Virginia quarter-acre lot. It's mostly house and my one sunny spot does not really afford me to be able to do this," explained Bowers. "I was really amazed at how I could see things grow and [whether] they were growing well or not."

One of the projects conducted by master gardeners is the location's edible garden which currently serves to educate the public on various edible flowers, herbs, and vegetables. The garden is open to the public and

See GARDENER, Page B4

Area music students sing the best of Broadway at Jammin Java



Lopez Studios presents annual review concert

By Keith Loria SPECIAL TO THE FAIRFAX COUNTY TIMES

L opez Studios in Reston is celebrating its 25th anniversary season this year, and has helped bring young performers to TV, film, "American Idol" and even Broadway.

Led by its founder, Victor Lopez, the studio offers vocal and acting lessons and provides performing opportunities around the Fairfax area.

"One of our founding principles is service and for our students to apply what they're learning, and when I started this school, I knew it was equally as important to get good training but then apply it," Lopez said. "They come in and take private voice lessons and we created different events so they can get their chance to shine."

Lopez Studios offers Main Stage productions for students, a group of students attend the National Junior Theatre Festival each spring, and it also has other concerts, plays and musical opportunities for kids of all ages.

A group of students from Lopez Studios will be performing at Jammin Java March 20 celebrating the best of Broadway music, with songs from some of the most popular shows throughout Broadway's history.

"Before COVID, we would do this every year, alternating between a pop performance and Broadway-themed show at Jammin Java," Lopez said. "The folks there always look forward to us coming and normally, we pack out the house, so we're just excited to be back."

Each student will perform two numbers on the same stage that major acts such as Andy Grammar, Sabrina Carpenter and Nick Jonas have sung.

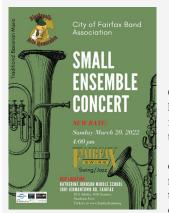
"For those interested and ready for it, this is a great opportunity to perform—and not just at a

See LOPEZ, Page B4



Experience Michaelangelo's Sistine Chapel Through April 3

From now until April 3, check out Tysons Corner Center for an exhibition of Michaelangelo's famous work at the Sistine Chapel. Condensed for size to bring the viewer closer to the art, guests are encouraged to experience Michaelangelo's renowned paintings which are present on the ceiling of the chapel itself. Including well-known pieces such as The Creation of Adam and The Last Judgment, the spacious exhibit works to fully immerse visitors into the art. Tickets for adults will be \$23 per person, with discounts for youth, seniors, students, and the military. For more information, visit https://bit.ly/3tWnAln.



Fairfax Swing Band and Blaskapelle Alte Kameraden perform at Johnson Middle March 20

Check out the Fairfax Swing band and Blaskapelle Alte Kameraden at Fairfax's Katherine Johnson Middle School March 20. Featuring music from the big band era of the 1940s, the Fairfax Swing band has impressed crowds since its inception in 1989. With members in various fields across the area, this performance is sure to highlight the best of local talent, regardless of their day job.

The small ensemble concert will start at 4 p.m. with adult tickets costing \$15 and \$10 for seniors. In addition, the show will be free for anyone under 25. For more information, visit https://bit.ly/3wb4z1d.



NSO's Springtime in Paris Concert • March 22

The Rectory on Princess Street hosts the National Symphony Orchestra's Springtime in Paris concert March 22. Featuring a set of wind instruments, this springtime performance aims to bring out the spirit of Paris with the very best from nineteenth and 20th century French composers.

In addition, guests will be offered a glass of French wine to complement the experience and get everyone into the mood. There will be two showings at 5 p.m. and 6:30 p.m., with tickets costing \$45 per person and children's tickets at \$25. For more information, visit https://bit.ly/3KRSbHH.

COURTESY PHOTOS

New artistic leadership team on tap at Signature Theatre

The Arlington theatre has big things in store under the leadership of Matthew Gardiner

By Keith Loria SPECIAL TO THE FAIRFAX COUNTY TIMES

S ignature Theatre has named Ethan Heard as its new associate artistic director and Anika Chapin as the Arlington theatre's director of artistic development.

With these two new appointments, artistic director Matthew Gardiner has completed his artistic team, having previously announced Jorge Acevedo as casting director and manager of artistic programs, and Mark G. Meadows as director of Signature Cabarets and Chelsea Pace as resident intimacy consultant.

"It feels amazing to have Signature's artistic team in place," Gardiner said. "I know that I have a team that I can lean on and together we are going to dream up an exciting and vibrant future for Signature. I feel very lucky to have these individuals surrounding me."

Building on the success of the last 33 years, the new artistic team will continue Signature's tradition of staging bold productions of classic musicals, while strengthening and honing its processes for developing new works and supporting the next generation of theater-makers.

"My goal is to build the brightest future possible for Signature," Gardin-



er said. "I want to build a robust and meaningful musical commissioning and development program with a commitment to inclusion, diversity, equity, and accessibility. It's my goal also to seek out more opportunities to connect our work with the community. With this team, I will make sure Signature is putting on our stage the most surprising, entertaining, challenging, and moving art we can."

Having grown up in the District, Heard has admired

Signature's work since he first saw "Sunday in the Park with George" at the age of 13 in 1997. He is co-founder and departing artistic director of New York City's Heartbeat Opera.

"I'm thrilled to join the company at this exciting moment, as it enters a new chapter," said Heard, who will be directing his sixth Sondheim production next season for the theatre. "I'm also really looking forward to partnering with Matt, Anika, and the rest of the team as we envision fresh, intentional ways of nourishing and supporting creators while they create. While we continue to build Signature's community, I want to prioritize inclusion and compassion in everything we do."

Gardiner calls Heard "a gifted director" and is thrilled for D.C. artists to experience his work.

"More than that, he is a community builder," he said. "Ethan is interested in the ways we can improve systems that support theatre artists and their work. He is interested in the ways in which we reach out to our communities and build bridges that weren't there before."

Chapin is a dramaturg who specializes in musical theatre, most recently as artistic associate and resident dramaturg at Goodspeed Musicals, where she scouted and developed new musicals for production.

"I've joked over the years that I have a sort of

artistic crush on the Signature; I would attend readings of an exciting new work or read the script of a great new musical and think, 'I bet Signature is going to do this one,' and I was usually right," Chapin said. "Signature has set itself apart as a home for some of the most exciting new work out there, and especially exciting new musicals. As someone who loves nothing more than discovering and developing new musicals and the artists who make them, that was something I greatly appreciated. So, when this job became available, I knew I had to throw my hat in the ring."

Gardiner calls Chapin "one of the most gifted dramaturges in the theatre world today, especially when it comes to new musicals."

"Theatre is all about collaboration. It is important to me that I'm not on this journey alone," he said. "That I am surrounded by other artistic voices that I admire, that challenge me, that help me see things from other vantage points. As a team, we all bring our own experiences, ideas, and skills. Together we will dream up new possibilities that would be beyond any one individual's limited worldview. I'm excited to see what this collaboration brings."





Samuel L. Jackson in "The Last Days of Ptolemy Grey'

"The Adam Project"

(PG-13) Ryan Reynolds, the master of witty one-liners, stars in yet another major blockbuster titled "The Adam Project," newly streaming on Netflix. Reynolds portrays Adam Reed, a fighter pilot in 2050 with the power to travel through time. When Adam accidentally crash lands back in 2022, he must save the fate of the future by teaming up with a very unlikely partner -- his 12-year-old self. A mixture of comedy, action and sci-fi (can't forget a splash of romance!), "The Adam Project" serves as a perfect adventure for the entire family.

"Dune"

(PG-13) After making its initial premiere in theaters and on HBO Max in October, "Dune" returns to the streaming platform for those ready to embark on a fantastical cinematic experience. In this two-and-a-half-hour film packed with a star-studded cast, "Dune" takes us on a journey to the desert planet of Arrakis with Paul Atreides (Timothee Chal-

amet), a young man with extraordinary physical and mental abilities hailing from the lush ocean planet of Caladan. Throughout his perilous journey, Paul, accompanied by his just-as-gifted mother, Jessica, experiences visions of the role he will take in a war between the planets of his universe. Directed by Denis Villeneuve, "Dune" is a sci-fi escape into worlds far away from our own and leaves audiences set for a few incredible sequels to come.

"The Last Days of Ptolemy Grey"

(TV-MA) Samuel L. Jackson stars as Ptolemy Grey, a 93-year-old man diagnosed with dementia, who finds himself unable to remember his past and the secrets that lie within it. After hesitantly approaching a doctor who has a new treatment guaranteed to bring his memory back, Ptolemy uncovers the hidden stories that have been deeply etched into his long-forgotten memories. Adapted from the novel by Walter Mosley, this drama miniseries premiering on

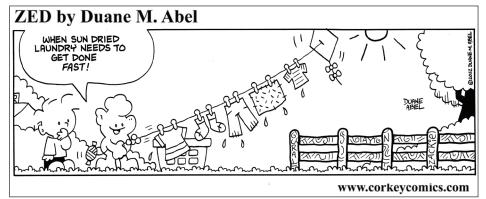
Apple TV+ leaves viewers with a profound story of a man coming to terms with his past.

"Upload"

(TV-MA) In this Prime Video sci-fi comedy, humans can upload themselves into a virtual afterlife after they pass away to continue living their lives, with certain pros and cons of course. Season one centered around Nathan, who died prematurely and was begged to be "uploaded" by his controlling girlfriend, Ingrid. While taking on his new afterlife in Lakeview, Nathan found himself gaining feelings for his customer-service representative. Nora, as well as discovering the true reason behind his accidental death. The second season picks up right after Ingrid decides to upload herself into Lakeview to be with Nathan, and it continues to build on Nathan and Nora's friendship, along with the daily shenanigans occurring in Lakeview. The show carries a lighthearted, warm tone that will surely make viewers fall in love.

(c) 2022 King Features Synd., Inc.

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Pets

Friday - Sunday, MARCH 18 - 20, 2022 fx

FAIRFAX COUNTY TIMES

FROM THE DOG'S PAV

Four tips to make adopting a dog a paws-itive experience



Courtesy of Family Features

A dding a dog to the family can be exciting, but it comes with responsibility, too. When you involve the entire family and plan ahead, you can be better prepared to provide a loving home and enjoy all the unconditional love only a four-legged best friend can give.

From preparing your home to researching the best dog for your family and completing the adoption process, these tips and insights from the PEDIGREE's Ultimate Guide to Dog Adoption can help you prepare for what to expect:

Prepare your home for adoption

In order to make the transition as smooth as possible, prep your home and make sure you have all the necessary items for your furry friend's arrival. You'll need supplies like a crate or kennel, food and water bowls, collar, leash, grooming supplies and toys. It's also a good idea to stock up on puppy pads and cleaning supplies for inevitable accidents when you're potty Encourage kids to get involved Childhood pets can create sacred

memories in later years, and having your kids take an active role in helping choose the family dog can make the experience even more special. Kids aren't always able to communicate what they envision, but they can often show you in a drawing.

Now, thanks to AI technology and machine learning, you can have fun with the process of finding a dog and use a tool like the PEDIGREE brand's Rescue Doodles to match your child's drawing with a similar looking, adoptable dog nearby, powered by Adopt-a-Pet.com. To match a doodle with an adoptable pup, parents take a snap of their child's masterpiece and text it to the dedicated number to guide them to an available dog nearby. Text 'Doodle' 717-670-6675 or visit rescuedoodles.com.

Begin the shelter adoption process

To find your dog, keep an open mind. It's important to find the right dog for you – one that fits your

Dogs need furr-ever homes

By Noah! SPECIAL TO THE FAIRFAX COUNTY TIMES

Woofs, this week, I barked and pawed with a few dog friends at local rescues looking for their "Forever Homes" with humans to love who will love them too. They asked me to paw an article featuring them to help get adopted.



Meet Buck, aka Duckie, a happy Yellow Labrador Retriever, around 8-years-old. Barks, he pawsitively loves snuggling, belly rubs, and will paw you not to stop. He has a Master's in Lab Arts, especially "Lab Lean" and "Love-Filled Gaze!" He has no concept of space, his, yours, or whoever's. He sits patiently for meals, loves humans, and other dogs. He is learning to walk on a harness. He enjoys car rides and pawssibly water. Paws, his tail was amputated due to excessive banging on door frames, furniture, floor, etc. With training, he will be a pawsome dog. He needs a rural or suburban single-family home with a physical fence. Good with mini-humans ages 10+. Must go home

do best with an easy-going dog who is good with a rambunctious little girl. Recommended for mini-humans ages 16+.



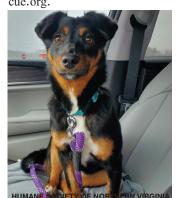
Bruno is an intelligent 3-year-old chocolate Labrador retriever looking for a single-family home in a rural or suburban setting with a physical fence or leash walks for exercise.

He loves chew toys and has excellent house manners. He knows how to "sit" and is learning "down." He is crate- and house-trained. He's a barkingly grand love bug and pawsome snuggler. He loves running, romping, and gets along with his foster's dog.

He is recommended for mini-humans ages 10+.

These three Labs have no cat history available.

Lab Rescue of L.R.C.P., Inc. www.lab-rescue.org, (301) 299-6756, email info@lab-rescue.org.



verse is scary yet exciting. He is affectionate and would love to be someone's special snuggler.

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Humane Society of Northern Virginia, www.humanesocietynv.org, (571) 408-0381, a3p.petlovers@gmail.com.



Woofs, **Nigel** was part of a hunting club until he broke his leg. He is a healthy and athletic 1-year-old large Hound mix. Dog-friendly but unknown with cats. Pawssibly mini-human friendly.

Nigel doesn't beg for human food nor bark, bay, howl, or cry. He is not aggressive, including with food or toys. An intelligent fella motivated by food and affection. He learns tricks fast. Mostly housebroken. Paws, he is making progress with leash manners.

Nigel is a gentle, loving, sweet, funny, and puppy-like playful guy. He wants to be near his humans.

Barkingly, Nigel is learning to live in a home with humans. Paws, he's making good progress, but noises, strangers, and quick movements may scare him. He warms up slowly to men, so a male adopter will need to be patient. It's not pawticularly hard to win his trust if you show you are friendly and safe.

training.

Search for your ideal dog When you start your search, you'll likely discover a wealth of choices and options. Think about your lifestyle and the type of breed, mix or size dog that best suits your family. Some breeds require more exercise than others, so you'll need a fenced yard or enough time for regular walks. Also think about grooming and maintenance; longer-haired dogs require more regular, hands-on care. If you're overwhelmed by all the options, try using a breed selector tool to help narrow down the choices. lifestyle, family dynamic and home. Be prepared to visit and meet potential matches as many times as it takes. Bring a notepad and pen so you can write down pertinent information and important questions you want to ask, including any information the shelter can provide about the dog's history, health, training and behavior. Once you find the right dog to join your family, be prepared for some paperwork. Adoption questionnaires help shelters ensure dogs are going to loving, responsible families that are willing to provide forever homes.



with another dog.



Meet **Juno**, a 1-year-old black Labrador retriever who needs a single-family home in a quiet rural or suburban neighborhood with a 4.5-foot minimum physical fence and an experienced adopter. Barkingly, a training addendum with his adoption.

She loves sitting on her human's lap, giving hugs, cuddling, and kisses once she trusts you. She enjoys running, burning off her energy. Paws, she needs to approach humans on her terms. She is cautious with how humans touch her and is nervous with sudden movements/loud noises. Once she trusts you, she cooperates pawsitively well. She enjoys walks and car rides.

She's a rough and tumble player with other dogs. She'll

Lady is a sweet, beautiful mixed breed, approximately 1-year-old with a pawsome pawsonality. She loves to share love and get all the attention pawssible. She's great with humans and other dogs. She's unsure about cats. She's young, full of enthusiasm, and will make a great companion. Woofs, she wants a human who will love, play, and take her on new adventures.



Barkingly, **Vinny** is the cutest little fella, only weighing around 10 lbs. He will not get much bigger, except pawssibly a few more pounds. He has lived in a crate for a good pawrt of his short life, so exploring the uni-



Balder is a red heeler mix, around 1-year-old, and a happy-go-lucky boy. He is easy to pawlease. He was happy to be around the shelter volunteers. He is dog-friendly, unknown with cats, and mini-humans.

Homeless Animals Rescue Team, www.hart90.org, 703-691-HART, hart90office@ hart90.org.

About us!

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

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Art News

Swing Out is a fullbit.ly/36kG7j1.

length multidisciplinary work showcasing the Lindy Hop, a swing dance style born in 1930s Harlem that has since exploded through to a vibrant, international community. 8 p.m. March 19. Center for the Arts, 4373 Mason Pond Dr., Fairfax. For more information visit https://bit.ly/3tTl2Ev.

Mary Magdalene Drama "At the Feet of Jesus" is a one-woman drama that shines a holy light on this saint and honors her redemptive journey, faith and devotion. 3 p.m. March 20. Free-will offering accepted. St. Mary of Sorrows Parish Center, 5222 Sideburn Rd., Fairfax. For 2310 Colts Neck Rd., Reston.

Celebration of John Williams The Capital Wind

Symphony, under the direction of George Etheridge, is widely regarded as one of the nation's premier wind symphonies. 3 p.m. March 20. Free. Capital One Hall, 7750 Capital One Tower Rd., Tysons. For more information visit https://bit.ly/3iaGijs.

Lunasa Named for an ancient Celtic harvest festival in honor of the Irish god Lugh, patron of the arts, Lúnasa is a gathering of some of the top musical talents in Ireland. 3 and 7 p.m. March 20. Tickets start at \$25. CenterStage, more information visit https:// For more information visit

https://bit.ly/3i8MJn9.

Knitting Group for All Bring your knitting projects, share tips and enjoy conversation. This is for adults. 1 p.m. March 22. Free. Patrick Henry Library, 101 Maple Ave. East, Vienna. For more information visit https://bit.ly/3waxsui.

Barre at the Bar Join The Washington Ballet as SteeleSculpt/company dancer Sarah Steele leads a modified barre class. 6 p.m. March 24. Tickets are \$20. Capital One Hall, 7750 Capital One Tower Rd., Tysons. For more information visit https://bit. Show and Sale returns ly/363SsrZ.

Celebrate Women's History Art Show highlights women, history and culture

through the many mediums of art. Show continues through March 27. ArtSpace Herndon, 750 Center St., Herndon. For more information call 703-956-6590.

Youth Art Month Enjoy art from six Reston elementary schools that have come together to create this special exhibit on display through March 28. Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. For more information visit https://bit. ly/34NGZfM.

Woodlawn Needlework with a theme of "Common Threads' which focuses on the threads in life that connect us and a series of events

by various artists. Every day bit.ly/3IFoN67.

except Tuesday 2 through March 31. 10 a.m. to 4 p.m. Timed-entry tickets are \$15 for adults. Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. For more information visit https://bit.ly/3sgt7DL.

Sweet Tooth is a group exhibition that is all about decadence, desire, and craving. Some of the work will represents these themes through a more conceptual connection such as explorations of coveting, gluttony, greed, and yearning. Exhibit runs through March. Target Gallery in the Torpedo Factory, 105 N. Union St., Alexandria. For more information visit https://

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

Mother Line is an exhibition of works by photographer, filmmaker, video and performance artist Laurel Nakadate. Continues through May 29. Tephra Institute of Contemporary Art, 12001 Market St., #103, Reston. For more information visit https:// bit.ly/3GlCKF1.

Community Information

Burke Centre Book Sale Peruse and shop a selection of gently used books, all carefully selected by the Friends of the Burke Centre Library. 10 a.m. to 6 p.m. March 18 and 19. Burke Centre Library, 5935 Freds Oak Rd., call 703-249-1520.

Cooking Biscuits Try cooking the old fashioned way over a fire, the way many Virginians before us did. Learn about the tools and safety required when cooking with open flames. 5:30 p.m. March 18. Cost is \$10. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit https://bit.ly/3JjzlZm.

Farmers Market This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs, and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. March 19. Unity of Burke. For more information Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit https://bit. ly/3ujvsiK.

Plant Swap Bring your unwanted houseplants, cuttings and containers to swap with others or put up for adoption. Lecture, displays and a tour are included. 10 a.m. March 19. Cost is \$15. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more in-**Oakton Year-Round** formation visit https://bit.

ly/3MW6GvS.

Teen Job Fair Students and young job seekers looking for a variety of employment opportunities; full time, after-school, seasonal positions, internship opportunities, and volunteer positions. 11 a.m. March 19. Free. Chantilly High School, 4201 Stringfellow Rd., Chantilly. For more information visit https://bit.ly/3CMekUM.

NOVA Central Farm Market features fresh local pork, chicken, fish, cheeses, produce, dairy, baked goods, prepared foods to go, eggs, flowers, and ice cream. 9 a.m. to 1 p.m. March 20. Free. Marshall High School, 7731 Leesburg Pike, Falls Church. For more

information visit https://bit. ly/3GUNBpm.

Epidemics of the Past

lovely view while we uncover why the Masons built a summer home upon a hill and how epidemics of the past shaped the society we live in today. 3 p.m. March 20. Cost is \$10. Historic Huntley, 6918 Harrison Lane, Alexandria. For more information visit https://bit.ly/3KPYpHO.

Secrets, Spies, Sputnik and Huntley Take a 2.4-mile stroll to the less-visited side of the park to uncover the history of spies, espionage and how the Cold War struggle between the US and the USSR shaped Huntley and the Fairfax County we know

GARDENER CONTINUED FROM PAGE B1

features labels in order for guests to see exactly what each plant looks like.

today. 10:30 a.m. March 23. Cost is \$12. Huntly Meadows, 3701 Lockheed Enjoy a healthy stroll up to a Blvd., Alexandria. For more information visit https://bit. ly/3q76KiE.

> Nebulas, Star Clusters & Galaxies, Oh My! This fun and interactive presentation is designed as an introduction to the most common of these astronomical "deep sky" objects. 7:30 p.m. March 23. Cost is \$8. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit https://bit.ly/3wbqHZj.

ONGOING

Golden Girls Senior Women's Softball is looking for players of all experience levels for games on

Of the utmost importance to master gardeners is the ability to promote environmentally conscious gardening methods.

"Our big emphasis here is to do it in an eco-savvy way, meaning what's good for the environment. We don't use any chemical pesticides or herbicides here, so if we see a problem on a plant, we try and identify it and then deal with it," said Smith. In lieu of these chemicals, gardeners have more opportunities to learn as they experiment with non-toxic pest removers. "If you had an infestation of some kind of insect or pest, you could just go in and spray it and kill it. It takes more manual labor on our part as we might use something that's less toxic than a commercial pesticide. You could use soap and water, say. It's not gonna kill them, but

Wednesdays and Saturdays in Vienna. For more information visit goldengirls.org.

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

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

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

it's gonna knock 'em off," Bowers said.

Bowers added that the most visible impact of avoiding these chemicals is the resulting strength in the ground soil, adding that his experience working with the program helped him learn more about this. "The main thing I learned was to be out in a garden regularly and observe. So, if you're watching your garden and your plants on a daily basis, you can tell what's going on with them," said Bowers. As the site aims to educate as many guests as possible, the Gardens will begin workshop days on the third Saturday of each month from 9:30 until 10:30 a.m. for guests to learn more about gardening on their own. The first workday will be on April 16 and will focus on preparing the soil for vegetable gardening.



FAIRFAX COUNTY TIMES HOWE & GARDE Spring 2022

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In addition to its educational purposes, the garden's yields are donated to organizations aiming to feed those in need.

"We decided that we didn't want to just grow vegetables for show. We wanted to grow vegetables to give to others," explained Smith.

While Green Springs originally partnered with Food for Others, Smith explained their interest in benefitting the local community in their future efforts. Due to this, Green Spring Gardens now partners with Annandale United Methodist Church which feeds around 300 people every Thursday afternoon through their large food pantry.

LOPEZ

CONTINUED FROM PAGE B1

recital, but at an event where they feel like they are stars and really stepping it up," Lopez said. "Jammin Java is the real deal."

At the show, 50 percent of all profits will be donated to the organization Cure CMD in the name of Lopez Studios student John Gluck, who suffers from a rare form of Muscular Dystrophy called Collagen 6.

Gluck, a Herndon resident, was one of the stars of NBC's "Ordinary Joe" this past season and has been making a name for himself in Hollywood due to his impressive singing and acting on the show.

"John will be talking about Cure CMD and their research, and then his journey from Lopez to 'Ordinary Joe," Lopez said. "He'll also be singing 'If I Can't Love Her' from 'Beauty and the Beast.""

Other students taking part in the program include Xavier Bailey, Ella Diawatan, Jessica Gross, Macey Jacobs, Evan Johnson, Cassidy Loria, Ella Pfeiffer and Cori Teel.

"I'm looking forward to being able to perform with such a talented group of people," said Gross, a 10th grader at Fairfax Christian School, who has been taking lessons with Lopez for years.

As he does every year, Victor Lopez will also be taking to the stage to close out the show, and his talented daughter, Marisa Lopez, who works as a choreographer at the studio, will be singing as well.

Although he's not certain what tunes he'll be singing yet, Lopez does note one will be from "Dear Evan Hanson" and the other will be an audience favorite.

Lopez, who has been involved in music for most of his life, discovered a passion for education in school, which drove him to opening Lopez Studios a quarter century ago.

"I was a kid, pretty talented growing up, and needed outlets, and now I get to teach and inspire those like me," he said. "It's not just about teaching technique, but also inspiring kids to do better and do more and be excited about coming to lessons is a whole other thing. That added element has helped Lopez Studios and our kids be successful. That's what I've enjoyed the most."

He invites everyone in the community to see these rising musical theatre stars in action at Jammin Java this Sunday.

"It's a great opportunity to see these kids perform, and there's a good variety of shows represented, from the Golden Age to current shows," Lopez said. "It's a great day to hear some great talent and have a good time."

Best of Broadway begins at 1:30 p.m., at Jammin Java. For more information or to buy tickets, visit www. jamminjava.com.

HEALTH & WELLNESS

Friday - Sunday, MARCH 18 - 20, 2022 fx

FAIRFAX COUNTY TIMES

FCPS staff members report sickness from mold in school buildings

By Jaya Patil FAIRFAX COUNTY TIMES

t the county school Aboard's ESSER Public Hearing on Feb. 24, FCPS employee Lina Hashem the board regarding funding. "As you consider priorities to ask you to consider allocating sufficient funds for upkeep and remediation of school buildings, especially in regard to mold," she said.

The Elementary and Secondary School Emergency Relief (ESSER) fund is an awarded grant of \$188.8 million for the reformative operation of schools following the pandemic. COVID further asthma in their 50s. Their affected by what we're breathing in.

Mold is inevitable but the caused [their] asthma." problem arises when it is elevated indoors. Only a fraction of the thousands of mold species poses a health risk by igniting allergies, causing infection, or being toxic. As more mold means a greater out sick." chance of toxic mold. At least mated to be significantly susceptible to those mold species, but no one is immune to toxigenic mold.

Investigation into the issue raised at the board meeting found four FCPS instructional staff members exposed to excessive mold in the schools. All the individuals wished to remain anonymous due to the now I'm getting osteoporosis like pain."

raise awareness about the extent of the issue, not just for the prone 25 percent but for after. everyone exposed.

One former employee's was one of 13 who addressed life changed in what they called "the death trailer." Their active health took a drafor ESSER funding, I'd like matic decline while working in the trailer in question, and multiple health issues were noted for staff and students who occupied it in subsequent years. Staff requested the trailer be checked and they discovered mold.

FCPS allegedly dealt one." with the mold in that trailer. Meanwhile, the former employee was diagnosed with raised the issue of how we are doctor told them "that would never happen unless something in the environment

The former employee was returned to the remediated trailer and started having health issues warranting doctor visits "almost every other week." They said, "One day, mold thrives on moisture, out of our 26 kids we had 11

25 percent of humans are esti- the trailer was evaluated again they were deeply familiar with over the winter break of 2018. Mold was again discovered and remediated, but the former employee reacted immediately upon returning to work in the trailer.

> "I have severe asthma now, damaged corneas, [and] one time I was on [antibiotics] six weeks in a row so

risk of retaliation against them in my spine," they said. Their but shared their experiences to concern is for the students, as tration of the possibility of three of their former students developed asthma shortly

One employee noted the difficulty of the "myriad of symptoms [and] conventional doctors who aren't mold-literate." Getting sick from mold is an expensive experience, from medical coverage to purging contaminated belongings and losing income. In the struggle to cleanse their life of a microscopic problem, they said, "The emotional toll is just as strong as the financial

The employee's experience highlighted the need for monitoring children's health for the wide-ranging symptoms, from GI distress to skin conditions. They advised parents, "if their child is having a health issue then it could be related to the school."

One longtime staff member never had problems in their 20-plus years working for the county until the incident that led them to the lifelong need for ADA paperwork. After exposure to toxic They raised the issue and mold in a previous apartment, the symptoms.

> They accepted a new position in the county without the assumption that mold would meet them there. It took 30 minutes of a school tour for the longtime staff member to experience "shortness of breath, a tingling sensation, massive headache, and flu-

They told the adminismold and were told it would be handled. After the summer passed, they returned and were instantly symptomatic. A genetic disposition makes it so that mold poisons their body, but they noted, "Just because my body detects it and somebody else's doesn't, doesn't mean that it's not affecting their body. It's still not healthy for anybody."

On another tour of a school, the longtime staff member saw a puddle from a ceiling leak and rooms without ventilation or windows-all grounds for mold growth. "If it affects my brain and my liver, who knows what it's doing to these children," they exclaimed.

Diagnosed with CIRS, FCPS teacher Catherine Bond said, "it is vital that I'm not being exposed to mold anywhere-in my home, at my workplace, when I travel," or elsewhere. All the exposed individuals advocated proper funding to address the systemic issue, creation of laws for protection, and education into the physiological damage from exposure to excess mold.

"Clean air is a right and a healthy environment is a basic necessity. We need to fund the upkeep and repairs needed to provide a safe environment for students to learn and staff to work," Hashem concluded to the board.

This story is the first of a series about mold.



PAGE B-5



Managing blood sugar levels can support weight loss

KEYS TO BETTER HEALTH CINDY SANTA ANA

I f you've been follow-ing my articles for a while you know that I used a Continuous Glucose Monitor for four months last fall and winter. The information I received was invaluable in determining which foods were spiking my blood sugar and subsequently, not benefiting my health. In the end, I was able to lose the 25 pounds I set tips I learned.

glucose levels spike, our pan- need to adjust the medication vegetables, and a healthy fat used up. creas produces insulin. Insulin then shuttles excess glucose from the blood and puts it in our liver, muscles, and fat cells. After years and years of repeated assaults like this, insulin becomes less effective at its job and this is called insulin resistance which can lead to pre-diabetes and even Type 2 diabetes if left unchecked.

Measuring your are. Hemoglobin A1c is an important marker to determine your risk level for elevated blood as a goal and a few more this sugar. If you employ some of month as I keep applying the the following tips and are on medication to maintain healthy How does this work, you blood sugar levels, let your

as these tips work very well at lowering your A1c naturally. Studies show that when we focus on lower glucose spikes. we can lose weight more easily. You may not even know that your glucose levels are spiking, but if you're eating simple carbohydrates like bread, cereal, pasta, rice, and the like, they most certainly

I want to share some tips I learned so that you can reap the benefits too. These tactics help lower blood sugar spikes which over time will help you lose weight.

1. Make sure each meal

- especially your first meal healthy blood sugar response if any at all. In fact, my blood sugar stays stable for hours when I eat this way.

2. If you do have starch with your meal, eat your protein and veggies first.

3. Don't eat simple carbs like pasta or rice with dinner as it will probably spike your blood sugar and it can stay high overnight. The food we take in is energy to use throughout the day and we're less active at night - not using as many calories - in fact, most of us are sitting down watching TV

may ask? Well, every time our doctor know because you may contains protein, fiber from so that glucose doesn't get

of the day. This will create a of fruit or a sweet treat, pair it with a fat like apples with nut butter or orange with two walnuts. Or, take your fish oil supplement with your treat.

> 5. The best way to use up glucose after a meal is to take a 10-15 minute walk after each meal, especially dinner. If you can't walk because of darkness or inclement weather - try walking up and down the lowering your blood sugar stairs in your home or do some squats or standing arm circles and leg lifts.

6. Make sure you eat healthy fats and limit pro-4. If you have a piece cessed, trans fat (from fast food and fried foods). They help regulate blood glucose levels by making sources of glucose digest more slowly, releasing their sugar into the blood over a more extended period of time. Examples include avocados, olive oil, fatty fish (salmon, halibut, sardines), nuts, and seeds.

> If you need more support levels or support with weight loss, let's chat at www. UnlockBetterHealth.com.





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Friday - Sunday, MARCH 18 - 20, 2022 fx FAIRFAX COUNTY TIMES **Business & Services Directory** Contact Marcia Patch for all your Classified section needs • Phone: 703-904-1004 • Email: marcia@wspnet.com Spring Specials ELECTRICAL North's Custom Masonry **Moving & Storage** Family Owned Since 1970 CHARLES JENKINS TREE SERVICES **Retaining & Decorative Walls** • Install Ceiling Fans Stonework • Patios and Walkways • Recessed Lights Mulch Fire pits, Fireplaces & Chimneys Whether the move is bia • Under Cabinet Lights **Repointing Brick** Special Sale or small - VA4MOVERS Change Light Fixtures Concrete and Paver Driveways No Job is too small! FREE ESTIMATES • REASONABLE RATES can move them all! **Angie's List member** Licensed & Insured | We accept all major credit cards! Cell: 540.422.9721 **Call Brian 540-533-8092** Now offering cleaning services! Edwin C. 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Email CV **Department of the Trial Court** Junction Bar and Bistro 2685 District Ave Ste 115 to jcarlisle@fhlb-of.com; reference job code Fairfax, Fairfax County, VA 22031-1566 20 Bennett Farm LLC, and Caddy Farm LLC F9285-00003. E.O.E. The above establishment is applying to Slalom's McLean, VA office has multiple openings for TECHNOLOGY CONSULTANTS (various types/levels): Identify & develop technology solutions for clients. Must be available to work on projects at various, unanticipated sites w/n commuting distance of Slalom office TO APPLY. Go to the VIRGINIA ALCOHOLIC BEVERAGE TO THE KNOWN INTERESTED PARTY {IES) NAMED BELOW: CONTROL (ABC) AUTHORITY for a Wine Call Marcia Patch The Petitioner(s) 20 Bennett Farm LLC, and Caddy Farm LLC has filed a Petition with and Beer (on and off premises) and mixed the Land Court, a copy of which is attached hereto, alleging that: beverage license to sell or manufacture alcoholic beverages. 703-904-1004 distance of Slalom office. TO APPLY: Go to www.jobpostingtoday.com, search for job code Chad Sparrow The Petitioners, 20 Bennett LLC and Caddy Farm LLC, have filed a petition with the Land Court seeking an Order that new certificates respectively issue to the petitioners 57048 & submit resume. NOTE: Objections to the issuance of this for certain parcels of land located in Saugus, Essex County, Massachusetts being Lot 451 license must be submitted to ABC no later Capital Area Food Bank is preparing to on located on Mildred Street and Lots 240A, 241A, 242A, 364A, 365A, 366A and 367A Software Engineers (McLean, VA). Dvlp carry out 20-20-58 UN/COV19 Capital Area than 30 days from the publishing date of located on Hood Street, all shown on Land Court Plan 496D as noted on Certificate of CI/CD roadmap in Jenkins for implmtg Food Bank CDBG Project through the use of the first of two required newspaper legal Virginia Community Development Block notices. Objections should be registered Title No. 7647 issued from the Essex North Registry District. National Investment and to the project. Dsgn applics on AWS Grant Funds. at www.abc.virginia.gov or 800-552-3200. Development Company a dissolved and revived corporation is the current owner of across availability zones & availability In the implementation of this project the said parcels pursuant to Certificate of Title No. 7467 and has deeded the Mildred Street (03-18-22, 03-25-22) regions. Master's deg. in Comp. Sci, Engg, 3009284 following kinds of contracts will be issued property to 20 Bennett LLC and the Hood Street property to Caddy Farm, LLC. to Info Systems or equiv & 2 yrs of exp or and procurements made: a. Food [(Full name(s) of owner(s)]: any stockholders and any other persons claiming any interest in National Development Bachelor's deg. in Comp. Sci, Engg, Info //ABC b. Equipment Johnson Brothers Service and Investment Company, a dissolved and revived Massachusetts corporation, now Systems or equiv & 5 yrs of exp. May Capital Area Food Bank is soliciting Distributing Inc. or formerly located in Boston, Suffolk County and said Commonwealth, Samuel J. also req. travel to various unanticipated the participation of minority-owned and Trading as: client sites nationally. Send resume to: Gorsey, as he was director of said corporation, deceased, formerly of Los Angeles in female-owned businesses, contractors and Johnson Brothers Service Distributing Inc. Technology Ventures LLC, 7930 Jones the state of California, Daniel L. Freedman, as he was a director of said corporation, suppliers in carrying out this project. Such 8397 Paris Street Suite A businesses may be included on appropriate Branch Dr, Ste 310, McLean, VA 22102. deceased, formerly of Worcester, Worcester County and said Commonwealth, Ivy M. Lorton, Fairfax County, VA 22079-1419 bid and procurement lists by submitting a Cathcart, of parts unknown, Charles V. Gorsey, deceased, formerly of Herndon in

Marketing Specialist to conduct market research to identify customer trends, competitor offerings & demographic data regarding residential real estate, etc. Mon-Fri 40hrs/wk. Bachelor's in Business Administration, Marketing, or related field of study req'd. Mail Resume to Thornett Fine Properties LLC, 1364 Beverly Rd, Suite 100, McLean, VA 22101.

written request within ten (10) days of this notice. Requests should state the name, address, product or service, and how the firm qualifies as a minority or female owned business concern.

Such requests should be addressed to: Cynthia Singiser Senior Director of Northern Virginia Region Capital Area Food Bank 6833 Hill Park Drive Lorton, VA 22079

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine Wholesaler, Beer Wholesaler, Wine Importer and Beer Importer license to sell or manufacture alcoholic beverages. Yale Johnson, Vice President

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200. 3009271 (03-11-22, 03-18-22)

the Commonwealth of Virginia, Melvin I. Freedman, deceased, formerly of Boston, Suffolk County and said Commonwealth, Eugene M. Freedman, deceased, formerly of Newton, Middlesex County and said Commonwealth, or their heirs, devisees, legal representatives, successors or assigns

A list of all known interested parties at the time this Citation is issued is included below. If you, as an interested party, wish to object or defend against this Petition, you or your attorney must file a written appearance and an answer. The answer must state clearly

Software Engineer needed in Fairfax, VA office. MS in Comp. Sci., Engg., Math, or rltd IT field or equiv. + yr relevant IT work exp. reqd. Research, dsgn, dvlp, implmt & test complex s/ware groupware & systems applics; Analzye s/ware, prgms, data processing, & h/ware reqmts; Exp. w/ the following skills is preferred: Angular, REST API, .NET Core, & ASP.NET; Travel may be reqd. Send resume, ref. & sal. req. to Attn: Prasad Nagaraj, Advance Digital Systems, Inc., 4290 Chain Bridge Rd., Ste 200, Fairfax, VA 22030.



Place a Birth or Wedding in the Fairfax County Times

Contact Marcia Patch for more information at marcia@wspnet.com or 703-904-1004



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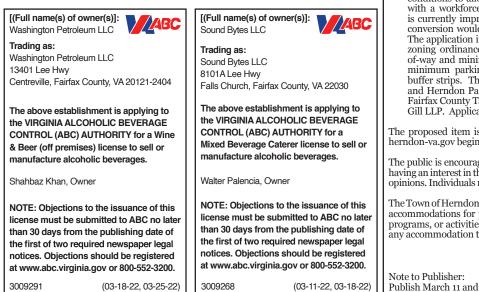
P. 571.482.4771 csingiser@capitalareafoodbank.org Virginia Relay: 711 F. 703.541.0179 All above referenced procurements will be made on a competitive basis



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and specifically your objection or defense to each part of the Petition. You must sign the answer "under oath", which means that you swear or affirm the answer is true. This appearance and answer must be filed in the office of the Recorder of the Land Court on or before the **DEADLINE TO ANSWER: 04/18/2022.**

A copy of this answer must also be served upon the Petitioner(s) at the address provided below on or before the above deadline. If you do not respond, you may lose the chance to tell your side, and the Court may decide the case against you by default and award the Petitioner everything asked for in the Petition.

To the Petitioner:

The Court ORDERS the Petitioner to

(1) mail a copy of this Citation to each interested party named below by certified mail at least thirty (30) days prior to the deadline to answer; and (2) serve this Citation on the interested party(ies) named below by publishing it one time in The Boston Globe, in the City of Boston, Commonwealth of Massachusetts, and publish in The Fairfax County Times, in the City of Herndon, Commonwealth of Virgina.

After the deadline to answer, if no one has filed an answer with the Land Court, the Petitioner shall file with the Land Court a military affidavit and motion for general default, togetherwith proof(s) of service. These forms may be found at www.mass.gov/ courts.

Questions may be directed to the Chief Title Examiner of the Land Court.



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

APPLICATION FOR A ZONING MAP AMENDMENT - ZMA #21-01, **APPLICATION FOR A ZONING MAP AMENDMENT – ZMA #21-01**, **315 Elden Street**, to consider a zoning map amendment from CS, Commercial Services, to PD-UR, Planned Development – Urban Residential, with proffered conditions to allow the conversion of an existing hotel to multi-family residential with a workforce housing component. The site is approximately 6.4 acres and is currently improved with 168 rooms spread across 11 buildings. The proposed conversion would result in up to 174 dwelling units (28 dwelling units per acre). The application includes requests for modifications to the following sections of the zoning ordinance: Section 78-51.1(e) regarding maximum setback from a right-of-way and minimum separation between structures, Section 78-100.2 regarding minimum parking requirements. and Section 78-10.4(d) regarding perimeter minimum parking requirements, and Section 78-110.4(d) regarding perimeter buffer strips. The property is located at the southwest corner of the Elden Street and Herndon Parkway intersection and is bordered by Grove Street to the south. Fairfax County Tax Map Reference Number 0171-02-0007. Agent: Ken Wire, Wire Gill LLP. Applicant and property owner: Elden Street Owner, LLC.

The proposed item is available for review by the public on the town's website www. herndon-va.gov beginning March 11, 2022 after 3:00 p.m.

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

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

Publish March 11 and March 18, 2022