



THIS WEEK INSIDE:

FAIRFAX COUNTY TIMES
HOME & GARDENS
Page A8



COURTESY PHOTO

Keep young wildlife healthy and wild

SEE PAGE A2



COURTESY PHOTO

The legacy of an archivist

SEE PAGE A6



COURTESY PHOTO

Vale schoolhouse welcomes back Stan Proffitt

SEE PAGE A6



COURTESY PHOTO

Willie Nile - ready to rock at Jammin Java

SEE PAGE B1

INDEX	
Public Safety	A2
People & Places	A3
Opinion	A5
Sports	A7
Home and Garden	A8
Arts & Entertainment	B1
Pets	B3
Arts Calendar	B4
Community Calendar	B4
Health & Wellness	B5
Classifieds	B6

25¢ NEWSSTAND PRICE

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County vehicle values are skyrocketing, and so are tax bills for owners

Governor will sign a bill to mitigate the impact

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

As of January 2022, nearly 90 percent of Fairfax County vehicle owners will experience a substantial increase in the assessed value of vehicles. Car prices have risen for various reasons but it all boils down to high demand and limited supplies.

Christina Jackson, chief financial officer for Fairfax County and overseer of the Department of Tax Administration, presented this information at the Board meeting. Jackson says though most vehicles depreciate annually, recent increases in prices are noticeable.

"This is not a foreign concept to us in terms of having used cars rise in terms of value," said Jackson. "However, this is much more significant given how COVID and the pandemic have impacted the supply chain and the availability of used cars."

Initial projections for the FY 2023 advertised budget



indicate an average vehicle levy increase by approximately 15.5 percent. However, January 2022 vehicle values reflect an increase of more than 33 percent.

"As our base for vehicles grows in our county both in terms of the number of vehicles and the values of those vehicles, the money is spread thinner, and that is also affecting the average projected tax bills," said Jackson.

Last Thursday, Governor Glenn Youngkin announced that he would sign an emergency bill (SB771) allowing automobiles to be decoupled from other personal property,

giving localities the choice to opt-in and lower the car tax.

"Inflation has hit Virginians so hard already," said Delegate Phillip Scott (R-88). "We must be doing everything we can at all levels of government to provide relief as quickly as possible." Scott introduced the House version of the bill.

Lee District Supervisor Rodney Lusk also favors this move. Lusk brought up a personal story about how he was looking for a car for his daughter and seeing the prices at an outrageously high number.

"We have to do something because this assessment would create an issue for several of our residents, and they would be taken aback by it, so this action that we are looking at here makes sense to me," said Lusk.

In addition to the bill, other options that can help mitigate the impacts on taxpayers were brought into the discussion as well. Among them would be applying an 85 percent assessment ratio, which is well-tailored to the temporary nature of the assessment increases and is a recommended approach. Data presented at the

meeting shows the average assessed value of a personal-use vehicle by the FY 2022 standard is more than \$11,700. Without the assessment ratio for FY 2023, the AAV would be more than \$15,600. With it, it would exceed \$13,300. The total tax bill would be \$716 if not for the assessment ratio, which would take it down to \$608. In this instance, the taxpayer's actual payment drops to \$307 once the state's personal property tax subsidy is applied.

"It makes sense to mitigate the extreme rise in vehicle prices, especially used cars," said Senator Chap Petersen (D-34). "This gives the local government more flexibility."

Jay Doshi, director of the Fairfax County Department of Tax Administration, said the department anticipates that bills will start going out in July. The next Budget Committee meeting is scheduled for March 29. That meeting will include a presentation on the FY2023 budget by the Human Services Council.

Residents turn out to support the People's Convoy



By Heather Zwicker
FAIRFAX COUNTY TIMES

Residents gathered March 18 and 19 on the Georgetown Pike overpass of the Capital Beltway in McLean to show their support for The People's Convoy. One other area overpass where there was a large gathering was the Lee Highway overpass in Falls Church.

The People's Convoy left Adelanto Stadium in California and made several stops along the way before reaching their staging area in Hagerstown March 4. Since then they've driven around the Beltway daily, but there have been no issues with law

enforcement as the Freedom Convoy experienced in Canada. Their plans are to have a presence in the area indefinitely.

"Since the convoys first began their travels through Virginia, the Virginia State Police has been communicating with our counterparts at the local, state and federal levels throughout the NCR (national capital region)," said Corinne Geller, VSP public relations director. "We continue to monitor the convoys; to date the Virginia State Police has not made any arrests or had any major incidents involving the convoy participants."

See CONVOY, Page A4

POSITIVE Vibes
BY JAYA PATIL • Fairfax County Times

Intergenerational connection

High school club is revitalizing relationships with elders

"A lot of the elders in the retirement homes weren't able to see any of their family members. [We] wanted to create all these letters and deliver them to show them that people are still thinking and caring about them," said founder John Claude Shaffer about the start of the Elder Outreach Club at South County High School.

Shaffer will easily rhapsodize over his grandparents after having a close relationship with them while growing up. He was naturally attentive to the needs of elders in the community amidst the pandemic—especially those in senior living facilities who were isolated from the public.

Shaffer started the club in 2020 and has kept it active each year; he's now a junior. The club began with letters, organizing letter campaigns around holidays and offering prompts to stimulate ideas for the high school students writing them.

Students often share memories about a holiday in their letters, including questions for the seniors who will receive them—bringing interaction into the experience. Respectful of the limitations at the time, the club would drop off the letters to be distributed by facility staff.

"The whole point of this club [is] those intergenerational

See ELDERS, Page A4

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PUBLIC SAFETY



COURTESY PHOTO
Young rabbit

Keep young wildlife healthy and wild

Springtime is here, and with the warming temperatures, there is a boom in baby wildlife. Fairfax County Police Department Animal Protection Police Officers and Wildlife Management office receive many calls this time of year from residents who are seeking help for young wildlife that appear to be orphaned or abandoned.

While these actions are well-intended, it is important to realize intervention may be unnecessary and can be detrimental to wildlife. Many baby animals that are brought to wildlife professionals are in no need of help from humans. Baby animals left alone are not necessarily orphaned or abandoned; many species of wildlife will hide their young for safety, leaving them alone for extended periods of time.

Common wildlife frequently found and “rescued” in Fairfax County include squirrels, red foxes, raccoons, rabbits, skunks, opossums, and songbirds. If you come across a baby animal and feel the need to intervene, we offer guidelines below to determine if the animal needs help. If an animal is displaying these signs, contact a licensed wildlife rehabilitator, veterinarian or our Animal Protection Police for further assistance and instruction.

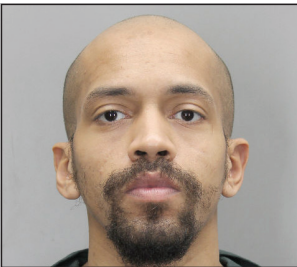
Signs that an animal needs help include: Shows

signs of flies, worms, or maggots, which look like grains of rice; Was caught by a cat or dog; Is bleeding, has an open wound, or shows signs of trauma, such as swelling; If the parents are known to be dead or separated and cannot be reunited; Is very cold, thin, or weak; Is on the ground unable to move; or Is not fully furred or feathered.

Do not attempt to treat or raise wildlife yourself. Please do not handle any baby wild animal and do not attempt to offer food or water unless instructed to do so by a professional. Many young animals require special diets and inappropriate food or feeding technique can lead to sickness or death. Wild animals can also cause injury or carry parasites and disease, even at a young age. Human handling may cause unnecessary stress or result in trauma to the animal and could increase the risk of disease exposure to humans, including rabies from mammals. As a safety measure and for the welfare of the animal, contact a professional before intervening.

A young animal’s best chance for survival is to receive natural care from its parents and remain wild. Before intervening, please learn more about which wildlife species and situations you are most likely to encounter and ways to determine whether an animal needs help.

If you have questions about whether an animal needs help or to locate a licensed wildlife rehabilitator, you may contact the Virginia Wildlife Conflict Helpline toll-free at 1-855-571-9003. This helpline is available Monday through Friday from 8 am to 4:30 pm. FCPD Animal Protection Police can be reached through the Police non-emergency number at 703-691-2131.



COURTESY PHOTO
Gerald Brevard III

Suspect in homeless murders previously arrested in Fairfax County

A man who allegedly stalked and killed homeless people who were sleeping on streets in New York City and Washington, D.C. had previously been prosecuted in Fairfax County.

Gerald Brevard III, 30, who lives in the Washington, D.C. area was charged last week in connection to the D.C. cases. He has a criminal history and currently has charges pending for parole violation in Fairfax County with a court date of Sept. 14, 2022.

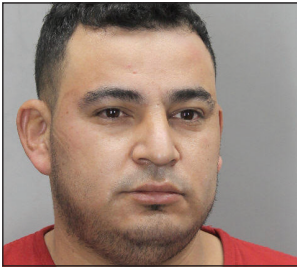
Brevard also was arrested on felony charges of abduction with intent to defile in December 2020. That charge was plead down a misdemeanor assault and battery charge by the Fairfax Commonwealth Attorney’s Office. Brevard plead guilty to that charge and received a 12-month suspended sentence and 12 months of supervised probation.

The results of that case set off a recent exchange on Twitter between Commonwealth Attorney Steve Descano and the Virginia Attorney General Jason Miyares.

“These murders should have been prevented. Fairfax CA @ SteveDescano had the chance and failed,” tweeted Miyares on March 16. “Reduced charges/light sentences for dangerous offenders is no progressive, but regressive.” Miyares said that the original charge had a penalty of up to life in Virginia. “We know there’s a history of a criminal first, victim last mindset that has allowed violent

criminals back on the street,” he said of Descano’s office. “It’s leading to tragic consequences.”

Descano responded with a tweet of his own calling it typical uninformed scaremongering. “If he was competent at all he’d know that prosecutorial outcomes are constrained by evidence, and there are different evidentiary standards for arrest vs. successful prosecution,” he tweeted. Descano went on in another tweet to call the attorney general a liar.



COURTESY PHOTO
Jose Diaz Ortezt

Fairfax man arrested after crash

Fairfax City Police officers responded for a motor vehicle crash in the 9400 block of Fairfax Boulevard March 21 at approximately 9:01 p.m.

An investigation revealed that one of the drivers was intoxicated. Jose Diaz Ortezt, 34, of Fairfax, was taken into custody and transported to the Fairfax County Adult Detention Center where he was charged with driving under the influence of alcohol and refusal. Ortezt was held on a \$2,000 unsecured bond.



COURTESY PHOTO
Autum Evans

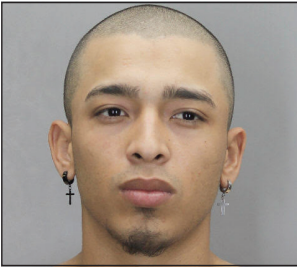
Ride share passenger arrested

The victim, a ride-share driver, called police after a

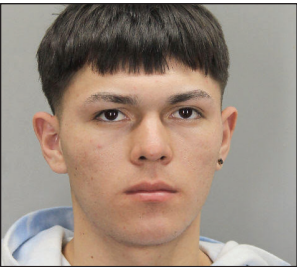
passenger, Autum Evans, 24, of Alexandria, stole his vehicle.

Evans then crashed the vehicle March 10 at 11:13 p.m. a short distance away near North Kings Highway and School Street. She was taken to the hospital and treated for injuries that were not considered life threatening. At the hospital, she assaulted an officer. No officers were injured.

Evans was charged with driving under the influence, grand larceny, and assault on law enforcement.



COURTESY PHOTO
Luis Fernando Guardado Moreno



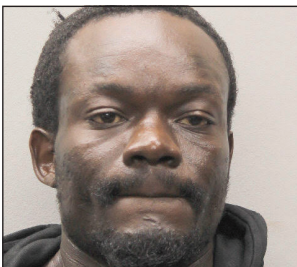
COURTESY PHOTO
Jose Estiben Palacios Reyes

Two arrested after running from police

Officers made a traffic stop on a 2005 Toyota Matrix at Little River Turnpike and Lake Boulevard March 14 at 1:17 p.m. Officers conducted a search of the car and discovered a firearm. The three occupants of the Toyota ran away.

Officers found two of the men, Luis Fernando Guardado Moreno, 20, of Manassas and Jose Estiben Palacios Reyes, 20, of Maryland.

The man from Manassas was charged with illegally possessing a firearm, possessing a firearm on school property, fleeing from law enforcement, and driving without a license. The man from Maryland was charged with false identification to law enforcement, fleeing from law enforcement, illegally possessing a firearm, and being in possession of a firearm on school property. The third man has been identified and warrants were obtained for his arrest.



COURTESY PHOTO
Vandi Gbla

Man arrested in Fairfax

Officers were called to the 3000 block of Castle

Road March 11 at 11:08 a.m for a suspicious man sitting inside a parked vehicle. When officers arrived, they found Vandi Gbla, 26, of no fixed address sitting inside a vehicle that was reported stolen earlier in the day from a neighboring jurisdiction. Gbla was taken into custody and charged with grand larceny.

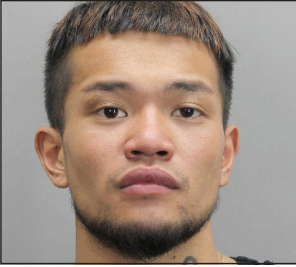


COURTESY PHOTO
Bill Collier presents an award to Fairfax County Fire and Rescue Lt. Jason Kim

Fairfax Fire and Rescue officer receives award

Bill Collier of the Sons of the American Revolution (SAR) – Colonel William Grayson Chapter, stopped by Fire Station 40, Fairfax Center, A-Shift to honor Lt. Jason Kim with the SAR Fire Safety Commendation Award March 17.

Kim is a newly promoted officer who goes out of his way to learn more about his new position. As a relief officer in the 7th Battalion, his assignments range from rural Clifton to urban Fair Oaks. Wherever he is, the lieutenant explores, asks questions, and sets expectation for his crew. He is also a member of the Hazardous Materials Response Team and is training to ride in command of the Hazardous Materials Unit at Station 40. As a paramedic, Kim is a true all-hazards officer, and takes all his roles very seriously, to include being a mentor to newer members.



COURTESY PHOTO
John Emperado

Chantilly man racks up nine charges

The victim had his property and car keys taken from a locker inside a business in the 8100 block of Strawberry Lane March 15 at 2:35 p.m. He went out to his vehicle and discovered it stolen.

Utilizing a tracking device inside the victim’s vehicle, officers were able to find the vehicle and arrested John Emperado, 31, of Chantilly. Emperado was charged with grand larceny, six counts of credit card theft, petit larceny, and false ID to law enforcement.

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PEOPLE AND PLACES



COURTESY PHOTO
Cindy Walsh

NACPRO honors park services division professional

Cindy Walsh, director of Fairfax County Park Authority’s Park Services Division, will be honored by the National Association of County Park and Recreation Officials (NACPRO) with a 2022 NACPRO Award, which honors excellence in the field of parks and recreation.

Walsh, a veteran of the Park Authority with more than three decades of service, was recognized in the Professional - Fellow category.

“The Park Authority is very lucky to have a flexible, talented individual, willing and able to lead the Park Services Division. She has provided gifted leadership,” said Park Authority Executive Director Jai Cole. “Cindy has been our go-to division director, filling in as needed when vacancies developed. She has often worn two hats. She is the best kind of employee and a mentor to countless young park professionals over the years, many of whom will emulate her and provide a continuum of excellence.”

Walsh started with the Park Authority in September 1989 as the agency’s first special population’s coordinator. Over the past three decades, she served as agency access supervisor, program supervisor for Rec Centers, site operations manager for Park Services Division, Resource Management Division operations branch manager then Division Director, and most recently, director of the Park Services Division.

She earned a bachelor’s degree in therapeutic recreation from Longwood College in Virginia and previously worked for Chesterfield Parks and Recreation, the Northern Virginia Training Center and Prince William County Park Authority.

In all roles with the agency, she demonstrated the ability to lead and get the job done. As COVID-19 struck the region, her division accommodated by creating free virtual fitness programs and turning the summer performance series into a popular livestream; developing COVID-19 safety procedures for Rec Center patrons and staff; and safely reopening vital community-centric programs, such as day care, swim lessons and summer camps.

“Whether it’s pivoting Rec Center operations during COVID, developing the Resident Curator program, or addressing budget shortfalls, Cindy is on it; always well prepared for the challenges ahead,” said Park Authority Deputy Director Sara Baldwin.

This year’s awards ceremony will be held in Valdosta, Ga. in May. NACPRO is a nonprofit professional organization that advances official policies that promote county and regional park and recreation issues, while providing members with opportunities to network, exchange ideas and best practices and enhance development.

Students win prizes in C-SPAN video documentary competition

Last week C-SPAN announced that students in Alexandria and McLean

are winners in C-SPAN’s national 2022 StudentCam competition.

Gabriel Swinton, a student at Browne Academy in Alexandria, will receive \$250 as an honorable mention prize winner for the documentary, “Gun Control: Why Something Needs to Change.”

Lucy Savarie and Mia Mervis, students at Alexandria City High School will receive \$250 as honorable mention prize winners for the documentary, “One Stamp At A Time,” about food stamps.

Jaiden Saran and Tara Prakash, students at McLean High School in McLean and Sidwell Friends School in Washington, D.C., will receive \$250 as honorable mention prize winners for the documentary, “Postal Cents,” about the United States Postal Service.

The competition, now in its 18th year, invited all middle and high school students to enter by producing a short documentary. C-SPAN, in cooperation with its cable television partners, asked students to explore a federal policy or program and address the theme: “How does the federal government impact your life?”

In response, more than 3,000 students across the country participated in the contest. C-SPAN received over 1,400 entries from 41 states, Washington, D.C., Morocco and South Korea. The most popular topics addressed were: Environment & Pollution (10 percent), Health Care & Mental Health (9 percent), COVID-19 & Recovery (7 percent), Immigration (5 percent), Second Amendment & Firearm Legislation (4 percent).

“This year we asked students to reflect on how a federal program or policy is relevant to their lives and communities,” said Craig McAndrew, director of C-SPAN Education Relations. “The winners showcased exceptional research and production values as they wove personal stories with historical or contemporary issues. These middle and high school students far exceeded our expectations, and we are elated to share their hard work with the country.”

C-SPAN is funded by America’s cable television companies, who also support StudentCam. In Northern Virginia, C-SPAN is available locally through Comcast and Cox.

More than 300 students from across the country are winning a total of \$100,000. C-SPAN is awarding one grand prize, four first prizes, 16 second prizes, 32 third prizes and 97 honorable mention prizes. These winning videos will receive cash awards of \$5,000, \$3,000, \$1,500, \$750 and \$250, respectively.

High school students competed on a regional level, with the United States divided into three regions: West, Central and East. Middle school students were judged on a national basis. The grand prize winner was selected nationally among all regions and grade levels.

The annual StudentCam competition is sponsored by the C-SPAN Education Foundation. Videos were evaluated by a panel of educators and C-SPAN representatives based on the thoughtful examination of the competition’s theme, quality of expression, inclusion of varying sides of the documentary’s topic, and effective incorporation of C-SPAN programming.

FCPS students earn a trip to DECA International

A total of 153 students from 12 Fairfax County Public Schools (FCPS) high schools were recognized as

competitive event winners at the Virginia DECA State Leadership Conference held in Virginia Beach March 2-6.

These students earned the right to compete at the DECA International Career Development Conference April 23-26.

Two FCPS students were elected to state office: Camryn Owens of Lake Braddock Secondary School was elected president, and Lauren Calhoun of Madison High School was elected vice president of region 2.

Thirty students were named first place winners, 21 students earned second place awards, and 22 students place third in their events. A complete list of the award winners can be found at <https://bit.ly/3CQ4YaA>.

Olivia Zhang and Morgan Link from McLean High School tied for 2nd place in the FIDM Entrepreneur of Tomorrow Challenge sponsored by FIDM/Fashion Institute of Design & Merchandising. They will be recognized at the DECA International Career Development Conference.

DECA is a career and technical student organization that prepares emerging leaders and entrepreneurs to be college and career ready. In the Commonwealth of Virginia, DECA members are enrolled in a marketing education class at their high schools.



COURTESY PHOTO
Rob Jackson

MCA salutes outgoing president

The McLean Citizens Association (“MCA”) held a Special Board Meeting to thank outgoing President Rob Jackson and elect his replacement.

The Board unanimously approved a Resolution commending Jackson for his more than two decades of service to MCA and the residents of the Greater McLean Community and Fairfax County.

Jackson served as President of MCA from 2007 to 2012 and from 2022 to 2022, more than twice as many years as any other president since MCA was first established in 1914. The resolution of thanks also notes his leading role in seeking modification to the Tysons Comprehensive Plan. For his work on the Tysons Comprehensive Plan, Jackson received recognition from Dranesville Supervisor John Foust in 2012 naming him as “Lord of the Dranesville District”, an annual Fairfax County tradition since 1984 to recognize exceptional citizens of Fairfax County.

Jackson also spearheaded efforts to adopt an alternative formula for allocating costs of transportation improvements saving the County taxpayers an estimated \$400 million. He has also been active in many transportation projects and groups including Chair of the Citizens Advisory Committee to the regional Transportation Planning Board and helped to create the Greater Tysons Citizens Coalition, a coalition of communities and citizens focused on development and growth in Tysons.

Scott Spitzer, who has served as MCA first vice president, was elected president to replace Jackson. “Rob Jackson’s deep knowledge of community issues, his wisdom and guidance, and his repeatedly answering the call to serve MCA and our community will be missed by all of us,” said Spitzer. “We thank him for his exceptional public service.”



COURTESY PHOTO

Burke Girl Scout Troop 52012 selected Fairfax County’s COVID-19 vaccination team to be recognized as their “hometown heroes” last week. They shared handwritten notes of gratitude along with an assortment of cookies with vaccinators at the Fairfax County Government Center and at other sites across the county. Cookie mom Megan Bailey praised the young women in her troop, “They put such thought and detail into their decision-making and they voted to honor our community vaccinators for all of their hard work over these past two years. We are all so grateful for their service and for keeping us safe.”

McLean area AAUW announces STEM Essay Contest winners

The winners of the 2022 STEM Essay Contest sponsored by the McLean Area Branch of AAUW (American Association of University Women) were announced and recognized during a event held via Zoom on March 15.

The contest was open to 7th and 8th grade students (girls and boys) at local public and private schools. The students were asked to discover and publicize women including women of color who made a difference in Science, Technology, Engineering, and Mathematics (STEM) fields, but who received little or no recognition for their contributions while they were alive. Strong preference was given to essays about women who are not well known even today. Each essay described one woman’s contribution and its impact, as well as why the student selected the woman.

The winners of the contest are: First Place: Ishi Kanaparthi, Cooper Middle School (7th Grade); Second Place: Alden Walcott, Cooper Middle School (7th Grade); Honorable Mention: Lillian Hood, Longfellow Middle School (7th Grade); Honorable

Mention: Hridhaan Banerjee, Cooper Middle School (7th Grade)

As part of the awards ceremony, the first place winner, Kanaparthi, read her essay on Cecilia Payne. Payne was an astronomer and astrophysicist who proposed in 1925 that stars were composed primarily of hydrogen and helium, a groundbreaking conclusion initially rejected because it contradicted the scientific wisdom of the time. Other women who were the subjects of the winning essays were Lise Meitner,

a pioneering physicist who was part of a team that discovered nuclear fission, a term she coined, and Bessie Griffin, a physical therapist, nurse, inventor, and forensic scientist, who found innovative ways to rehabilitate wounded soldiers after World War II. The students are receiving Certificates of Merit and a monetary award by mail.

For more information on the McLean Area Branch, visit the branch website at <http://mclean-va.aauw.net>.

OBITUARIES

In loving memory
Robert Erven Sawyer (Bob)



Robert Erven Sawyer (Bob), was born at Sibley Hospital, Washington D.C. on July 11, 1937. Bob grew up in southern Maryland and Northern Virginia and graduated from Fairfax High School in 1956. He was a talented athlete, who excelled in both basketball and baseball and was also a powerful racquetball player. Bob was employed first by C&P, then later AT&T. His career began as a lineman and installer and he was promoted through the years to a management position with AT&T. Bob retired from AT&T in 1988. He continued to work for the phone company as a private contractor at Quantico Marine Corp Base. In 2000, Bob moved with his wife, Sylvia, to Kilmarnock, Virginia, where he loved to fish and relax at his home on the Chesapeake Bay. Bob passed away on March 9, 2022, age 84, after a three-year battle with cancer. He is survived by his wife Sylvia; two sons: Robert Kirk Sawyer of Herndon, VA, and Craig Sawyer of Virginia Beach, VA; four Sawyer grandchildren: Breylin, Haden, Avery and Everett; his sister, Sue Castleberry of Atlanta; six adult step-children and their families; and his loyal canine companion, Bear-Bear dog. Per Bob’s request, there will be no public services. Condolences may be shared at <https://www.curriefuneralhome.net/>.



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CONVOY

CONTINUED FROM PAGE A1

Stephanie, the daughter of a Vietnam veteran and wife of an Army veteran, worked to raise awareness and increase support for the convoy in Virginia and Maryland by reaching out to elected and other representatives, and influencers as well as friends and family.

“I followed the Freedom Convoy in Canada and was inspired by how Canadians were trying to restore their freedoms peacefully and supporting one another in the process,” she said. “I have been supporting The People’s Convoy on the 495 overpasses in Virginia almost daily since the convoy arrived in Hagerstown and began circling the Beltway.” She said she had also visited convoy participants at their staging area in Maryland, where she had the opportunity “to meet a lot of great people who love America, and see the incredible community that they have formed.”

Stephanie said that on a daily basis there have been anywhere from a couple to several dozen supporters on the 495 overpasses in Virginia and that number has been increasing as more people gained an understanding of the convoy’s mission.

Daniel Ding, who emigrated to the U.S. from China in 2000 and earned his citizenship in 2021 was one of a group of Chinese Americans out on an overpass to show his support. He also went to Hagerstown twice last weekend to help prepare and serve food to the truckers. Ding said he has been out there [on the overpass] 13 days and counting. “We’ve been out there every day since they arrived,” he said. “Besides cheering for the convoys on the overpass we also made countless visits to Hagerstown. There is no stranger at the camp [Hagerstown]. I hugged more people in the past two days than in my whole life.”

“It’s important for everyone to know that The People’s Convoy represents all Americans (not just truckers). Nurses, doctors, teachers, flight attendants, pilots, physical therapists, loggers, cowboys, engineers, professors, county workers, cashiers, sales reps., sanitation workers, moms, students, investors, truckers and others are in the convoy,” Stephanie explained. “These individuals are of differing races and religions, but they are a community, and they are united in their love of liberty and freedom. The convoy includes thousands of passenger cars/

four wheelers, RVs and campers, and trucks.”

Stephanie said she has friends from China and other countries where individuals do not have the same rights and freedoms as Americans. “We are fortunate to live in America and have the freedoms that we have historically enjoyed,” she said. “Several of these friends lived through the Cultural Revolution in China and they are deeply saddened and concerned about what’s happening here because it parallels in a lot of respects what their families experienced in China and why they came to the U.S.”

According to their website, “the message of The People’s Convoy is simple. The last 23 months of the COVID-19 pandemic have been a rough road for all Americans to travel: spiritually, emotionally, physically, and – not least – financially. With the advent of the vaccine and workable therapeutic agents, along with the hard work of so many sectors that contributed to declining COVID-19 cases and severity of illness, it is now time to re-open the country. The average American worker needs to be able to end-run the economic hardships of the last two years, and get back to the business of making bread – so they can pay their rents and mortgages and help jumpstart this economy. To that end, it’s time for elected officials to work with the blue collar and white-collar workers of America and restore accountability and liberty – by lifting all mandates and ending the state of emergency – as COVID is well-in-hand now, and Americans need to get back to work in a free and unrestricted manner.”

Ding, who said he was unhappy with the way the country is being run, said the convoy is “a wake-up call. They are executing their constitutional rights. They sacrifice their income and comfort at home to travel thousands of miles to express their voice. People need to look at what’s going on and step out of the brainwash of the big media,” he said.

Stephanie told of the convoy’s focus on keeping the movement peaceful, respectful and law abiding and while she said it was inspiring to see all the supporters, Ding had another experience. “While we were waving the U.S. flags, it was disheartening that people gave us a thumbs down, some even showed middle fingers,” he said. “Something must be fundamentally wrong in the country when people show hatred to their national flag.”



Parking reimaged

Fairfax County aims to make parking more environmentally friendly

By Sravan Gannavarapu
FAIRFAX COUNTY TIMES

Fairfax County is looking to go greener, and a solution may have been discovered. A new system is being considered, and its benefits are environmentally friendly.

Dubbed Parking Reimagined, a 3-tier system is being weighed by Fairfax County. It aims to right-size parking in areas such as Tysons Corner and other high-density areas, including Fairfax Center. As described in a presentation to the Board of Supervisors on March 15, right-sizing of parking requirements means not under-building or over-building parking for land development uses.

At the March 15 Land Use Policy Committee Meeting, the Fairfax County Board Of Supervisors was provided with an update on the project’s standing. Michael Davis, parking program manager with Land Development Services, spoke on how far the project has come and provided community feedback about the project.

“With our town halls and other community discussions, we have gotten

positive feedback on the need to examine our parking regulations,” said Davis. “Our county has a variety of land-development activities, and the one-size-fits-all approach is no longer appropriate for Fairfax County.” Davis then noted that the county’s proposed framework would evaluate parking requirements based on density and intensity of development and further examine whether parking requirements should be aligned with the availability of transit facilities, such as Metrorail.

The project started in August 2021, with background research, comparative analyses, and initial community engagement occurring during this time. As a result of these activities, Fairfax County’s consultant, Nelson Nygaard, provided the conceptual framework for parking that was discussed with the Board of Supervisors on March 15. It is projected by county staff that by summer 2022, a draft proposal will be available for community feedback before holding public hearings at the Planning Commission and Board of Supervisors in the fall and winter 2022/2023.

As the examination of parking requirements continues, other initiatives are being considered, including basing parking rates on building square footage vs. employees and updating parking rates for specific uses. Additionally, county staff will continue to evaluate minimum parking supply requirements for electric vehicle parking spaces.

Austin Gastrell, a planner with the Department of Planning and Development, spoke about the exploration of bicycle parking requirements. Gastrell says that commitments for bicycle parking spaces are only obtained during the entitlement process for new development.

“Staff is currently exploring the possibility of implementing minimum bicycle parking requirements as part of this amendment by reinforcing the Fairfax County Department of Transportation’s bicycle parking guidelines which are currently being updated.”

When the community was asked to weigh in and engage, Gastrell says citizens expressed the desire to provide a direct environmental benefit from the re-

duction of required parking.

The adverse effects for the environment due to excess parking areas include heat island effects and stormwater runoff. Interior parking lot landscaping is currently required for any parking lot with 20 or more spaces.

“Paved area creates approximately 2.5 to 3 times more stormwater runoff than green space,” said Gastrell. “A surface area can also produce heat island impacts in paved areas, absorb/hold heat during the day, and release that heat at night.”

Supervisor Kathy Smith (D-Sully) is pleased that the project aims to mitigate this issue and see where the project and the citizens’ views are coming from.

“I do think we are on the right path with the EVs and that we are creating a situation where they are part of the parking, and I am very open to looking at a required bicycle parking,” said Smith.

The County will be conducting listening sessions to gain feedback from those impacted by parking and survey the public on proposed changes to parking and loading regulations. The sessions will be scheduled in the coming months.



ELDERS

CONTINUED FROM PAGE A1

ational connections,” Shaffer said when recalling his vision for the club. Once restrictions were lifted, they seized the opportunity to deliver the letters in person and bring that vision to reality through conversation. “When you go there and talk to them, they are some incredible people,” he exclaimed.

Recounting one instance, Shaffer said, “It was Valentine’s Day and we went to one of the retirement centers, personally handed out the letters, and had amazing conversations with the elders.” Knowing Shaffer is a piano player, an activities director pointed out a resident who loved piano and even had a Steinway in her room. They raved over the piano and he learned that she played around the world. Shaffer then played a Chopin piece, Étude Op. 10 No. 3, with resi-

dents humming along to the melody.

One of Shaffer’s grandparents was diagnosed with dementia, so he gravitated towards the memory-care seniors in Harmony at Spring Hill—where the club began. “They did so much for our community and helped advance us, so [we are] giving back to them and making sure that we see them and appreciate them,” Shaffer said about the club focusing on those in the community.

The club has grown, encompassing 120 members between South County and the partnering Elder Outreach Club of Bishop Ireton—founded by his friends Ryleigh Pavlick and Ryan Quaid. After a holiday orchestra concert and 658 letters total, Shaffer strives for the club to “be something that withstands for a very long time.” He wants other students to be inspired to start something similar at their schools.

They encountered plenty of obstacles on the way but were resolute

for the sake of the elders. “If you stick with something and find ways to overcome a challenge, persevering through it will lead you to something greater,” Shaffer said. “Trust the process.”

Shaffer hopes to fundraise for the club so they can bring services to the facilities, such as musicians or instrument donations. They last went out to donate letters and build relationships following a Saint Patrick’s Day letter campaign.

Regardless of activities, the core remains connecting with elders—whether they are reading letters or talking classical composers with club members. “I can’t even count how many elders I’ve heard who [say], ‘thank you so much, you made my day,’” Shaffer said.

Anyone interested in the Elder Outreach Club’s work can learn more at <https://www.facebook.com/elder-outreachclub/> or @elder_outreach on Instagram

Reduce the real estate tax rate by 10 cents

Dear Editor,

If you live in Fairfax County and are over 50, you may have received from the county a 5-page 120-question survey to "...inform the county's ... Future Aging Plan." Here's the Fairfax County Taxpayers Alliance Future Aging Plan: Stop taxing us out of our homes.

For 20 years, the county supervisors have been increasing real estate taxes three times faster than household income. Real estate taxes are the supervisors' "Unaffordable Housing Program." The supervisors do have an "Affordable Housing Program", but with a waiting list so long that they're afraid to disclose it. Their Unaffordable Housing Program, however, has no waiting list: Homeowners get a tax hike July 28.

Assessments increased

almost 10%. Everyone thinks that because assessments increased real estate taxes have to increase. This is false. The supervisors can prevent a tax hike by lowering the tax rate 10 cents. However, if they keep the rate unchanged, they get an extra \$250 million. That's a quarter of billion dollars.

The supervisors want that money to give 37,000 county and school employees 6% and 7% raises, because of "recruitment and retention issues." For the past two decades the average raises for all county and school employees have been higher than inflation. Most employees would probably lose pay and benefits if they went to the private sector.

Except for police, the supervisors have provided no data about retention. What's the impact of mask and vaccine mandates? Administrivia?

Or in the schools, student behavior? What's the impact of the anti-police rhetoric?

What do our taxes buy us? A county administration that cannot attract business: commercial real estate tax revenues are stagnant.

A school system that, because of its flawed reading and arithmetic curriculum, provides no upward mobility for low-income children and mediocre achievement for whites.

A school system that uses history to attack the Constitution. As Governor Youngkin has repeatedly said, we need to teach honest history. But the goal of CRT is to dissolve the Senate, end the electoral college, and become a pure democracy. Pure democracy leads to tyranny. Vladimir Putin was elected president by a 71% majority. Hitler and Mussolini's parties won popular elections. Is that

what we want from our taxes?

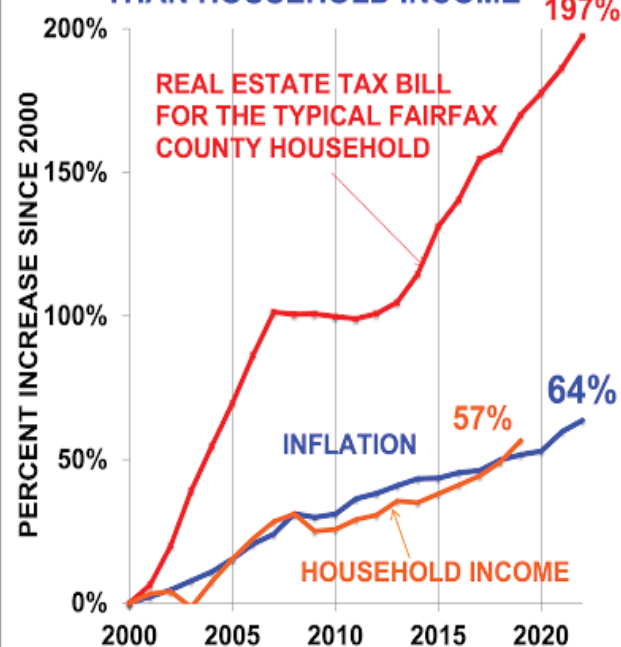
To prevent a tax increase the supervisors can lower the real estate rate by 10 cents. We predict they'll lower it by only 5 cents.

The supervisors have provided no evidence to back up their claim that recruitment and retention justify a quarter of a billion dollars of raises. Until they do, the Taxpayers Alliance recommends that the supervisors lower the tax rate 10 cents.

Also, union contributions to supervisor political campaigns are a conflict of interest, as unions sit on both sides of the bargaining table. We therefore recommend an end to union contributions to supervisor political campaigns.

Arthur Purves,
President
Fairfax County Taxpayers
Alliance

FAIRFAX COUNTY REAL ESTATE TAXES ARE INCREASING THREE TIMES FASTER THAN HOUSEHOLD INCOME



FAIRFAX COUNTY TAXPAYERS ALLIANCE ANALYSIS BASED ON FAIRFAX COUNTY FY2002-2022 ADOPTED BUDGETS; FAIRFAX COUNTY DEMOGRAPHIC REPORTS 2020. 10/15/21

Schools need solar panels

Dear Editor,

When you think of energy use and carbon emissions, schools probably don't come to mind. But as it turns out, America's K-12 schools account for 8% of energy used by commercial buildings, and are responsible for as much greenhouse gas as 18 coal-fired power plants.

That's why the Fairfax County School Board's unanimous decision to

move forward with a solar energy program for schools is such welcome news. The solar program will not only cut carbon pollution and help advance the County toward its carbon neutrality goals, it will cut energy costs - saving money that can benefit our students and teachers.

Schools, which often serve as emergency shelters, need reliable sources of energy. Schools powered by solar

energy and equipped with battery storage can build resilience and help protect community members from extreme weather events like hurricanes and flooding.

Let your school board member know that you support this program and want to see solar panels on your local school buildings!

Julie Bauer
Vienna

Substitute teaching is a convenient way to serve your community

Dear Editor,

Particularly in the world after COVID, substitute teaching is a convenient way to serve your community.

As public schools everywhere have struggled to fill teaching vacancies, both long-term due to the Great Resignation and short-term due to COVID-related illness, substitute teachers have become an essential part of school operations and student instruction.

As a new Fairfax County resident who is looking for full-time work, I have found substitute teaching a flexible way to earn money in the interim. You choose when you work and where. Don't like the students' behavior in one class? Don't go back.

The benefit to the community is without measure—you have direct access to tomorrow's leaders and adult citizens. A kind word or helpful demeanor might just inspire a student, forever. The

students might even thank you when class concludes as the James Madison High students I taught last week did, something that made me beam.

So as many today look for new opportunities, including community service volunteering, consider substitute teaching. It is flexible and with pay, and you will certainly pay it forward.

Aaron Kohrs
Alexandria

The Washington Post - a balanced newspaper?

Dear Editor,

On the pages on the *Washington Post* we read over and over again authors bemoaning the splintering of the American body public. With that we read professions from on high that the media really does not have a leftward bias. Really? Even the *Washington Post* comics add fuel to the

culture wars from a leftist perch.

What conservative comic series does the *Washington Post* run with the prominence of Doonesbury by Garry Trudeau? Take for instance Sally Forth by Francesco Marciuliano and Jin Keefe - for years I enjoyed this cartoon until it began to sink in that a warped feminism suffused

its regular publication with the consistent - or should I write "insistent" - depiction of the husband as buffoon.

Be honest with yourselves and admit that the *Washington Post* is often just the publication arm of the Democratic Party.

Nicholas Kalis
McLean

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The legacy of an archivist

Who Mary Walton Livingston was beyond Nixon’s tax scandal

By **Jaya Patil**
FAIRFAX COUNTY TIMES

Notorious for her part in denouncing then President Richard Nixon’s 1969 income tax deduction claims amounting to nearly half a million dollars, Mary Walton Livingston’s achievements tell part of the story of what a local legacy the civil rights activist and community leader was.

Livingston was a Fairfax County native, born here in 1914. Her ancestral roots ran deep in the county. Livingston’s father was chairman of the school board and she sought education. With no public high schools in Fairfax at the time, she graduated from National Cathedral School in Washington, D.C. and then Sweet Briar College in 1934.

Livingston was as intellectual as vivacious. It was with her close uncle R. Walton Moore that she went on a flight piloted by Charles Lindbergh—in the era following his record 1927 transatlantic flight. She was also one of a handful of students to participate in Sweet Briar’s first exchange program, studying at the University of St. Andrews in Scotland.

Livingston returned to Fairfax after college and immediately got involved in the county. She worked with the chamber, joined the National Archives and Records Administration (NARA) as an archivist, and became president of the Business

and Professional Women’s Club before the age of 25.

It was through the club that she met Schuyler William Livingston. They married in 1939 and built a house together, which she stayed in nearly all her life. While she stayed home with their three children, she was hard at work as a “leader in the community for civil rights,” said her eldest daughter Mary Petersen.

Before the Supreme Court’s declaration for desegregation, Livingston led the first local interracial PTA and helped increase Black students’ accessibility to schools—playing a part in the opening of James Lee Elementary. She was awarded a citation for her efforts by the Fairfax branch NAACP in 1951.

Following resistance to desegregation, Livingston worked on committees to keep public schools open and advocated for those discriminated against. “She was very cordial; she didn’t just go and tell people what to do. She expressed it in the way she treated other people and wanted everyone to have opportunities,” Petersen said.

In a 1961 letter to the mayor, after a baseball program advertised at an integrated school excluded a Black child on the grounds of segregation, Livingston requested that the Recreation Department’s playground programs accommodate all children—expressing the disappointment of the situation

for the child and alluding to the importance of equality “on a ‘Big League’ basis,” as she put it.

“She enjoyed people so much, that’s why she wanted everyone to have a chance to go to school, to participate in sports programs, and so on...” Petersen said. “She knew and welcomed everybody.” Her life and work spanned the transformation of Fairfax, but she is remembered for her vitality.

She was committed to tennis, rarely found without a hat, and a dedicated caretaker of her husband until he passed from Alzheimer’s in 1979. More than any awards or certificates, “She had such an influence on our family because of her commitment to her grandchildren and children,” said Petersen. Livingston would take her grandchildren on Fridays—giving them memories for life and their parents some free time.

She spent her career as a senior archivist walking through 70,000 cubic feet of history and built as much in the community. Even after passing from Alzheimer’s at 92, her impact continued with memorial contributions to her founded Immanuel Church-on-the-Hill or the Scholarship Fund of Alexandria.

Livingston’s legacy lives on through her three children—Petersen, Elizabeth Useem, and William Livingston—as well as 10 grandchildren and 11 great-grandchildren.



Vale Schoolhouse welcomes back Stan Proffitt

By **Michael Marrow**
FAIRFAX COUNTY TIMES

It was a homecoming unlike any the Vale Schoolhouse had seen on March 16, where alumnus Stan Proffitt, a longtime resident of the area, toured the grounds that provided him some of his earliest education.

It’s been many years since alumni had been back to the school, whose doors shut to students a decade before World War II. That makes Proffitt, who is 103 years old, likely its last surviving pupil.

Vale Schoolhouse was built in 1884. Its pristine condition makes it the most well-kept two-room building of its kind in Fairfax County, which was recognized in the National Register of Historic Places in 2011.

As the community expanded, the schoolhouse added the second, smaller room in 1912. The county school board then moved to close smaller schools and consolidate students in larger ones, causing the schoolhouse’s classes to conclude in 1931.

The building was left abandoned for four years until a group of local women moved to convert the school into a new meeting space. In 1938, the organization of women purchased the property and opened it back up for the community.

Since then, the building and its grounds have served as a bustling social hub, hosting a range of events like annual fairs and community activities. The events are run by the all-women Vale Club, which has operated continuously since the building reopened. The grounds are owned by the group’s nonprofit arm Friends of Vale Schoolhouse.

Among the leadership of the club was Proffitt’s mother, Clyde, whose name is inscribed on a list of past presidents that hangs in the main



Stan Proffitt with three generations of his family

room. She served from 1947 to 1949.

With his extended family gathered round and a rapturous audience of members of the Vale Club, Proffitt recounted his days growing up in Fairfax County, swathes of which were defined by rolling fields amidst thick woods, multi-acre farms, and dirt roads.

“How long do we have?” Proffitt asked. “There’s electricity in the building now,” Darlene Williamson, a historian for the organization responded. “We can stay as long as we want.”

The schoolhouse, which consists of two rooms, was divided by grade levels and headed by one teacher each, Proffitt explained. A small

room adjacent to the main space housed first and second grade, and the larger room held classes for third through seventh, which Proffitt said was about 50 kids.

Back then, he’d have to trek more than two miles from his family’s farm or ride a horse to get to class. The farm provided most of what the family needed, and he would travel to the store for a select few items. “If we went to the store, it would be for flour, cornmeal, salt, pepper, and sugar. That would be it unless you went for cow, chicken, or horse feed,” Proffitt recalled.

His mother ordered most other goods from the Sears and Roebuck catalog, which served the dual purpose of

toiletry in the school’s out-houses.

The school’s classes were co-ed, and his favorite subject was math. “Some of the desks were wide enough for two to sit at,” Proffitt said, “and boys would never sit beside a girl.”

Today, the building is nestled atop a small hill at the juncture of Fox Mill Road and Vale Road in Oakton, just across the street from the Vale United Methodist Church.

Attached to the church is a graveyard, where Proffitt recognized some familiar names.

“I walked by the graveyard, and I knew just about everyone there,” Proffitt laughed.

His visit helped fill in some gaps in the historic record. For example, whereas historians previously believed a wood furnace that helped heat the building was located along a back wall, Proffitt revealed it was actually in the center of the room, where students and teachers would shovel in wood to keep the fire going.

After leaving Vale Schoolhouse, Proffitt attended classes at the only high school in Fairfax County nearby, and as the Second World War unfolded, Proffitt sought to join the Army. Catapults kept him out.

So, Proffitt moved to Detroit and was hired by the Hudson Motor Car Company. Soon after, he was building planes to support the war

effort. He moved back to Fairfax in 1949, then moved to Kansas for about a decade. He then retired and moved back to the same house in Fairfax.

In his many years of life, Proffitt has witnessed a great number of changes to his home and being back brought a flood of memories. “There are so many memories, it’s hard to explain it,” he said.

“I remember going down Stuart Mill Road on a wagon, with a load of vegetables.” Along with some chickens slaughtered at the farm, he’d make deliveries to lawyers and other customers in Fairfax. “That was an all-day trip.”

“I can remember going to the Waple House,” he recounted, the home of his fellow classmate George Waple. If that name sounds familiar, it’s because Waples Mill Road was later named after his family. “An automobile couldn’t get over that road, but a wagon could,” Proffitt said, as cars whizzed by.

“Everything then was done by hand,” he added. “We didn’t have electricity or running water in our house until I left home.”

His visit was just one part of a wide-ranging tour of Virginia, where his descendants, including three triplet great-grandchildren from Florida and their parents, visited sites like Jamestown and Monticello.

When asked what he hoped they learned from the visit, he responded, “things are changing so fast. It’s unbelievable.”

Shortly thereafter, Proffitt walked back to the family’s car, where the journey would continue. They were going out to lunch before hitting a few other stops.

At the trip’s end, Proffitt planned to return to his residence in Manassas.

It’s not far from his relatives nearby, who can visit him easily at his home, where he lives alone.

Bishop Ireton cheerleaders take home National Grand Championship title six years in a row

By Micahel Marrow
FAIRFAX COUNTY TIMES

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

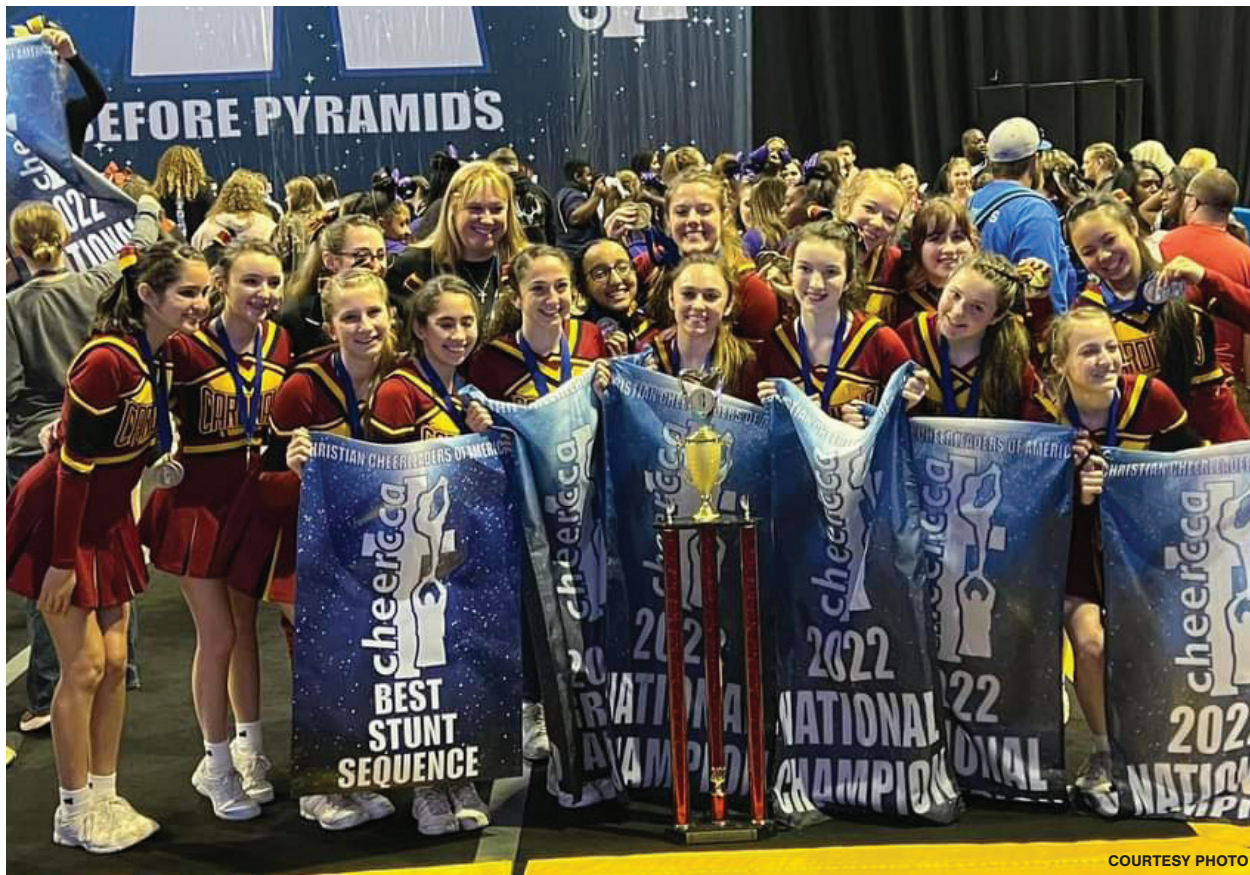
For five years running, the Bishop Ireton Cardinals won their division along with the National Grand Champion title at CCA Nationals, which is awarded to the team with the highest score across all divisions. This year, just two cheerleaders at the competition previously competed in competitive cheer, creating an even greater challenge for the 15-person team, three of whom were sidelined at Nationals due to injuries.

But the Cardinals stuck to their long-running script of success, winning all four categories in the medium division, and once again brought home to Bishop Ireton the grand championship for the sixth year in a row.

"I had full confidence in my team," said Senior Captain Reagan Houser. "It was good nerves, but I just didn't know what was going to happen. Winning was super exciting, we were sitting on the mat holding hands."

"The fact that they were able to work so well together and so hard and go and win nationals in first place for every division and take home the grand championship was incredible," said the team's Coach Angela Hope-Eskew.

Hope-Eskew, who started coaching at Bishop Ireton in 2008, has several accolades of her own as well. She has previously twice been honored as the Bishop Ireton Coach of the Year and was named the 2013 National Christian Coach of the Year, along with other awards. In 2014, she was inducted into the Christian



COURTESY PHOTO

Cheerleading Coaches Hall of Fame.

She explained their team has competed in several divisions in the past, such as small and large, which are then composed of different categories. This year, they performed in cheer with music and cheer with no music, each of which consisted of a tumble and non-tumble event.

The tumble includes a gymnastics element, whereas the non-tumble involves routines like basket tosses and pyramids.

The Cardinals took the top score in all four, contributing to their overall highest score among the divisions.

"Bishop Ireton High School is so proud of our cheerleaders and the program that Coach Angela Hope-Eskew has built," wrote Kathleen McNutt, Bishop Ireton's head of school. "Six consecutive wins as CCA National Grand Champions is an amazing feat, but not surprising when you witness the program in action. This team is a great example of how hard work, dedication to sport, and a positive, col-

laborative spirit can bring amazing results."

The team contributes in numerous ways to the Bishop Ireton community, McNutt added, such as by participating in service activities with organizations like the Down's Syndrome Association and boosting school spirit for events like pep rallies and football games.

McNutt also specifically praised Hope-Eskew for her impact on the program. "Coach Angela Hope-Eskew has been a tremendous gift to the Bishop Ireton community for the 13 years that she has been a Cardinal," McNutt wrote. "Numerous alumni cheerleaders return each year to see the coach and help build up the current team, which is a testament to the strong, winning program that she has built."

Besides a rigorous practice schedule - where the team meets three days a week for two hours at a time to refine their skills, with an additional one hour a week dedicated to tumbling - integral to the team's performance is a big and little

sister pairing, where upperclassmen are paired with underclassmen in an all-encompassing relationship that helps students with cheer, school, and life. The pairings are made following the team's tryouts in August.

"There's no bench in cheer," noted Hope-Eskew, meaning that if a cheerleader fails to keep up in a certain routine, they will have to stand as the rest of the team performs it during a compe-

tion. With the big and little sister pairing, teammates are more easily able to hold each other accountable. "You have to keep up because you don't want to be the one girl standing up."

Over her many years coaching, Hope-Eskew has reaped the benefits of helping her cheerleaders flourish. "My most rewarding experience is watching them grow into young adults right in front of my eyes," re-

marking that their "character and confidence explode." Alongside this, as a Catholic program, Hope-Askew is also involved in nurturing their spiritual development.

Houser emphasized how the program has helped her grow. "I just learned a lot of patience, leadership, and how to carry yourself," Houser said. "With leadership opportunities on this team, I learned how to hold myself and teammates accountable."

Houser rounded out her own family legacy in the process. Her sister was also a captain on the Bishop Ireton cheerleading team who helped establish the Cardinals' winning streak by achieving the grand champion title in 2016. Like many alumni, Houser now plans to cheer in college and is looking at schools in the Southeastern Conference.

As graduation approaches, a difficult time of the year will soon be upon the team. "You grow so close to these young ladies," Hope-Askew said. "The hardest part is when they leave for college."

Hope-Askew plans to keep leading the team. Through it all, she is mindful of the real reward that coaching them brings. "Mentoring them is my job," she said. "Coaching is just a bonus."

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COURTESY PHOTO



FAIRFAX COUNTY TIMES

HOME & GARDENS

Spring 2022

Engaging your children in gardening

By Gioia Caiola Forman
GREENSPRING MASTER GARDENER

During this challenging pandemic time with isolation, home schooling, and many without paychecks, even the most creative parents are having difficulty trying to fill their kids' time and keeping them engaged in meaningful activities. Reading, puzzles, art, board games, writing, biking, walking, movies; all this can get old. How about making your own miniature garden?

Miniature gardens are not new. They debuted in the United States in 1893 at the Japanese Pavilion at the Chicago World's Fair. Soon after the New York Times featured miniature gardens in an article and the popularity grew. So, get the kids and join this historical revolution.

Making these gardens is an activity for life as we now know it. It can be done without buying anything, just using

around the house and neighborhood. Miniature gardens are filled with small plants and trinkets. A gardener can customize the garden anyway she wants. Children can go through their toys looking for small statues of people, cars, trucks, and discarded game board pieces. Look around the house for shells, starfish, bugs, bird figurines, and marbles. Any of these can be used. If you don't have a flower pot then a cooking pot, bucket, storage container, old lunch box, toy truck, or even a small suitcase can be turned into a garden. Use your imagination. Remember it needs drainage holes to keep the plants healthy and not overwatered. You should use potting soil.

This activity can be a multi-day project. Begin by watching a YouTube video, "Fairy and Mini Garden, Garden Answer by Laura." Then make a plan for your garden. Another day collect items on a walk. Pick up twigs to make a ladder

or bridge, pine cones to make flowers, sand for a path, or sculpting clay to make chairs, tables, flower pots and urns. You can paint any of these.

Parents who don't garden but want to learn with their kids can help them find plants to use. Dig up dandelions or a 4 X 4 piece of grass with soil and roots, look for violas that can be used, and even small houseplants that need a new home. You don't need a lot and you're planting the seed of gardening and resourcefulness in your children.

Gardening is an adventure for kids. Designing and making a fairy garden is an easy way to stimulate ideas for arousing your child's curiosity. As you work together on a project talk about future family field trips related to gardening and nature. Life will get back to normal.

I love gardening. Working the soil is in my blood and I often involve children and adults in making miniature/fairy gardens. It's a fun project for any age.



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PETS: OUR THANKS AND ADOPTABLE CATS
Page B3

www.fairfaxtimes.com | Friday - Sunday, MARCH 25 - 27, 2022

A TIME TO *dance*

GMU'S SCHOOL OF DANCE HOSTING GALA CONCERTS

COURTESY PHOTO

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

George Mason University's School of Dance is finally returning to live performances after two years of the COVID-19 pandemic, and it's coming back in a big way.

The school's Gala concerts, March 25-26 at the

Center for the Arts in Fairfax will showcase the talents of students as they perform four challenging works choreographed by some of the most esteemed names in dance.

"This is our first live and in-person dance company Gala since 2019," said Karen Reedy, director of GMU's School of Dance, adding that last year's Gala was presented virtually. "In 2020, students

went away for spring break and were supposed to come back and perform, but the world kind of shut down right there before the performance in 2020. So, everyone's really excited to be back in this theater with a live audience."

The Gala will performances will feature works selected by guest artists who collaborate with students who are selected to participate in a

residency.

"These are internationally-renowned choreographers that are our majors are working with, so it's a major highlight of our year," Reedy said.

The visiting artists include Camille A. Brown, who is well known for creating works that reclaim the cultural narratives of African-American identity. She

recently co-directed and choreographed New York Opera's production of "Fire Shut Up in My Bones", choreographed the Metropolitan's staging of "Porgy and Bess" and is directing a revival of "for colored girls who have considered suicide/when the rainbow is enuf," scheduled to open on Broadway April 1.

Brown's work for the Gala, "City of Rain," will

follow intermission and conclude the evening.

"It's a really, really impactful work," Reedy said. "Camille A. Brown has been in the news a lot lately. She's quite a force as a choreographer and we're very, very fortunate to have her work on this program. Her company will actually be performing in

See DANCE, Page B4



IS READY TO ROCK JAMMIN JAVA

By Keith Loria
SPECIAL TO THE FAIRFAX COUNTY TIMES

When Willie Nile takes the stage at Jammin Java on March 25, fans can expect a terrific night of music, of course, but the concert will also offer more than great songs and musicianship.

"It's going to be a night of storytelling," Nile said. "It'll be Johnny Pisano on bass and I'll be playing guitar and piano. We'll tell stories, we'll be rocking the place and we'll be playing some obscure things and some well-known things that tell stories of my 200 years alive on this planet."

Actually, it only feels like 200 years, especially since the COVID-19 pandemic put an end to live concerts for a while.

"I live in New York City, and if you had told me that the city would become a ghost town before all this, I would have thought you were nuts," Nile said.

Not that the pandemic stopped

him from making music—or getting married (more on that later). He released two albums during the pandemic, including "New York at Night," which he recorded in February 2020 and was mixing as the pandemic hit.

And getting back to that point about Nile telling stories during his concert, there's a story behind the album's title track that began when he was leaving the Iridium in New York City on a Friday night, headed toward the subway near Times Square.

"I walk into the subway car and as I'm approaching it, I see as the doors open and there's a big can of Reddi-wip whipped cream standing right in the corner of the doorway," Nile said. "I thought, 'that's weird,' and then as I got closer, I saw that there was a guy sitting next to it—his ankles, sides, his knees, up to his waist, covered in whipped cream, two inches of whipped cream all over. I didn't know what was going on, but I didn't want to look to the right, I

wish I did. The car was so crowded, so I went to the other end of the seats. I never saw the person's face but he inspired the title track."

There was some debate among Nile's team about whether releasing "New York at Night" in May 2020 was a good idea. Some people thought he should wait, but he decided to do it.

"I thought, 'This record is full of light and there's a lot of dark out there. Let's put it out,'" he said.

In August 2021, Nile released another album, "The Day the Earth Stood Still," which was recorded during the pandemic, with musicians fully masked. The title track was inspired by the pandemic.

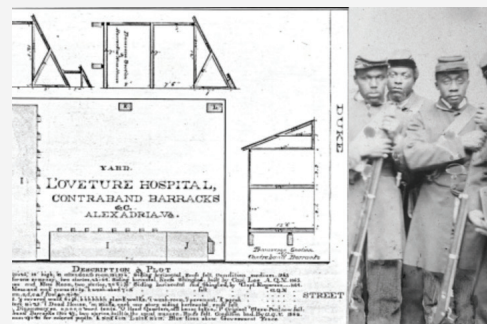
Nile has a storage space near the Holland Tunnel, and on a typical night, it can take him 40 minutes to make his way the three blocks from his home to the storage space.

"One Friday night in May (2020) I was down there and I came

See NILE Page B4

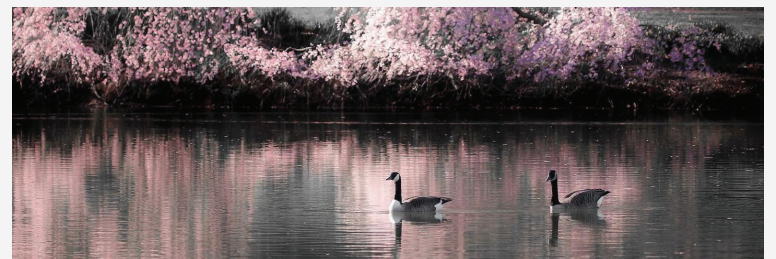
HOT LINKS

BY COLLIN COPE



The fight for freedom at L'Ouvreure Hospital March 25

Starting at 6 p.m. on March 25, explore the history of Civil War era fights for freedom with historian Amanda Roper at Lee-Fendall House Museum and Garden. Discussing the efforts of Alexandria's L'Ouvreure Hospital to treat African American soldiers and civilians during the war, visitors will learn about real-life stories of those who were treated in the hospital, as well as those who worked in it. Tickets to the event will be \$5 per person. For more information, visit <https://bit.ly/3q7wY4c>.



Cherry blossoms in the sun at Meadowlark Gardens March 26

Join Meadowlark Botanical Gardens in Vienna on March 26 for a morning photography workshop from 6 a.m. until 9 a.m. Taking place during sunrise to capture golden hour, aspiring photographers will have the opportunity to play with their shutter speed, aperture, and ISO before being set free to explore the grounds. With the recent bloom of cherry blossoms in the Washington region, photographers will have the stunning backdrop of these trees alongside the golden sunlight. Attendance costs \$25 and, in the case of inclement weather, the event will be rescheduled. For more information, visit <https://bit.ly/3JzAuvY>.



VCO and William & Mary Symphony in Concert March 26

Capital One Hall will host Virginia Chamber Orchestra Director David Grandis and College of William and Mary violinist Benny Netzer on March 26 in a collaborative concert featuring a performance of Antonin Dvorak's Symphony No. 8. Netzer, winner of the William and Mary's Symphony Concerto Competition, will perform a solo set, as well as with the larger symphony. In addition, the VCO will perform American composer Aaron Copland's Quiet City, provisioning audiences with a variety of talent from around the state of Virginia. The show will run from 8 until 10 p.m. and tickets start at \$40. For more information, visit <https://bit.ly/3wxDOUO>.

COURTESY PHOTOS

National Philharmonic presents America's Requiem – “A Knee on The Neck”

Courtesy of National Philharmonic

The National Philharmonic Orchestra and Chorale, in partnership with The Washington Chorus, present “America’s Requiem – A Knee on The Neck”. The long-awaited season program features the world premiere of Adolphus Hailstork and Herbert Martin’s “A Knee on The Neck” alongside Wolfgang Amadeus Mozart’s Requiem. Offered as a tribute to George Floyd, this presentation marks almost two years since his untimely death with two poignant works that create space for remembrance and reflection.

“We are tremendously grateful and so humbled to have the opportunity to present the world premiere of A Knee on The Neck as part of this program. It’s an important moment in time to share such a relevant piece of music. While society’s struggle continues today, we hope our audience can engage with this work, learn from it, and carry hope and something positive as they leave the hall,” said National Philharmonic Music Director Piotr Gajewski.

Written in honor of George Floyd, “A Knee on The Neck” is a Requiem Cantata with music by composer Adolphus Hailstork and text by librettist and poet Herbert Martin. Moved by Floyd’s murder at the hands of a Minneapolis police officer on May 25, 2020—and by the nationwide outcry for justice that followed—the duo came together in grief to create an artistic response that commemorates his life and tragic loss. The result is a powerful piece of music

that speaks to the challenges that Black Americans have endured, engages listeners to share in that painful journey, and recognizes Floyd’s indelible legacy.

Martin developed the poetry within one week of George Floyd’s murder and then invited Hailstork to create the musical setting. To fulfill this challenging and critical undertaking, Hailstork looked to one of his previous compositions for inspiration (Hercules, 2014). In the 18 months since the genesis of Hailstork and Martin’s collaboration, “A Knee on The Neck” has evolved into a massive choral-orchestral piece where the music is deeply informed by the text and is therefore filled with imagery and metaphors. It alludes to the turbulent Minneapolis cityscape with its raucous opening sequence; to Floyd’s heritage by incorporating African drumming and African American spirituals; to Floyd’s final words with cascading vocal passages; to the absolute stillness of death in a crucial moment of cesura; and to society’s hope for peace with a closing hymn. The music and text also reference similar moments in history where Black Americans, such as Emmett Till and Breonna Taylor, were the victims of unjustifiable violence due to racism and discrimination.

Remarking on his music’s connection to Black history and his role in creating “A Knee on The Neck”, Hailstork explains that one of his goals as a Black American composer has been to contribute to the discourse through his art. “What can an artist do?” he asked. “I can speak on the



issues and put them in my work. These are the tragedies and triumphs of a people who have been beaten up for 400 years. Does anyone speak for them? Who writes pieces that speak for the existence of African Americans in the United States? I’ll take on that job.”

Scored for an orchestra, a large chorus, and three soloists, “A Knee on The Neck” is made possible through a collaborative effort between three D.C.-area institutions: the National Philharmonic Orchestra and Chorale, The Washington Chorus, and The Howard

University Chorale. These ensembles are joined onstage by mezzo-soprano J’Nai Bridges, tenor Norman Shankle, and baritone Kenneth Overton to perform the work for the first time.

Wolfgang Amadeus Mozart’s Requiem in D Minor comprises the other half of the program. Commissioned in 1791, it is widely speculated that Mozart was writing the work with the intent of having it played at his own funeral. While the piece was left unfinished at the time of his death, Mozart’s student Franz Xaver

Süssmayr completed it a year later in 1792.

Written as “a mass for the dead,” Mozart’s stirring Requiem complements this musical tribute to George Floyd, offering repose for his soul and the souls of those who have been lost to senseless acts of violence. The seminal work is being performed by the above-mentioned ensembles and vocalists, with the addition of soprano Janai Brugger.

As Chorus Master for this program, Artistic Director of The Washington Chorus Dr. Eugene Rogers

shared, “What an honor it is to work with these historic organizations on two critically important works. For me, the pairing of Hailstork and Martin’s A Knee on The Neck with Mozart’s Requiem offers us the opportunity to honor those we have lost, to reflect upon the legacies they leave behind, and to re-examine our own life’s journey moving forward. Preparing these two works has been a transformative experience for the singers, and we are eager to share them with the community.”

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JUN 8

**BRUCE HORNSBY & THE NOISEMAKERS
SHAWN COLVIN**
JUN 30

**WHY DON'T WE
THE ACES**
JUL 9

**LYLE LOVETT & HIS LARGE BAND
CHRIS ISAAK**
AUG 6

**GREENSKY BLUEGRASS
THE WOOD BROTHERS**
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12 Fred's dancing partner

13 Goal

14 Salt Lake athlete

15 Lightweight wood

16 "Lust for Life" punk rocker

18 Duration

20 Sea predator

21 "I'm not im-pressed"

23 Poseidon's home

24 Serpentine

25 " — a roll!"

27 Lent a hand

29 Live-in nanny

31 Mine vehicle

35 Call on

37 Activist Parks

38 Island porch

41 Stitch

43 Resistance unit

44 "Oops!"

45 Proverbial burg

47 1987 Peter Weller film

49 Hotel posting

52 CBS logo

53 Group of two

54 Said something

55 ISP alternative

56 Norm (Abbr.)

57 Plains shelter

DOWN

1 Science room

2 Writer Tarbell

3 Hotel staffer

4 Otherwise

5 Inclines

6 Rum cocktail

7 At hand

8 Texter's

9 Toyota model

10 Inventory

11 Settle a debt

17 There

19 Bike components

21 Ms. Farrow

22 Ostrich's kin

24 Sun. talk

26 Arizona tribe

28 Fawned (on)

30 Jr.'s son

32 Stove workspace

33 Fireplace residue

34 Zodiac animal

36 14-legged crustacean

38 Enticed

39 Greetings at sea

40 Prestigious prize

42 German sausage

45 Sulk

46 Scruff

48 LPs' successors

50 Scrape (out)

51 Observe

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ZED by Duane M. Abel

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MITTEN

Breed: Domestic short hair

Age: 10 months

Gender: Male neutered

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



VALENCIA

Breed: Domestic short hair

Age: 1 year

Gender: Female spayed

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



LUKE

Breed: Domestic short hair

Age: 1.5 years

Gender: Male neutered

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



COLTRANE

Breed: Domestic short hair

Age: 9 months

Gender: Male neutered

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



CAPTAIN JACK SPARROW

Breed: Domestic short hair

Age: 6 years

Gender: Male neutered

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



CALLIOPE

Breed: Domestic long hair

Age: 1 year

Gender: Female

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



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Rachael



Luigi

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FROM THE DOG'S PAW

Our thanks and adoptable cats

By Noah! Samson! Abby and Allen
SPECIAL TO THE
FAIRFAX COUNTY TIMES

To our pawsome canine, feline, and human readers:

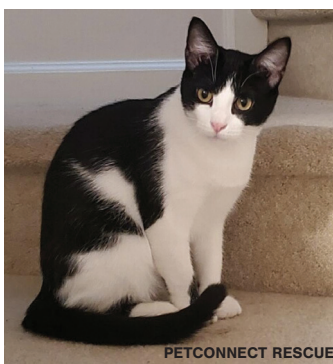
Noah, Abby, and I appreciate the oppawtunity to share stories about dog and cat adoption along with some laughs over the past nearly eight years. We hope we made you laugh, enjoy your life with your dog or cat, or both. We hope you have learned a few things along the way about impawtant pet care.

This article is our last for this newspaper. We have decided it's time to pursue other interests including putting more time into our websites.

If you have enjoyed our creative writings, pawlease will follow us at, www.fromthedogspaw.com.

Paws to You!
Noah, Senior Pawthor
Abby, Puppy Pawthor
Samson, Cat Pawthor
Allen, Only Allowed to Edit

Meows! Meet a few of my cat friends looking for "Forever Homes!" with humans to love who will love them too:



Meet **Beau**. He has a certified degree in LOVE. He turns 1-year-old in May. He enjoys pawlaying and requires the company of another cat in his "Forever Home." He's always looking for a warm snuggle, a game of chasing feather toys, or relaxing to watch a movie. He enjoys being with all humans but prefers mini-humans ages 10 and older. He does pawsi-tively well with his litterbox.



Percy has a certificate in humor. He is an amazing world-class comedian. He gets along with cats and dogs. He

is the bestest buddy with everyone who needs a laugh or a hug. He is full of pawsonality that ranges from sassy, humorous, kindness, tranquility, and pawlayfulness. Meowingly, he can be timid when it comes to new guests and the unpredictable actions of mini-humans. He prefers mini-humans ages 12 and older. Paws, he's a chill kinda fella who finds it comfy to lay down with his back legs fully extended.



Cute and pawsi-tively adorable **Lassie** is an around 8-months-old, 4-pound kitten with a pawsome pawsonality and lots of lovin's to give. As a kitten, she has had some serious health issues but is stable, thriving, and doing great. Paws, Lassie is a Type 1 diabetic and will need daily insulin and glucose monitoring for the rest of her life. She needs a human who will provide her required daily care. The veterinarian says, due to her previous health issues, she will not get much bigger.

Lassie is pawlayful, loves toys, scampering around the house, and snuggling with humans. She gets along with other cats and small dogs. She has not met any mini-humans but is expected to do well with them too.



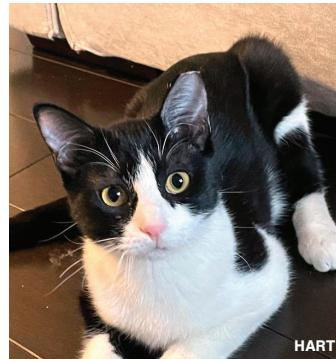
My buddy **Spike** is around 3-years-old and a sweet fella. He isn't aggressive and is literally all lovin's. He will do best in a home with older mini-humans and nothing too active. A home where he can have his own space to relax is ideal. He hasn't been dog-tested yet and prefers to be your one-and-only-cat-that-is.

PetConnect Rescue, www.petconnectrescue.org, email: info@petconnectrescue.org, 1-877-838-9171.

Meows, **Carmella** is a



sweet kitty, around 1-year-old, who loves humans and other cats. She loves following her humans around the house so you'll have to be careful not to step on her. She will happily sleep on your lap with a smile. Though she lost her rear right leg, she is a very strong girl and moves swiftly. She is a healthy kitty looking for a pawsome family.



Khepel is a sweet and friendly kitty who came all the way from Iran to find a family. She suffered abuse and was thrown from a fourth-floor balcony. HISS! Purrs, she has pins in her rear legs but she made a great recovery. Despite her history, she is receptive to meeting new humans and has no trouble climbing a cat tree. She has pawlenty of kitten pawlay energy and loves soft ball toys. She might even pawlay fetch. Paws, though not really a lap cat, she loves curling beside her human for hours of quality purring/petting time.

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

WOOF! BARKS! Our Paws to You! Hope to see you at www.fromthedogspaw.com.

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 or www.facebook.com/fromthedogspaw.

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Art News

Children’s Storytime Join The Washington Ballet for Books in Motion, a story time and movement demonstration. 11 a.m. March 26. Tickets are \$5. Capital One Hall, 7750 Capital One Tower Rd., Tysons. For more information visit <https://bit.ly/3JzS1UR>.

Spring Family Day free take-home activity kits filled with supplies to create spring-themed art projects will be available while supplies last. Noon to 3 p.m. March 26. Free. Tephra Institute of Contemporary Art, 12001 Market St., Suite 103. Reston. For more information visit <https://bit.ly/3Ndj5vn>.

Collect 2022 AAARRRTT Treasure Island join the annual celebration/fundraiser supported by the original art provided by Workhouse resident artists. 7 p.m. March 26. Tickets are \$75. McGuireWoods Gallery, 9518 Workhouse Way, Lorton. For more information visit <https://bit.ly/3tyYzOc>.

Anita Hollander Enjoy a humorous, edgy, moving, and somewhat slippery exploration of how we all fall, how the world can fall apart, and how we rise again in this solo musical. 8 p.m. March 26. Cost is \$15 to \$20. CenterStage, 2310 Colts Neck Rd., Reston. For more information visit <https://bit.ly/3ulNVcO>.

Screens to Stage Adapting to the challenges posed with agility and perseverance, this performance beautifully depicts the Indian artist’s journey into the digital revolution. 10:30 a.m. and 3:15 p.m. March 27. Tickets are \$25. Capital One Hall, 7750 Capital One Tower Rd., Tysons. For more information visit <https://bit.ly/3NfE14R>.

Edgar Meyer and Scottish Ensemble The concert features works by Johann Sebastian Bach, Gustav Holst, Ralph Vaughan Williams, and Edgar Meyer, including a new commission performed by Meyer. 4 p.m. March 27. Tickets start at \$30. Center for the Arts, 4373 Mason Pond Dr., Fairfax. For more information visit <https://bit.ly/3L2VbAS>.

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 Show and Sale returns with a theme of “Common Threads” which focuses on the threads in life that connect us and a series of events by various artists. Every day except Tuesday 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>.

People & Places Along the Potomac The theme is a series of relief prints illustrating aspects of American history and life along the Potomac River, including Old Town Alexandria, and the early settlements and industry that extended deep into the Appalachians in a solo exhibition by John Gosling. Through April 30. Torpedo Factory Art Center Studio 14, 105 North Union St., Alexandria. For more information visit <https://bit.ly/3wChN7z>.

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

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

Community Information

Book Sale Shop for bargains at the spring book sale sponsored by Friends of the Martha Washington Library. 10 a.m. to 5 p.m. March 25. Martha Washington Library, 6614 Fort Hunt Rd., Alexandria. For more information visit <https://bit.ly/3it5Ybd>.

Oakton Year-Round Farmers Market This market serves a fiercely loyal shopper base with vendors offering high-quality produce, fruits, honey, breads, meats, eggs, and dairy, as well as baked goods and coffee. 9 a.m. to 1 p.m. March 26. Unity of Fairfax Church, 2854 Hunter Mill Rd., Oakton. For more information visit <https://bit.ly/3ujvsiK>.

Early Signs of Spring Walk with a naturalist to look for early native wildflowers, morels and animal life. 10 a.m. March 26. Cost is \$6. Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. For more information visit <https://bit.ly/3up4tQT>.

Diva Central Event is a one-day annual shopping opportunity where middle and high school students can get prom attire. Everything is free. 11 a.m. to 3 p.m. March 26. RCC Lake Anne, 1609-A Washington Plaza N., Reston. For more information visit <https://bit.ly/3NdTTFc>.

Green Spring Gardens, 4603 Green Spring Rd., Alexandria. For more information visit <https://bit.ly/3MW6GvS>.

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

Ideas of Bark Celebration is the ultimate event for you and your canine pal. Games, prizes, food and vendors. 1 to 4 p.m. March 27. Free. Grist Mill Park, 4710 Mt. Vernon Memorial Hwy., Alexandria. For more information visit <https://bit.ly/3tywRkD>.

Intro to Telescopes This course goes into introductory basics of astronomy,

observing the sky, and what you need to know to setup and use your telescope. 7:30 p.m. March 28. Turner Farm, 925 Springvale Rd., Great Falls. For more information visit <https://bit.ly/3irJtDM>.

ALNV Recruitment Event help to provide food, clothing, education and comfort to children in need in 11 schools. 11 a.m. March 30. Free. Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly. For more information visit <https://bit.ly/3isWoVU>.

Division and Endurance This program will examine Huntley through the Civil War through the experiences of the Mason family, their neighbors, and an occupying army. 2 p.m. March 31. Cost is \$12. Huntley Meadows, 3701 Lockheed Blvd., Alexandria. For more information visit <https://bit.ly/3iNdL49>.

ONGOING

McLean Chocolate Festival The Rotary Club of McLean is looking for vendors to sell chocolate and chocolate-related items at this year’s festival April 24. If you are interested, please email mceevilly.john@outlook.com. Deadline is April 1. For more information visit <https://bit.ly/3IA1IkM>.

Golden Girls Senior Women’s Softball is looking for players of all experience levels for games on Wednesdays and Saturdays in Vienna. For more information visit goldengirls.org.

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.

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DANCE

CONTINUED FROM PAGE B1

April at the same Center for the Arts.”

Brown created “City of Rain” for her company, and it’s inspired by the death of a friend of hers.

“He woke up one day paralyzed,” Reedy said. “He was a dancer as well and this work deals with grief and it is a work that is extremely powerful. Her use of rhythm is quite stunning. So you’ll see a lot of variety of influences in her work, definitely, an African-based modern blend of modern styles, contemporary styles, and the rhythmic component is very strong.”

The show will open with “Parade” by Larry Keigwin of Keigwin + Company, which has performed at The Kennedy Center, The Joyce Theater, Works & Process at the Guggenheim, and the New York City Center.

“His piece that will open the program is a work for 20 dancers and it is extremely exuberant and extremely high energy,” Reedy said. “The curtain will open and these dancers are costumed in red tracksuits. And we’re starting with this work as a way to lift our spirits and kind of come out of it.”

The Gala’s second piece is a duet choreographed by



COURTESY PHOTO

Alejandro Cerrudo, and it’s an excerpt from his “Silent Ghost” and will feature the talents of Michael Cherry, a Fairfax native.

The gala also will include a premiere of a piece by heritage professor, Christopher d’Amboise.

“He actually started the work before 2020 Gala and he has a kind of reimagined the work, so this is a new creation for this concert,” Reedy said. “He’s particularly influenced by the passing of his father, Jacques d’Amboise, who is an icon in ballet, and so they are definitely going to be some references there to look for.”

Everyone is excited to bring people back to live dance, not only returning patrons but new people who

merous trips to Italy to visit his girlfriend, and in the fall of 2020, they got married in a small medieval town in the Italian Alps.

“It was the middle of the pandemic, there were like 15 people there in the basement of this medieval city hall,” he said. “It was really beautiful. It was an idyllic day, just magical.”

Nile feels lucky that he didn’t get COVID-19, especially since members of his band did, including his lead guitarist, Jimi K. Bones who coughed so hard he fractured four ribs.

NILE

CONTINUED FROM PAGE B1

Today, the band is healthy and rocking, but Niles’ show at Jammin Java will feature just him and Pisano.

“When we do our duo shows, we do songs that we don’t always do with the band because Johnny knows so much of my catalog,” he said. “They’re totally rocking shows and there’ll be some intimate things, off-the-wall things, and some new things. I love coming to Jammin Java, it’s a great place to see music and play music.”

And it’s great that Wille Nile is coming back to town.

A holistic approach to managing cholesterol: looking beyond the numbers

By Jason Morda, MD
INOVA CARDIOLOGIST

Most of what we hear about cholesterol is bad news. That’s because high cholesterol levels in your blood can contribute to heart disease, which kills more Americans than all cancers combined. But your body actually needs a certain amount of cholesterol.

Cholesterol is a waxy, fat-like substance that is mainly produced by the liver. It is used to make certain hormones, like estrogen and testosterone, as well as vitamin D and bile acids, which help digest fat. Cholesterol also is used to build healthy cell membranes in the brain, nerves, muscles, skin, liver, intestines and heart. But it only takes a small amount of cholesterol to meet these needs.

Too much of the wrong kind of cholesterol can put your health at risk – which is why you don’t want to add too much cholesterol to your diet. The Centers for Disease Control and Prevention reports that about 38 percent of adults in the United States have high cholesterol levels.

When you have too much cholesterol in your blood, the excess contributes to plaque deposits in the lining of the arteries, including the ones that feed your heart. These deposits narrow the arteries and reduce blood flow (a condition known as atherosclerosis), which can lead to heart disease, heart attack and stroke (when occurring in the brain). About



COURTESY PHOTO

80 percent of people who have a heart attack have high cholesterol.

High blood cholesterol does not cause symptoms but can be identified by a simple blood test ordered by your doctor. The American Heart Association recommends all adults over age 20 have their cholesterol levels checked every four to six years.

Cholesterol moves through your body inside substances called lipoproteins, which are made from fat and proteins. A blood test, which is usually done after fasting, will measure:

- **Total cholesterol**
- **LDL** or low-density lipoprotein, also known as “bad” cholesterol
- **HDL** or high-density lipoprotein, also known as “good” cholesterol – higher

levels of HDL are beneficial because HDL can help to remove “bad” cholesterol from your arteries

• **Triglycerides**, which are another form of fat in the blood – high triglyceride levels are linked to a higher risk of heart attacks

What to Know About the Numbers

When it comes to the numbers, it’s important to remember that there is no “one size fits all.” That’s why we prefer to deemphasize the numbers and, instead, focus on a more holistic approach to identify those at highest risk for cardiovascular disease. While the numbers are important, they are not hard and fast dividing lines in most people. Your target numbers depend on your risk profile, which includes your family history, medical

history and lifestyle. People at higher risk for heart disease and stroke have lower targets.

In general, we recommend cholesterol-lowering medications for people with an LDL above 190 who have failed to lower their cholesterol with diet and exercise. But, for example, if you have diabetes, we are very aggressive about prescribing medication if your LDL is above 70. The risk factors we consider include:

- Diabetes
- History of heart disease, heart attack or stroke
- High blood pressure
- Age (risk increases over time)
- Family history
- Chronic inflammatory diseases like rheumatoid arthritis or psoriasis
- Metabolic syndrome
- Early menopause

- HIV
- Certain ethnicities (like South Asian)
- Certain pregnancy-associated conditions
- Lifestyle (sedentary, smoking, obesity)

How to Manage Your Cholesterol Levels

Improve your diet. The best way to lower your dietary cholesterol is to reduce your intake of saturated fat and trans fat. This means limiting red and processed meats, dairy products with whole milk, and fried foods. Try cooking with healthy plant oils such as olive oil, flaxseed oil or grapeseed oil. A heart-healthy diet limits sodium and sugar and emphasizes fruits, vegetables, whole grains and fiber, poultry, fish and nuts.

Become more physically active. An active lifestyle can

increase HDL, which may help to remove “bad” cholesterol from your arteries.

Quit smoking. It’s never too late to quit, and it will make a big difference in your health.

Lose weight.

Drink alcohol in moderation. Studies show that excessive drinking can increase LDL and triglyceride levels.

Take your medication as prescribed by your doctor.

A significant body of research supports the use of statins to decrease your risk of heart attack and stroke. If you have already had a cardiovascular event, statins can extend your life. We are also seeing good results with relatively new cholesterol drugs like Repatha® and Praluent® that patients can inject themselves every two weeks. We typically prescribe these drugs for people who are at higher risk, those who already had a cardiovascular event or individuals who cannot take a statin because of side effects.

Jason Morda, MD, is an Inova cardiologist who is board certified in internal medicine and cardiovascular disease. He practices in the Inova Cardiology offices located in Alexandria, Springfield-Franconia, Mount Vernon and Woodbridge. He attended medical school at the University of Virginia and did his residency at University Hospitals of Cleveland. He also completed his fellowship in cardiology and cardiovascular disease at University of Michigan. Dr. Morda joined Inova in 2015 after practicing in Northern Virginia, which he has done since 2008.

Six ways to reduce your seasonal allergies

KEYS TO BETTER HEALTH
CINDY SANTA ANA



This is the time of year when tulips and daffodils are poking out of the ground in search of sunlight and buds on the trees are starting to open. But, it’s also a time of year that many people dread because of the high pollen counts in Northern Virginia.

Seasonal allergies can make you feel downright awful, run-down, and sneezy. I used to suffer all year long with allergies and springtime was the worst. I have taken every allergy pill they make and even had a few inhalers. But, since cleaning up my diet and

determining which foods were causing me to have inflammation (I’m looking at you gluten and dairy), and using some natural methods, I no longer suffer from seasonal allergies anymore.

You may turn to over-the-counter remedies or medications, but remember all medications do disrupt a metabolic pathway in the body and can put an extra burden on the liver.

Here are some helpful tips:

1. Clean up your diet. I was actually sensitive to gluten and dairy and when I removed it, 98 percent of my symptoms went away. Dairy also can cause extra mucous in some people, so consider limiting or stopping your dairy intake during your “sniffly-season.”

2. Keep the pollen outside. Remove your shoes when you come inside or leave them on the porch and shake jackets and clothing before coming indoors. Invest in a good HEPA filter and dust and vacuum often. (I love my Air Doctor.) Showering at night can remove pollen as well so you’re not sleeping with it.

3. Use a neti pot. This is one of those habits that takes some getting used to, but cleaning out the nasal passages can wash away the irritants causing inflammation. They’re also great when you get a sinus infection - it clears them up right away! Use distilled water and sea salt.

4. Consider herbal remedies. Butterbur and Stinging Nettle are two natural allergy

remedies that can reduce swelling in nasal passages and relieve symptoms. Find a tincture or extract to take with water. Even local honey may help.

5. Remove other allergens. Processed food contains dozens of chemical preservatives, pesticides, fungicides, herbicides, artificial colors, flavors, and genetically modified organisms. Our bodies are constantly fighting this internal inflammation from these foreign invaders. When you remove them, the inflammation subsides and your histamine response decreases. This is what happened when I removed all processed food from my diet.

6. Increase foods that help lower inflammation. Vitamin C-rich foods like

broccoli, cabbage, cauliflower, Brussels sprouts, and berries are good and low in histamine. Eat Quercetin-rich foods like onions, apples, capers, green onions, broccoli, cherries, berries, and kale. Quercetin is a natural anti-histamine. Also eat dark-colored foods and herbs like turmeric, green tea, dark chocolate, pomegranate, and blueberries. Omega 3-rich foods also lessen inflammation, so eat wild salmon, halibut, sardines, fresh anchovies, and mackerel.

Decreasing foods that cause inflammation can help. These include highly processed foods, alcohol, sugary drinks and treats, deep-fried foods,

dairy, grains, gluten, corn, and even some fermented foods can be a trigger because of their high histamine levels, which can aggravate allergies.

Adopting a more natural lifestyle can help decrease inflammation and return your body to a state of balance. Using natural herbal remedies can also prevent nasty side effects and drowsiness that come with OTC medicines. Check with your doctor before taking a natural, herbal supplement. If you need help in cleaning up your diet, let’s chat. My book, *Unprocessed Living*, is a great place to start. I see private clients at www.UnlockBetterHealth.com.



UNSPLASH

King Crossword

Answers

Solution time: 26 mins.

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

Prep Time: 5 Minutes • Servings: 5

5 pieces prosciutto, halved lengthwise (optional) • 10 California Prunes
10 basil leaves • 10 cherry-size mozzarella balls

1. If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
2. Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



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TOWN OF Herndon

VIRGINIA

NOTICE OF PUBLIC HEARING

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

Ordinance, to Levy Taxes on Real Estate and Manufactured Homes, and Other Subjects for the Fiscal Year 2023 budget, to consider levying the Town of Herndon taxes for Fiscal Year 2023 as follows: Real Estate \$.2650 per \$100 of valuation; personal property \$.00 per \$100 of valuation; farm machinery, farm tools, and farm livestock \$.00 per \$100 of valuation; and to levy all other taxes and licenses previously enacted and imposed by the town at the same rate, except as provided by other ordinances adopted by the town council in this budget cycle, or to make such levies at such rate as the town council may determine at such hearing.

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

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

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

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

The Town of Herndon supports the Americans with Disabilities Act by making reasonable accommodations for members 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 Tuesday 25 / April 1, 2022

[(Full name(s) of owner(s))]:
Mosaic Crossroads LLC

Trading as:
Junction Bar and Bistro
2685 District Ave Ste 115
Fairfax, Fairfax County, VA 22031-1566

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

Chad Sparrow

[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.

3009284 (03-18-22, 03-25-22)

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

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

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

Reinaldo Naranjo, Member Organizer
Luz Mireya Naranjo, Member Organizer

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

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

The seal of the Town of Herndon, Virginia, is a circular emblem. It features a central illustration of a plow, a sheaf of wheat, and a ship. The text "TOWN OF HERNDON VIRGINIA" is written around the perimeter, and the year "1879" is at the bottom.