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WELLBEING

Managing Anxiety Triggered by News from Ukraine

Music and meditation among the ways to cope.

BY MARILYN CAMPBELL The Connection

itting on yoga mats with their eyes closed as meditation music fills the air, Stephanie Dowd's yoga and meditation students seek a sense of calm. For the past two weeks, the Arlington instructor offered a special class for those who are seeking solace in the midst of an abundance of disturbing news about the crisis in Ukraine

"My students have come to class talking about the sadness and stress they're feeling," she said. "They're looking for ways to decompress from the upsetting headlines."

The onslaught of disturbing images and news headlines about the crisis in Ukraine can take a toll on one's mental health. While feelings of stress over negative events is normal, there is a point in which these feelings can become unmanageable.

"It's normal to feel some level of anxiety over negative national and international events," said Bethesda psychologist Michele Windsor. "The key is having enough self awareness to recognize those when feelings are interfering with your ability to carry out daily tasks."

"Deep breathing, meditation or just spending five minutes sitting quietly and without access to news, smartphones and social media can help cultivate that self awareness," Windsor said.

When members of her prayer group began to express feelings of profound sadness over the crisis, Yves Jaffe said they discussed some of the ways in which they can find comfort in their faith. "I play the flute and I've started playing at the beginning and end of our gatherings. The sounds are peaceful and give us a sense of calm. There's another woman in our group who's a pianist and she plays, "Let there be Peace on Earth" while we sing it.

In fact, spending time with friends and setting limits on news consumption can reduce anxiety, says Windsor. "Because we're all attached to our smartphones, get news alerts and spend time on social media, we can lose track of the amount of negative news we're getting," she said. "Make a conscious effort to unplug. Set aside a certain amount of time each day to stay off the internet and social media. There are very few reasons why most of us can't choose to stay away from these things for at least three hours each day. It can do wonders for our mental health."



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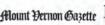
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NEWS

The Trail Is for All But the Railroad Was Racist

NOVA Parks unveils 'The W&OD Railway and Jim Crow Laws'

n Saturday, Feb. 26, NOVA Parks unveiled two new interpretive sign panels along its Washington & Old Dominion (W&OD) Trail. The outdoor panels acknowledge Virginia's Jim Crow laws (1900) that mandated that all train companies segregate white and black passengers.

Southern Railway owned the railway bed at the time known as the Bluemont Branch, which is now the W&OD Trail. It is the paved 45-mile route from Arlington running through the urban heart of Fairfax County that ends in the countryside town at Purcellville Train Station in Loudoun County. The first ceremony occurred at 10 a.m. in Fairfax County, at the Red Caboose in the Town of Herndon, while the second ceremony was held later that day in Loudoun County, at the trail crossing South King Street in Leesburg.

A week earlier, the sign was unveiled in Arlington.

Cate Magennis Wyatt, Loudoun County representative and NOVA Parks board chairwoman, described how, in 1959, visionaries from several jurisdictions got together to create and run a system of regional parks that now, 63 years later, spans 12,000 acres. According to Wyatt, parks are not only about areas to recreate. They are also about creating environmentally and historically significant places, "even when that means holding up a mirror to the worst chapters in our shared American stories."

"We are here today to recognize that this 45-mile long linear park, the WO&D, is for us to enjoy but to recognize those who rode it. They suffered injustices with no social or judicial reason," she said.

It was not until 1964, when President Lyndon B. Johnson signed the Civil Rights Act, that segregation, which Jim Crow laws had entrenched, was officially abolished. The laws had been named after a white minstrel who performed in blackface makeup as "Jim Crow," a derogatory depiction of a black character.

"In the 1900s, the Virginia legislature passed a law that required separation of the races in public spaces," the opening lines of the panels read. "This included schools, restaurants, hotels, and public transportation — which at the time was primarily the use of trains. This was nicknamed the 'Jim Crow' law and sought to perpetuate discrimination against people of color."

According to the National Park Service, Virginia's Jim Crow law said that "the conductors or managers on all such railroads shall have power, and are hereby required, to assign to each white or colored passenger his or her respective car, coach, or compartment. If the passenger fails to disclose his race, the conductor and managers, acting in good faith, shall be the sole judges of his race."

Wyatt said those present for the interpretive panel's unveiling were surrounded by www.ConnectionNewspapers.com



Photo by Mercia Hobson/Connection Newspapers

Cate Magennis Wyatt, Loudoun County board chairperson NOVA Parks unveils NOVA Park's new interpretive sign panel, "The W&OD Railway and Jim Crow Law." The W&OD Trail runs through the Town of Herndon beside the iconic Washington & Old Dominion Red Caboose



Cate Magennis Wyatt, Loudoun County board chairper-





Karen Campblin, president of the Fairfax County NAACP speaks at the unveiling.

leaders who chose to use their time and talents to "always step into the light of injustice and speak truth to power." She introduced Karen Campblin, president of the Fairfax County NAACP, as a person "who has done

During the Jim Crow era, rail transportation provided food, medical treatment, and economic opportunities in labor, according to Campblin. But "not so much so" for black

people, she said. African Americans were poorly treated, forced to sit in waiting rooms in intolerable conditions. They were forced

SEE W&OD RAILWAY, PAGE 8

Oak Hill/Herndon / Reston / Chantilly Connection / Centre View & March 2-8, 2022 & 3

We Need to Know a Location and What's Going on to Help You'

Learning about the Department of Public Safety Communications (9-1-1).

> BY BONNIE HOBBS The Connection

n an emergency, calling 9-1-1 and receiving immediate help can literally mean the difference between life and death. And in Fairfax County, these calls are automatically routed to the highly trained people at the Department of Public Safety Communications (DPSC).

Housed in the McConnell Public Safety and Transportation Operations Center on West Ox Road in Fairfax, it's the largest 9-1-1 center in Virginia and in the top 10 in the U.S. The county adopted 9-1-1 in 1981; and in 2005, it became its own agency, separate from the police.

Dispatchers receive emergency calls and dispatch police, fire/EMS, sheriff and animal protection units. And two of these dispatchers - Ashley Honabach and Gabi Graves, both also hostage and crisis negotiators - addressed a recent, virtual meeting of the Sully District Police Station's Citizens Advisory Commit-

"Next Generation 9-1-1 is what we're using now," said Honabach. "It creates a faster, more resilient system that allows voice, photos, videos and text messages to flow seamlessly.'

The DPSC receives some 400,000 emergency 9-1-1 calls and 420,000 non-emergency calls annually. It also monitors approximately 1 million police events and 200,000 fire-and-rescue/EMS events per year. So getting the correct information from callers is vital.

For the best outcome, callers should try to stay calm, know their location, answer all questions, state the nature of the emergency and, if possible, have someone meet the emergency equipment. It can be difficult to find an address on a dimly lit street in the middle of the night. Furthermore, parents should teach their children how to call 9-1-1.

"We need a location to get help out to you, and we need to know exactly what's going on," said Honabach. "We ask a lot of questions, but they're necessary to get you the type of assistance you need. And we'll always verify your name and address, because sometimes technology can be wrong."

She also noted that any phone with power is able to call 9-1-1, even those seemingly without service. "Speak loudly and clearly and stay on the phone if it's safe to do so," she added. "And don't hang up until the call taker tells you to. If a caller doesn't speak English, we can add an interpreter to



Gabi Graves

the line."

A glimpse of the 9-1-1 call center in the MPSTOC building in Fairfax.

BONNIE HOBBS/THE CONNECTION

send texts to 9-1-1. But, warned Honabach, "Don't include others on the message, or we won't get it. Only send it to us, use simple words - no abbreviations - and don't send any photos or emojis. The rule is 'Call when

Besides calling for help, people may also

you can, text when you can't.' Only text when you're unable to make a voice call to

Furthermore, she stressed, "9-1-1 should only be used in emergency situations to obtain immediate assistance. Do not call 9-1-1 for information, directory assistance, to pay traffic tickets, about your pet or as a prank. It takes up valuable time and prevents us from helping the people who really need us. And if you call by mistake, do not hang

Hearing- or speech-impaired callers may dial 9-1-1 via their TTY machine. Give the call taker time to connect to the DPSC's TTY and press any of the TTY keys a few times to receive a quicker response. Callers without this device should still call 9-1-1 and stay on the line. In most cases their phone's address will be displayed on the call taker's screen and help will be sent.

Fairfax County's DPSC is also an accredited 9-1-1 center for emergency medical dispatch with the Virginia Office of Emergency Medical Services. And it's a 9-1-1 Call Center partner with the National Center for Missing and Exploited Children.

More than 150 people work in four squads - two at night and two during the day – and have two-week, rotating schedules. Their 12-1/2-hour shifts are from 6:30 a.m.-7 p.m. and 6:30 p.m.-7 a.m. It's no surprise then that the DPSC motto is



The DPSC logo

"Always There, Always Ready...24/7/365."

To become a dispatcher, applicants must undergo hiring tests, a panel interview, background check and a polygraph. Then come 10 weeks of classroom training, a two-week state class, plus 10-12 weeks of on-the-job training with a trainer.

Next, Graves discussed Marcus alerts and RapidSOS. "The Marcus Alert System is designed to ensure that behavioral-health experts are involved in responding to individuals experiencing a mental-health crisis," she said. "The goal is to divert such people away from the criminal-justice system and, instead, to resources and supports for treatment and recovery."

The Marcus Alert System requires the

establishment of a voluntary database of names of people needing such help. It's done via www.emergencyprofile.org and is then made available to the 9-1-1 and Marcus systems. And RapidSOS is used to access this database.

"RapidSOS is integrated with your cell phone, instead of through triangulation off of cell-phone towers," explained Graves. "And it gives us more specific information about your location - for example, where you are inside a building, or if you're in a park and aren't exactly sure where you

This technology came in handy last summer, said Honabach, when a biker was injured on a Fountainhead Park trail. "We used Rapid SOS to pinpoint the caller's location," she said. "And it led the responders

"The information we'll see about you will also tell us your emergency-contact and health information, if you've put it into your phone," added Graves. "And your information only goes to Fairfax County nowhere else.'

She also talked about an entity called what3words. "Street addresses don't always point to precise locations," she said. "So what3words has given every, 3-mile square in the world a unique, three-word address. The words are randomly assigned to each square and will always stay the same. It's a better way to pinpoint where the caller is, and you can download the what3words

Overall, said Graves, "Call 9-1-1 for immediate danger or crimes in progress. Call 703-691-2131 for non-emergency matters."

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4 & Oak Hill/Herndon / Reston / Chantilly Connection / Centre View & March 2-8, 2022

OPINION

Environmental Issues Take Back Seat

Del. Kenneth R. "Ken" Plum

ven with increasing evidence of climate change, there is a sparsity of bills in the current session of the General Assembly dealing with environmental and climate changes. Of greater concern is the fact that among the bills that could be classified as relating to the environment, most would turn back the clock on current laws, programs, and regulations

in place to protect the environment. Virginia did not get its top ranking as a business-friendly state because of its tough environmental regulations, but its already minimal laws and programs are under attack by those who oppose government action on keeping our environment clean and on stopping climate change.

Evidence of the shift in environmental policy came earlier this year when the newly-elected Governor Glenn Youngkin announced his opposition to Virginia's participation in the Regional Greenhouse Gas Initiative (RGGI), an effort among 11 states to cap and reduce CO2 emissions from the power sector. CO2 is the major culprit in the warming of the earth that is leading to climate change and the bizarre shifts in weather and air quality. Most surprising about this shift in policy is the fact that RGGI is a cooperative, market-based approach supported by many in the industrial sector to cap and reduce



"Two bills have been making their way through the General Assembly that would strip citizen boards of their power and responsibilities in protecting air and water quality."

CO2 emissions across the northeast region of the country without the need for government regula-

Another concerning piece of evidence of a shifting of policy came with the new governor appointing a former Trump administration official known for his opposition to environmental protection regulations as his Secretary of Natural and Historic Resources. A review of the credentials of the appointee raised such alarm among legislators that the Senate refused to confirm the appointment, only the second such refusal in the decades of history of the cabinet system in Virginia.

Most recently two bills have been making their way through the General Assembly that would strip citizen boards of their power and responsibilities in protecting air and water quality. The impetus for the bills came from businesses and industries that felt it takes too long and is too complex to get needed air or water permits to situate their industries in Virginia. Most recently there has been a great

deal of controversy and court action about pipelines that proposed coming through Virginia. These affected industries placed the blame for the complexities of the regulation process on the need for scientific evidence and the public participation that raised questions about their plans on the State Water Control Board and the State Air Board. The bills making their way through the legislature and no doubt to be signed by the governor would strip the boards of their power.

I have taken a strong stand against the changes in the Air and Water Boards. My speech against the bills on the floor of the House of Delegates can be heard at https://youtu.be/UaAytHE-o_s, and an article I wrote with Del. Kathy Tran and an expert on the subject is available in the Washington Post at http://www.washingtonpost.com/opinions/2022/02/23/efforts-silence-virginias-citizens-boards-commissions-are-wrong/. The current policies that are being implemented in Virginia can do immeasurable harm to the already fragile environment of the Commonwealth.

Looking Ahead to Critical Budget Process

he grassroots "Invest in Fairfax" coalition of community members, local families, and essential workers call on the Board to engage the public in the budget process and to invest in vital county services. Fully two years into the pandemic, it's critical that our budget reflects the values, priorities and urgent needs of our diverse community.

"We are now marking the second year of a pandemic we have not seen in 100 years. Local public services are more important than ever," said David Edelman, Chair of the Invest in Fairfax coalition. "We need to invest in our schools to address interrupted learning. We need to invest in public health and mental health services to help residents deal with this health crisis; to name only a few priorities. Our investments and budget should reflect these needs."

"The Fairfax League of Women Voters understands that the emergence from the Covid pandemic and the economic changes that have resulted place multiple pressures on the county as the budget planning process goes forward.

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The Highest priority is the adjustment of compensation to those county employees who have borne the brunt of our service needs during the pandemic including our schools, our public health department and other public servants," said Anu Sahai, Co-President of the Fairfax League of Women Voters. "As an organization committed to free and fair elections, we note that election reforms and increased public demands have placed a significant increase on the needs of the Board of Elections for staffing, maintenance, and capital management. The price of fair elections has gone up and we need to budget accordingly."

"Fairfax County deserves a budget which invests in good, safe jobs for all workers, and quality public services for all working families," said Tammie Wondong, SEIU Virginia 512 Fairfax President and a 30+ year county employee. "Frontline workers throughout our community need affordable health care, need to keep up with the cost of living, and need safe working conditions. That's why county employees are coming together in

SEIU to work with county leadership on this year's budget and at the bargaining table for future budgets. Together we will ensure that every working family can thrive"

"The Fairfax Education Association stands with the Invest in Fairfax coalition in asking this board to ensure safety and prudence remain at the forefront of every action," said Kimberly Adams, President of

the Fairfax Education Association. "This budget should continue to reflect our employees' hard work to keep everyone healthy as we maintain the world class services our community depends on, especially for our youngest as well as our most vulnerable residents. We expect this budget to carry the message that we are emerging

SEE INVEST IN FAIRFAX, PAGE 10

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Uncommon Valor



Survivors of the Battle of Iwo Jima gather for a photo following a wreath laying at the Marine Corps War Memorial Feb. 18 in Arlington. Pictured left to right are: Roy Earle, John DeGennarro, Louis Bourgault and Ivan Hammond

Survivors mark Iwo Jima 77th anniversary.

By Jeanne Theismann

the Marines shortly after graduating from high school in 1942. For the next three the 5th Marine Division, 250 men as a result — 5,931 of them Mayears he would mark his birthday in his company walked in and only rines. An additional 19,000 troops in the midst of some of the worst battles fought in the Pacific Theater of World War II, including his Feb. 19, 1945. It was the first day nese lives. Of the 23,000 Japanese 21st birthday as the Battle of Iwo of an intense, 36-day battle that troops defending Iwo, only 1,083 Jima raged around him.

"For several years, I never celebrated a oner.

In addition to day," said Earle, who will turn 98 on March 5. "The best I can say is

that I marked the occasion lucky to be alive."

Earle was one of four survivors to gather in Arlington over Pres-Iwo Jima, one of the bloodiest in achieve victory in the Pacific. U.S. history.

Jima Association of America that Press photographer Joe Rosenthal. Honor recipient from WWII. Wilsponsored the gathering. "This "I was in the fourth wave to land liams virtually presented the award Earle, who lives in Maine with

became one of the major turning points in WWII. Situated 791 miles from Japan's capital city of Tokyo, ident's Day weekend to mark the two airfields on the small volcanic 77th anniversary of the Battle of island were seen as vital in order to keynote speaker and the recipient

"Two years ago we had more flag by five Marines and one Navy The award is named in honor of the National Museum of the Marine than 50 Iwo Jima survivors gather Corpsman on Feb. 23, 1945, was Herschel Woodrow "Woody" Wil- Corps at Quantico and wreath-layfor the 75th reunion," said David immortalized in a Pulitzer-Prize liams, a Marine survivor of Iwo ing ceremonies at the WWII Me-Fields, a board member of the Iwo winning photograph by Associated Jima and the last living Medal of morial and the Marine Corps War I was that fortunate," Earle said. "I

year only four veterans were able on Iwo Jima," Earle recalled. "Iwo to Sears.

Fields, a Vienna resident who served six years as a Marine infantry officer, is the son of the late Col. Thomas Fields, a veteran of Iwo "Dad felt he was an old man at

age 26 when he served in WWII," THE CONNECTION Fields said. "He did not talk much about his experience on Iwo Jima, oy Earle was just 18 years but he always said that the credold when he enlisted in it goes to the 18-year-olds, who fought with immeasurable cour-19 walked out."

stepped on it you went down to your ankles. Mount Suribachi was an active volcano and the Japanese had fortified the island with 15 miles of Jima who went on to serve in Korea tunnels so you never knew where or when you would be attacked."

Recalled Fields, "Dad would say that the Japanese were not on the island, they were in the island."

Approximately one-third of all Marines killed in action during World War II were killed on Iwo Jima. More than 100,000 Ameriage. In his Company D battalion of cans fought there and 6,821 died were wounded in the battle that The Battle of Iwo Jima began claimed more than 21,000 Japa-

birthday," "The best I can say is that I Earle, Iwo Jima veterans attendmarked the occasion lucky to be alive." ing the reunion at the Hilton - Roy Earle, who will turn 98 on March 5 Crystal City in-

Hammond, John DeGennaro and Louis Bourgalt.

Virginia Lt. Gov. Winsome Sears, a Marine Corps veteran, was the of the first Iwo Jima Association of The raising of the American America's Woody Williams Award.

was a very soft ash - when you "What an incredible honor to combat against the Japanese in four battles and won them all."



Lt. Gov. Winsome Sears, center, receives the Iwo Jima Association of America's Spirit Award Feb. 19 in Crystal City. With her are IJAA President Lt. Gen. Norman Smith, USMC, Ret., and Coast Guard Commandant Admiral Schultz.



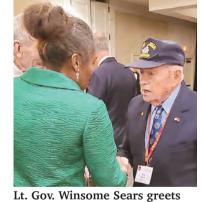
"In [Col. Thomas Fields | Company D battalion of the 5th Marine Division, 250 men in his company walked in and only 19 walked out."

— David Fields, speaking of his father

sit in a room full of veterans and their families, including those who fought at Iwo Jima," Sears said. "I heard stories and thoughts from veterans and Gold Star families, reminding us that freedom isn't free."

The four-day series of events included a veterans panel, a visit to

his wife Linda, was in constant

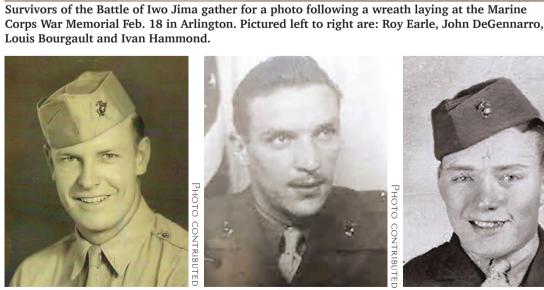


Iwo Jima veteran Roy Earle Feb. 19 at the Hilton Crystal City.

the Marshall Islands, Saipan, Tinian and Iwo Jima. For his service he received the two Presidential Unit Citations awarded the 4th Marine Division, the Navy Unit Citation awarded JASCO, the American Campaign Medal, the Asiatic Pacific Campaign Medal with four bronze battle stars, and the World War Two Victory Medal.

"I walked off of every battlefield, was proud to be a Marine. More specifically I was proud to be a 4th Marine Division Marine. We fought

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Roy Earle.

Louis Bourgalt.



Feel'n the Love

Valentine's Day Love 2022 at Aldrin ES.

The Connection

n Valentine's Day, the administrative staff at Fairfax County Public Schools Aldrin Elementary in Reston, with the assistance of the region office, started the day off for school personnel with a treat of breakfast burritos and fruit cups prepared individually and purchased from Anita's in Herndon. Staff was also treated

with each person invited to box up a dozen sweet confections baked with love and appreciation by PTA members.

Students around the school

prepared their Valentine boxes By Mercia Hobson and eagerly anticipated their exchange, following a long-standing, playful tradition symbolizing friendliness. Raegan Saylor of Reston, like her second-grade classmates in teacher Lauren Lashlee's room, had her box decorated and Valentines ready

to exchange.

When asked whether she had a Valentine's card for her mother, Raegan said, "I didn't make another card. I knew my mom would like it even if I didn't



Lauren Lashee's second-grade class is getting ready to stuff their classmates' Valentine's Day boxes.





News



Photo by Mercia Hobson/Connection Newspapers

Jeff McKay, chairman of Fairfax County Board of Supervisors, speaks while behind him stand (from left) Steve Descano, Fairfax County Commonwealth's Attorney; Sheila Olem, mayor of the Town of Herndon; Karen Campblin, president of the Fairfax County NAACP; and Cate Magennis Wyatt, Chairwoman of NOVA Parks board.

The W&OD Railway and Jim Crow Laws'

From Page 3

to board and disembark without humanity, forced to jump off trains rather than step down.

"In addition, sometimes their compartments were used for extra luggage from their white counterparts or to carry livestock, hogs, and other things, while they paid the same amount of fare for traveling," Campblin said. "As a community, we overcame, we persevered, and we contributed to a community despite how we were treated."

Jeffrey McKay, chairman of the Fairfax County Board of Supervisors. congratulated Paul Gilbert, executive director of NOVA Parks, and others who ensured that NOVA Parks was not merely for leisure and that history was not being erased. "They're telling history about the most divisive time in American history, and to not tell that story

is, in and of itself, divisive ... It is the moral compass of the county to make sure the stories get told," McKay said.

McKay presented Karen Campbin with a proclamation from the Board of Supervisors declaring February 2022 to be African American History Month. "And in my world ... every month of the year is African American History Month," he said.

Fairfax County Commonwealth's Attorney Steve Descano described "a history of injustice"

"Everyone standing behind me works every day to move their parcel of the world, their community forward, and also to eradicate those messages of past injustice, whether it is in housing, business development, or, in my case, the criminal justice system," he said. "We are smart to recognize that true dynamism moving forward to progress can only be accomplished if we always keep in mind the failures of our past."



Mercia Hobson/Connection Newspapers Karen Campblin, president of the Fairfax County NAACP, reads the new interpretive sign panel telling how the Virginia Jim Crow law (1900) mandated that trains segregate white and black passengers.



Mercia Hobson/Connection Newspapers

A view from the Red Caboose of some of the people gathered on Saturday, Feb. 26, in the Town of Herndon for NOVA Park's unveiling of one of two new interpretive sign panels along its Washington & Old Dominion (W&OD) Trail.

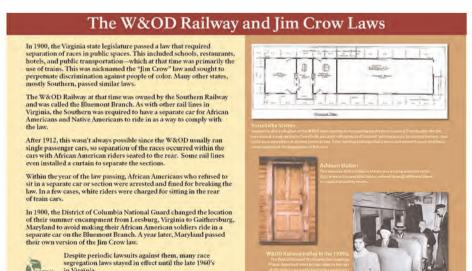


Jeff McKay, chairman of the Fairfax County Board of Supervisors, presents Karen Campblin, president of the Fairfax County NAACP, a proclamation on behalf of the Board of Supervisors declaring February 2022 to be African American History Month.



Photo by Mercia Hobson/Connection Newspapers

Steve Descano, Fairfax County Commonwealth's Attorney.



NOVA Parks newest interpretive sign panel.

Collier Named Sully's Police Officer of Year

A shining example of what every patrol officer should strive to be.'

By Bonnie Hobbs The Connection

FC Justin Collier is the Sully District Police Station's 2021 Officer of the Year. He was recognized at the Feb. 9 meeting of the station's Citizens Advisory Committee (CAC). Nominating him for the award was 2nd Lt. Deanna Weand, who detailed why Collier is deserving of this honor.

"The schedule and duties of patrol officers can often be mentally draining and physically exhausting," she wrote. "Since coming to the Sully District in August 2018, PFC Justin Collier is a shining example of what every patrol officer should strive to be – and he doesn't let the long hours and holidays away from family dull his shine."

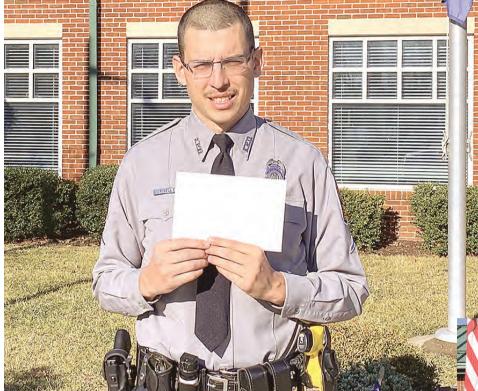
Weand said that, on every shift, he "demonstrates an exemplary attitude and positive work ethic. Collier spends his days building relationships within the community, proactively patrolling the neighborhoods and identifying and arresting offenders."

Despite the inherent struggles of navigating his job during a worldwide pandemic, wrote Weand, Collier has managed to "keep each day flowing" with business as usual. And even though the Sully District isn't as busy as some other areas of the county that have more criminal activity, he led the station with the most reports in 2021.

"This can be attributed to his outstanding cooperation with his squad mates," explained Weand. "He often steps up to take reports throughout the district because he already has a rapport with the involved parties, is currently working a case that might be related or just notices that an area officer needs a helping hand. Even though his reports are numerous you can count on them to be thorough and worked to the very end, bringing much-needed closure to victims of crimes."

Sometimes, said Weand, it can be difficult to remember to which squad Collier is assigned.

"He is reliably known across many stations as a great option when a shift finds itself shorthanded," she wrote. "He shows up on short notice and brings with him all the



PFC Justin Collier outside the Sully District Police Station.

knowledge of his previous shifts – which often leads to him identifying trends and suspects that were not previously recognized."

Furthermore, she noted that, at the beginning of each shift, Collier liaisons with the prior shift, taking responsibility for any unserved paperwork. "If it's not busy, you can count on him to grab some warrants from the pending file and attempt to make service during his shift," wrote Weand. "Between these actions and his caseload, it's no surprise that, in 2021, Collier ranked second in arrest stats for the Sully District Station."

She described him as a "well-rounded go-getter." The typical day of a patrol officer is filled with calls for service, handling outstanding court paperwork and following up on open cases. Besides doing all those tasks, said Weand, patrol officers cover unfilled school crossings, guard people under temporary detention orders at hospitals, and conduct training with their squad mates.

Nonetheless, she wrote, "Collier is always the first to volunteer for ancillary duties or what can be seen as less-desirable assignments."

But that's not all. In addition, he finds the time to fit in several traffic stops for unsafe driving behavior. "Collier knows the Sully District well and is very familiar with the major roads and neighborhoods that some reckless motorists traverse – causing collisions and putting our community members in danger," wrote Weand. "In 2021, he wrote the third-highest number of motor-vehicle citations in the Sully District, with a goal of protecting our community and making our roads safer."

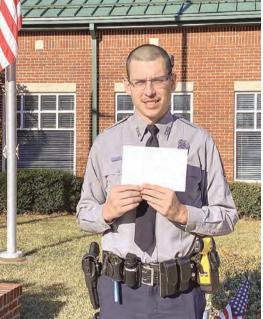
She further stressed that "It would be impossible to write out the specific incidents and calls for service that Collier resolved in 2021.

He brought closure and a sense of safety and peace to many victims of misdemeanor and felony crimes.

"He undoubtedly prevented dangerous situations on the roadway by helping or educating stranded, lost and reckless motorists daily. Collier is a role model to other officers, and his dedication to his position has most definitely had an immeasurable impact on the community in which he serves."

Calling his performance in 2021 "an excellent example of achievement and dedication," Weand said Collier's level of "consistent, superior performance" is one deserving of recognition by the CAC. For these reasons and more, she wrote, "He is being nominated for Officer of the Year for his outstanding service to the Sully District community in which he serves."

As for Collier, he was both pleased with and humbled by the acknowledgement of all



PFC Justin Collier with his certificate.

his hard work, throughout the year. "Thank you for giving me this honor," he said, after the award presentation. "I just go out there and do the best I can do, every day."

Man, 37, Fatally Shot In Centreville Home

airfax County police are continuing to investigate the shooting death, last Monday, Feb. 21, of a 37-year-old man in Centreville's London Towne community. He was identified as Amaru Amin Shabazz, 37, of Leesburg.

Police were called to a townhouse in the 14800 block of Bodley Square, at 9:58 p.m., for a report of man who'd been shot. Inside the home, responding officers found the victim suffering from multiple gunshot wounds. Fire and rescue personnel pronounced Shabazz dead at the scene.

Detectives determined that he'd been visiting the home. According to police, "An altercation occurred between Shabazz and individuals, which resulted in the fatal shooting. Detectives found multiple guns at the scene and determined numerous rounds were fired inside the residence."

A witness stated that a man was seen running from the townhouse after the gunshots were fired. He was described as in his 30s, 5 feet 10 inches, with a thin build and short hair. He was wearing a black shirt and blue jeans. Police believe this was not a random act and that the two men knew each other.

Anyone with information about this incident or who may have witnessed it is asked to call the Police Department's Major Crimes Bureau at 703-246-7800, option 2. Tips may also be submitted anonymously via Crime Solvers by phoning 1-866-411-TIPS (866-411-8477), texting FCCS plus the tip to 847411, or going to http://www.fairfaxcrimesolvers.org/.

Tipsters are eligible for cash rewards of \$100-\$1,000 for information leading to an arrest. Please leave contact information if you want a detective to follow up with you.

Learn about Personal Safety via Video

MPO Sabrina Ruck is the Sully District Police Station's Crime Prevention Officer. And on Thursday, March 10, at 6:30 p.m., she'll be giving a virtual presentation on personal safety. To view it, go to https://fairfaxcounty.zoom.us/j/86543248498.

- Bonnie Hobbs

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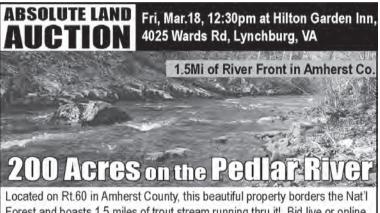
Obituary

Obituary



Richard Thomas "Butch" Yeager passed away on February 23, 2022 after a courageous battle with Amyotrophic Lateral Sclerosis (ALS), otherwise known as Lou Gehrig's disease, at the age of 77. Butch was a loving father to Charles Yeager and James Yeager both of Leesburg VA, a loving grandfather to Jake, Maxwell, Lucas, Ella, and Parker. He is further survived by his sister, Margaret Cannizzaro of Arizona, and a host of other family, friends, and neighbors. He was born in New York February 15, 1945, attended

Wantagh High School and the University of Connecticut. For a brief time, Butch played football for the University of Oklahoma and played semi-professional football for the Huntington Giants. He and his wife, Geraldeen Parker Yeager (now deceased), moved to Reston, VA in the 1970s. Butch loved serving his community and became a well-known fixture in Reston during his time at the Reston Gulf station near Lake Anne as well as his time as a mechanic and General Manager of Reston Automotive, which later became Wiygul Automotive. A visitation service will be held on Sunday, March 13th, 2022 between 2p and 5p at Adams-Green Funeral Home 721 Elden St, Herndon, VA 20170. In lieu of flowers, donations should be made in his name to the ALS Association, https://www.als.org/donate.



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OPINION

Invest in Fairfax

From Page 5

with renewed strength and forged resilience for the anticipated path ahead."

"The Fairfax County Federation of Teachers is united with the Invest in Fairfax coalition in its request of the board to continue to keep safety and best practices as a priority," said Tina Williams, Fairfax County Federation of Teachers President. "We believe the FY23 budget should continue to support all county employees' unprecedented efforts to keep our community safe and healthy. We require a budget that allows us to provide the world class services which makes our county a great place to live, work and raise a family. We urge the Board of Supervisors to fully fund the FCPS budget request. The FCPS FY23 proposed budget includes a focus on compensation to attract and retain a premier workforce as well as funding to address critical staffing needs in special education and ESOL. The FCFT strongly encourages this partnership between the Board of Supervisors and the School Board to fully-fund our school system so that we can provide the world-class education our students deserve and families expect."

Invest in Fairfax Coalition members will continue to mobilize to speak out during the budget process at Supervisors' town halls, at public budget hearings, and during Board meetings.

The county executive's budget proposal is the first of many steps in finalizing the county budget. Click here to see the full budget timeline https://www.fairfax-county.gov/budget/budget-process-timeline

Though the County Executive writes the first draft of the budget, the Board of Supervisors is responsible for changing and finalizing the county budget. On March 8, the Board of Supervisors will authorize the proposed real estate tax rate for FY 2023. Throughout March, the Board will hold budget committee meetings and town halls. The Board will hold public budget hearings April 12-14. On April 26, the budget committee will "mark up" or make changes to the proposed budget. The Board of Supervisors will adopt the budget on May 10, and the School Board will adopt their budget on May 26. The FY 2023 budget begins July 1, 2022.

www.ConnectionNewspapers.com

Calendar

CLIFTON FUNDRAISER

Clifton Community Woman's Club Virtual C.A.R.E.S. Fundraiser. C.A.R.E.S. is an acronym for Creative, Arts, Recording, Education, and Service. Participants will enter a photo or three-minute video of their project with an entrance fee of \$25. The five categories include:

CREATIVE - Crafts, Fiber, Paper, Wood ARTS - Painting, Sculpture, Poetry, Creative Writing, Photography RECORDING - Video of Music, Dance, Stories, Dramatic Reading, Acting

Stories, Dramatic Reading, Acting EDUCATION - Video or PDF of any type of Class, teaching, or instructional volunteer

SERVICE - Photos of person with materials being created and/or donated as a

Each year the Club gives four \$2,000 scholarships, included in an annual \$20,000 to food banks, veterans, women and children in need. The pandemic canceled the homes tour, but not its giving, thanks to loyal sponsor support. Due to their commitment to service and technology, these women are sponsoring a virtual fundraiser. The winners in each category will be recognized on ZOOM on April 23.

NOW THRU MARCH 13

"The Phlebotomist." Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. At 1st Stage, 1524 Spring Hill Road in Tysons. Tickets can be purchased online at www.1ststage.org or by calling the 1st Stage box office at 703-854-1856.

NOW THRU MARCH 13

"Every Brilliant Thing." At NextStop Theatre, 269 Sunset Park Drive, Herndon. Guided by an unnamed narrator, the audience is drawn into the story of a young boy who tries to cure his mother's depression by creating a list of all the most wonderful things in the world. At times humorous and at others gut-wrenching, this extraordinary, interactive play brings the actor and audience along together on a unique journey of shared discovery and catharsis. Visit www.Next-StopTheatre.org.

NOW THRU MARCH 30

Fiber Optics. 11 a.m. to 4 p.m. At McLean Textile Gallery, 6819 Elm Street, McLean. Philadelphia printmaker Fay Stanford will show her fabulist banners. Stanford creates wry fairy tales about suburban family life – especially death, disease and aging. Visit the website: mcleantextilegallery.org.

NOW THRU MARCH 5

Grand Opening. 9:30 a.m. to 7:30 p.m. At Woof Gang Bakery & Grooming, 5750 Union Mill Road, Clifton. Booked grooms will receive free teeth cleaning and half-price nail trims are available. Store hours are 9:30 a.m. to 7:30 p.m. Monday through Saturday and 10 a.m. to 7 p.m. on Sundays. Email: cliftonva@ woofgangbakery.com. Visit the website: www.woofgangbakery.com

MARCH 2-5

Tysons Library Booksale. 10 a.m. to 5 p.m. daily. At 7584 Leesburg Pike, Falls Church. Bag sale. \$10 for a full grocery sack or half price if less on Saturday, March 5, from 2 - 5 p.m. Large selection of books and media for all ages and interests. Visit the website: https://booksalefinder.com/VA.html#X2291

MARCH 5-6

The DC Big Flea Antiques Market. At Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Hours: Saturday from 9 a.m. to 6 p.m.; Sunday from 11 a.m. to 5 p.m. Cost is \$10 for both days. Don Hakenson and Chuck Mauro will be selling all of their books on the Civil War in Northern Virginia. The table location will be somewhere around the middle of aisle B. Visit www.hmshistory.com.



Lynette Rathnam and Josh Adams star in "The Phlebotomist," at 1st Stage in Tysons Corner, thru March 6, 2022.

SUNDAY/MARCH 6

Comedian Jeanne Robertson. 5 p.m. At Capital One Arena, Tysons Corner. At 76 years young, Jeanne Robertson continues to charm audiences with her humorous observations about life around her. This former Miss North Carolina, standing tall at six-foot-two, has a vivacious personality, heart and sense of humor. Visit the website: capitalonehall.com.

SUNDAY/MARCH 6

Traditional Celtic Music. 4:30 and 6:30 p.m. At the Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Featuring KA/PO: Karen Ashbrook and Paul Oorts: hammered dulcimer, harp guitar, mandolin, musette accordion, to name a few. Tickets must be purchased in advance through the link at www.oldbrogue.com: \$21 general admission. Season ticket: \$110. Visit https://karenashbrook.com/ka-po-karen-ashbrook-paul-oorts

TUESDAY/MARCH 8

Author Joyana Peters. 7-8:30 p.m. At Patrick Henry Library, 101 Maple Ave., E, Vienna. The Girl in the Triangle is a fictional story of a recently immigrated woman working at the Triangle Shirtwaist Factory in 1909. Books available for sale and signing. Visit the website: https://librarycalendar.fairfaxcounty.gov/event/8689020

MARCH 11-13

"Fiddler on the Roof." Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. Director Bartlett Sher brings his fresh take on a beloved masterpiece to life as "Fiddler on the Roof" begins a North American tour direct from Broadway. A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Visit the website: capitalonehall.

SATURDAY/MARCH 12

Model Train Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. Hosted by the Northern Virginia Model Railroaders. See www.nvmr.org.

SUNDAY/MARCH 13

Family Orchestra Concert. 4-5:30 p.m. At
Reston Community Center Hunters Woods,
2310 Colt's Neck Road, Reston. The spring
program during which the RCO traditionally
spotlights talented youth from our area, is
loosely modeled after a popular radio game
show. The soloist, 18-year-old violinist George
Pekarsky, and the orchestra will perform the
music without divulging titles, so you can
say, "Wait! Don't Tell Me!" Cost: \$25 adults,
\$18 seniors (60+), Free, youth, military, first
responders. Visit the website: www.reston-



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More Than a Virtue



By KENNETH B. LOURIE

As I sit and write this column on Sat., February 26, 2022, it is 13 years, almost to the day (it was a Thursday actually, Feb. 27, 2009) when Team Lourie (me, my wife, Dina and my brother, Richard) first met an oncologist who would become the center of my universe. This initial meeting WAs to review your recent diagnostic medical history and discuss treatment. Moreover, once this meeting occurs and a cancer diagnosis is confirmed, your oncologist is placed on speed-dial and his/her email is auto-selected every time you type the first few letters of their name. This oncologist becomes your lifeline, phone a friend and/ or the person you ask about all thing's cancer related. And there's plenty to ask, especially if you're clueless to begin with, as was Team Lourie.

I wouldn't say I've learned my lessons well, but after so many years, one does accrue a working knowledge/familiarity with certain practices and procedures. And though I never mastered the pronunciation of some of the early-on/heavy-duty chemotherapy I infused, I always knew where to be and when. As a result, I was described as a "compliant" patient. Meaning I did what I was told and never missed any appointments. (You mean not all patients are compliant," I remember asking. The answer I received: "You'd be surprised." After a diagnosis of cancer, how does a diagnosee not show up for treatment, et cetera? Apparently, it happens, more than I can understand.)

But I never had to be told twice. And though text and emails were sent with regularity by my provider, I was always aware in advance and even though I was contacted multiple times on multiple devices, I never needed to be reminded. I was ready, willing, and able. As was the case with "Deets," (Danny Glover's character in "Lonesome Dove"). When he died, Capt. Woodrow Call (Tommy Lee Jones) carved the following sentiment on his headstone: "Never shirked a task. Cheerful in all weathers." He was dependable and reliable, as have I been during this cancer adventure

Now whether my compliance and cheerful attitude has had any bearing on my survival, or whether a possible misdiagnosis - which led to my diagnosis being changed in 2020 to papillary thyroid cancer from the original non-small cell lung cancer after multiple biopsies confirmed the rediagnosis, Team Lourie can't know for sure – and of course, no one is admitting it. I've been told that papillary thyroid cancer, generally speaking, is a slow-moving (perhaps that's why I've survived so long), curable type of cancer. Quite a bit different than the "terminal" diagnosis/"13 month to two years" prognosis I initially received back in 2009.

Maybe that's why I am alive and reasonably well. When you're told that you have two years to live, maximum, it's hard to be mad if you're still alive 13 YEARS LATER. Over these many years, I have learned to roll with the punches and go with the flow because if being diagnosed with cancer has taught me anything, it has taught me how to be patient – and how to be one as well.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

News



Fairfax County Executive Bryan Hill



Chairman Jeffrey C. McKay (D-At Lage)



Supervisor James R. Walkinshaw (D-Braddock)



Supervisor Pat Herrity (R-Springfield)



Tammie Wondong, President SEIU Virginia 512 Fairfax

County Executive Presents FY 2023 Advertised Budget

Increase in assessed values for real estate and vehicles drive higher tax payments.

> By Mercia Hobson The Connection

airfax County Executive Bryan Hill is proposing a \$4.85 billion spending plan while maintaining the current real estate tax rate of \$1.14 per \$100 of assessed value according to his presentation on the FY 2023 Advertised Budget plan at the Board of Supervisors meeting on Feb. 22, 2022, at Fairfax County Government Center.

Because of increased home assessments, the typical homeowner's tax payment would rise by \$666, a 9.5 percent increase, according to Hill. "I did have to go back and recalculate that number, but I want you to know that is a true number," Hill said. "I expect mitigating this impact will be a priority.'

In addition, used car prices are soaring. Updated information from JD Power for January 2022 suggests an increase of over 33 percent. Hence, with no changes to the Personal Property Tax rate, the average vehicle tax levy for the taxpayer will increase by about \$181 Revenues will increase by \$83 million beyond what is included in the Advertised Budget.

CHAIRMAN Jeffrey C. McKay (D) warned the Board and audience before the County Executive's presentation that Hill's proposal was not the final budget. It was the first stage in a protracted process and schedule that sought public input before board approval.

During the discussion, Supervisor James R. Walkinshaw (D-Braddock) said, "This one is going to shock the heck out of a lot of people. We're going to have to figure out how we can make an adjustment here."

Supervisor Pat Herrity (R-Springfield) said in a statement after the meeting, "The real estate tax increase is on top of the 45 percent increase in real estate taxes over the last decade and comes while residents are facing record inflation, rising gas prices, and continuing to recover from the pandemic. Instead of increasing the burden on our struggling residents, the Board needs to prioritize the critical service issues that are going unaddressed and work to reduce the cost of government."

The proposed budget prioritized compensation for county and Fairfax County Public 12 • Oak Hill/Herndon / Reston / Chantilly Connection / Centre View • March 2-8, 2022



Fairfax County Board of Supervisors listen to the County Executive Bryan Hill's presentation of the FY 2023 Advertised Budget. It is a proposal and not the final adopted budget.

Schools employees. "The budget proposal includes a 4.01 percent market rate adjustment for all County employees and performance, merit, and longevity increases," Hill

In addition, the County's living wage increases to \$15.90 an hour; Performance, Merit, and Longevity increases, including a new 25-year step proposed for uniformed pay plans, an average increase of 2.15 percent for non-uniformed; 3.85 percent for

County compensation includes a 5 percent health insurance premium increase in Jan. 2023, and no changes in retirement employer contribution rates.

Because of increased home assessments, the typical homeowner's tax payment would rise by \$666, a 9.5 percent increase

Tammie Wondong is the President of the Service Employees International Union (SEIU) Virginia 512 Fairfax and a 30year county employee. "For two years, my co-workers and I have been working on the front lines of the pandemic, with just a 1 percent raise. The rising cost of living and our healthcare increases mean that our paychecks have actually gone down. That's why SEIU members called for fair pay, affordable care, and safe working conditions. Today's proposed budget is one step in that direction, but only collective bargaining can ensure the good jobs and quality public services our community needs."

A SUMMARY of the proposed FY 2023 Budget reports net county resources, revenues, and transfers increase by \$330.17 million and of the increase: \$127.84 million are for county priorities, \$117.90 million for schools, \$5.17 million for reserve requirements, and a \$79.26 million balance for Board consideration.

The proposed budget also fully funds Fairfax County Public Schools' request of \$2.285 billion. Schools are 52.4 percent of General Fund Distribution in FY 2023.

Highlighting investments in board priorities are affordable housing (\$1.52 million/7 positions), Diversion First Initiative (\$1.05 million/7 positions), Opioid Task Force \$0.40 million/3 positions), baseline support for Health Department staff, one

public health nurse in all Fairfax County Public Schools, and additional resources for Public Health Readiness (\$12.92 million), Language Access Program, and One Fairfax Support (\$1.54 million/5

The proposed budget supports residents facing vulnerability, providing \$10.66 million and nine positions; including baseline funds for the Co-Responder Program, Behavioral Health, Equitable School Readiness and Emer-

gency Rental Assistance Program support; and baseline funds for Public Assistance Eligibility Workers, Child Protective Services, and Family First In-Home Services added at Carryover.

"Lastly, we have begun to implement recommendations from the Joint County and Schools Capital Improvement Program Committee," Hill said. A net of 109 positions increases county positions.

Real estate taxes will be the primary source of funding for the County in the fiscal year 2023. Real estate taxes provide about 68 percent of general fund revenue, which is forecasted to increase by 8.1 percent over FY 2022. Taxes on personal property are likely to climb by 10.8 percent.

The proposed budget fully funds the

FY 2023 BUDGET TIMELINE

Feb. 22, 2022 County Executive presents FY 2023 Advertised Budget Plan

Feb. 24, 2022 School Board adopts FY 2023 Advertised Budget

March 1, 2022 Joint Board of Supervisors/School Board Budget Committee Meeting

March 8, 2022 Board of Supervisors authorizes advertisement of FY 2023 tax rates

March 22, 2022 Board of Supervisors authorizes advertisement of FY 2022 Third Quarter Review

April 12-14, 2022 Public Hearings at Board of Supervisors on FY 2023 Budget, FY 2023-FY 2027 Capital Improvement Program, and FY 2022 Third Quarter Review

April 26, 2022 Board of Supervisors marks-up FY 2023 Budget, adopts FY 2023- FY 2027 Capital Improvement Program and FY 2022 Third Quarter Review

May 1, 2022 Board of Supervisors adopts FY 2023 Adopted budget May 5, 2022 Public Hearings at School Board on

FY 2023 budget May 26, 2022 School Board adopts FY 2023

Approved Budget July 1, 2022 FY 2023 Budget Year Begins

Schools Operating request as included in Superintendent's Proposed Budget, a 5.1 percent increase. Schools budget includes:

- \$88 million in increased sales tax and
- ❖ 4 percent Market Scale Adjustment for all employees and Step Increases for eligible employees
- * Reduction of over \$88 million based on lower projected enrollment
- * Baseline funding for initiatives previously funded with federal stimulus dollars
- ❖ \$10 million placeholder for General Assembly actions

The FY 2023 Advertised Budget Plan and the FY 2023-FY 2027 Capital Improvement Program are available online at www.fairfaxcounty.gov/budget.

To provide input, the public can send written testimony or communicate with the Clerk's Office by email at clerktothebos@fairfaxcounty.gov. The Board of Supervisors will hold public hearings on the budget April 12-14.

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