



## Paul Frederick Livengood Sr.

March 27, 1945 - May 20, 2021

Paul Frederick “Fred” Livengood, Sr. passed away May 20, 2021, surrounded by his family at INOVA Fairfax Hospital. Fred is survived by his wife, Carol Livengood, his children, Paul Livengood, Jr. (Annie), Christine Morris (Chris), Thomas Livengood (Sherry), and his grandchildren Ella and Brooke Morris, Carter and Monroe Livengood, and Sawyer Livengood.

Fred was a devoted husband, father, grandfather, and friend. Born in Washington D.C., he was a Virginia native his whole life. Fred served honorably in the United States Air Force from 1969 to 1973. He continued to be a proud supporter of the Armed Forces.

He graduated from Woodson High School and then attended William Carey College in Mississippi. Shortly after, Fred opened a floral shop in Burke, Virginia. He then went on to work in food services, human resources, and retired with over 20 years of service with the Virginia Employment Commission.

Among his many activities, Fred loved playing the guitar, working on old cars and tractors, fishing where he caught a marlin at age 15, and enjoyed military history. One of his favorite hobbies was coaching his three children in the local soccer league. He continued to volunteer his time to coach at Marsteller Middle School alongside his eldest son Paul. Fred’s greatest passion was being with his grandchildren, playing hide and go seek, giving tractor rides, and spoiling them with ice cream.

Fred will always be remembered for being loving, caring, compassionate, and

selfless.

A visitation for Fred will be held on Sunday, June 13, 2021, 4:00 PM to 6:00 PM at Pierce Funeral Home, 9609 Center Street, Manassas, Virginia, 20110. The burial ceremony will take place on Monday, June 14, 2021, at 11:30 AM at Quantico National Cemetery, 18424 Joplin Road, Triangle, Virginia, 22172. In lieu of flowers, expressions of sympathy may be made to the Vasculitis Foundation. [www.vasculitisfoundation.org/donate-to-the-vf/](http://www.vasculitisfoundation.org/donate-to-the-vf/)

# Cemetery Details

## Quantico National Cemetery

18424 Joplin Rd  
Triangle, VA 22172-1636  
(703) 221-2183

# Previous Events

## Visitation

**JUN 13.** 4:00 PM - 6:00 PM (ET)

Pierce Funeral Home  
9609 Center St.  
Manassas, VA 20110  
(703) 257-6028  
pfh@piercefh.com  
<https://www.piercefh.com>

## Graveside Services

**JUN 14.** 11:30 AM (ET)

Quantico National Cemetery  
18424 Joplin Rd  
Triangle, VA 22172-1636  
(703) 221-2183

# Tribute Wall

HL

“*Mr. Livengood, as I always called him, allowed me to submit my application for a job with the VEC after the job had closed, because the announcement was still posted on the bulletin board. He said to me that he could not promise me anything. A week later, he called me for an interview; two weeks later, he called me to offer me the job. A year later, a new position opened; I applied for it simply because he made me feel confident that I could do it. Here I am, seventeen years later; all thanks to him. I always had great respect for him that I could never bring myself to call him Fred. I have said it all this time and will continue to say it, a great supervisor, coworker, but most importantly, a caring human being.*”

---

**Hiuber A Letona** - June 14, 2021 at 07:03 PM

DE

“ Fred was an amazing supervisor. He changed my life twice. The first time was when he hired me. My previous employer treated us so poorly, we were broken with low self esteem. Being hired and working for Fred not only changed my life for the better by proving me with a job but I got my self esteem back again working for him.

Years passed and I had an opportunity to get a different job at twice the pay and Fred knew I was going for an interview. He helped me prepare for the interview questions by providing me with alternative responses on a few questions and allowed me to bounce my responses off of him before my interview. I got the job, once again Fred improved my life. Some supervisors would have held their employees back, not Fred. I tell this story because that was Fred, always helping others.

I spoke to him a few times after I left and once or twice after he retired asking him what he was doing to keep busy. I could hear his happiness and feel his smile through the phone because he was talking about his involvement with his grandkids. I'm so happy he got that time to spend with them. They will have amazing memories like the rest of us about his loving and caring nature for those around him. He was a rare gem.

I wanted to tell this story in person at the funeral today but knew I wouldn't be able to get the words out to the family. There are many people Fred helped that feel the loss and many who will suffer for not having a champion like him in their corner.

---

**Desiree** - June 14, 2021 at 06:44 PM

DE

Spelling error correction....I'm so happy he got that time to spend with them.

---

**Desiree** - June 14, 2021 at 06:56 PM



“ *Beautiful in Blue* was purchased for the family of Paul Frederick Livengood Sr..



June 11, 2021 at 06:43 PM



“ *Fred and I worked together at the VEC managing the Fairfax Center. He was a joy to work with, had endless energy, and a positive attitude that spilled over to everyone. I wonder if he is flying the heavens. Myra*

**Myra Mobley** - June 11, 2021 at 06:20 PM



“ *Divine Peace Bouquet* was purchased for the family of Paul Frederick Livengood Sr..



June 10, 2021 at 05:05 PM



“ *The National Agencies Admins purchased the Serene Reflections Bouquet* for the family of Paul Frederick Livengood Sr..



**The National Agencies Admins** - June 08, 2021 at 12:34 PM



“ *Sentiments of Serenity Spray* was purchased for the family of Paul Frederick Livengood Sr..



---

June 08, 2021 at 11:50 AM



“ *Tranquil Seas* was purchased for the family of Paul Frederick Livengood Sr..



---

May 28, 2021 at 12:07 PM



“ *Country Basket Blooms* was purchased for the family of Paul Frederick Livengood Sr..



---

May 24, 2021 at 02:19 PM