



PHOTOS BY MIKE SALMON/GAZETTE

Music, cheerleaders and the flag team came out for the gala at Mount Vernon High School on the first day of school, Aug. 23.

## Near-Normal School Year in Mount Vernon?

Students, staff look forward with smiles, optimism and coronavirus rules, all part of the first day of school.

BY MIKE SALMON  
THE CONNECTION

Optimism filled the air outside Mount Vernon High School on Monday morning, Aug. 23, as everyone, decked out with masks, celebrated the start of a school year that might resemble normal; or at least more normal than last year.

"This is the most exciting first day of school in years," said Fairfax County Public Schools superintendent Scott Brabrand. "We're prepared to meet the challenges."

Over by the football field, Elise Swartz, 15, Madison Bell, 15, and Makayla Maxwell, 17, were all smiles even though



As the sun came up, Elise Swartz, 15, Madison Bell, 15, and Makayla Maxwell, 17, were glad to be back at Mount Vernon High School on the first day of school, Aug. 23.

those smiles weren't that apparent under their masks. "We're afraid we're going back to virtual," said Elise. "There was no motivation to do anything."

Over by the front door, the cheerleaders, band and flag team set a celebratory mood. Brabrand was confident in the school system preparation, and the fact that eighty percent of the upper school students were vaccinated for Covid-19. There is talk that the younger students may be eligible soon, hopefully before the end of the year.

The school system's new mandate is that everyone who works for FCPS is either vaccinated or is reporting to work with a negative COVID-19 test, the school system stated on the website.

Region 3 Assistant Superinten-

dent Nardos King was at the first-day event at Mount Vernon too. She was affiliated with Mount Vernon High School from past school positions, and noted that "this school is in my heart." They recommended that all get vaccinated, in one of the many facilities available in the Mount Vernon area. "We want to make it as convenient as possible," King said.

The school system implemented "layered strategies," for the safety of everyone. "The two most important things you can do to help us keep each other safe this year is to get vaccinated when you are eligible and wear a mask indoors."

Inside the doors, there are steps taken to fight the spread

SEE NEAR-NORMAL, ON PAGE 4

## Kincannon and Friends Celebrate His 'Retirement'

BY GLENDA C. BOOTH  
MOUNT VERNON GAZETTE

Explaining that he has retired as pastor of Rising Hope Methodist Mission Church, Reverend Dr. Keary Kincannon told 120 guests at his Aug. 20 retirement party at Fort Hunt Park, "I'm not leaving the ministry. I have not retired from my faith. And to quote that great philosopher, Monty Python, 'I'm not dead yet.'"

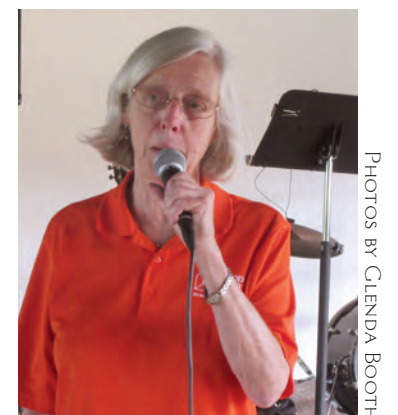
Emblematic of that commitment, Kincannon announced that he has established a legacy endowment fund for Rising Hope with the goal of raising \$250,000 for 25 years of support in partnership with local residents Bill and Molly Lynch who have created a \$100,000 matching grant. Molly, who bills herself as "passionate about Rising Hope during her long relationship with them," commented that what makes Rising Hope special is that Kincannon "brings God to the table."

Leading the group in prayer, Pastor Brian Brown of Woodlawn Faith United Methodist Church called Kincannon an "inspiration" and a "giant."

Rising Hope United Methodist Mission Church is centered in a three-story, brick building at 8220 Russell Road just off U.S. 1. Starting from the trunk of his car, for the past 26 years, Kincannon has ministered to people unable to support a traditional church. He and his successor, Kameron Wilds, are quick to explain that the church is a community, a family, not just a building.



Keary Kincannon, at his retirement celebration, exhorts all to love one another.



PHOTOS BY GLENDA BOOTH

Pamela Michell described Kincannon's advocacy work.

In an interview describing Kincannon's approach to ministering, Jim Wallis said, "It has given me great joy as I have watched him follow Jesus in the way pastors are supposed to. He just went and did it and showed how it could be done." He added, "Keary became

SEE KINCANNON, ON PAGE 10



Senator Scott Surovell (D-36) presented Kincannon with a commending resolution and a prayer the minister gave in the state legislature.



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## Head of the Class

Students receive back-to-school backpacks, haircuts.

BY JEANNE THEISMANN  
THE GAZETTE

**T**he Gum Springs Community Center was filled with activity Aug. 18 as more than 100 families turned for a back-to-school preparation day that included free haircuts, backpacks and school supplies.

“We came together to help prepare the kids for school but also add a little fun to their day,” said Fairfax County Fire and Rescue Deputy Chief Willie Bailey, organizer of the event. “Parents did tell us because we provided a free backpack and haircut that this definitely saved them \$70 to \$80 that can be used to help with something else like paying a bill or putting extra food on the table.”

In addition to the haircuts, children were able to get a tour of a Fairfax County Police Department helicopter, which landed on the

**“We came together to help prepare the kids for school but also add a little fun to their day.”**

— Fairfax County Fire and Rescue Deputy Chief Willie Bailey



Assistant Fairfax County Fire Chief Jason Jenkins and MPO Shannon Briney, right, help children check out a Fairfax County Police helicopter on the basketball court of the Gum Springs Community Center as part of the activities for the Aug. 18 back-to-school backpacks and haircuts day.



Marvin Goldsmith, right, of Pro Image Barbershop during the Aug. 18 back-to-school backpacks and haircuts day at Gum Springs Community Center.



Firefighter Cheryl McWilliams, a hair stylist prior to joining the FCFD, gives a haircut to a back-to-school student at Gum Springs Community Center Aug. 18.

PHOTOS CONTRIBUTED



Caring Angels Therapy Dogs were on hand Aug. 18 at the Gum Springs Community Center backpack and haircuts day.

Gum Springs basketball court.

“We provided numerous fun activities while the kids were waiting for their haircuts,” Bailey said. “Fairfax County Police landed their helicopter on the basketball court for the kids to view and we had several cartoon characters for the kids to enjoy. Caring Angels Therapy dogs were there for the kids to pet and play with.”

A DJ provided entertainment while the county health department was on site to provide free COVID-19 vaccinations.

Barbers and hair stylists from the Paul Mitchell School in Woodbridge and Pro Image Barbers volunteered their time as did individuals like Firefighter Cheryl McWilliams, who was a stylist prior to joining the FCFD.

**Stylists from the Paul Mitchell School in Woodbridge provide free haircuts to students during the Aug. 18 back-to-school day at Gum Springs Community Center.**

McWilliams, who was a stylist prior to joining the FCFD.

Sponsors for the event included: Apple Federal Credit Union; Fairfax County Fire & Rescue Department; Progressive Firefighters of Fairfax County; Ken Savittiere & Family Foundation; Fairfax County Police Department; Fairfax County Sheriff’s Office; Clifton Community; Caring Angels Therapy Dogs; Gum Spring Community Center; and Communities of Trust.

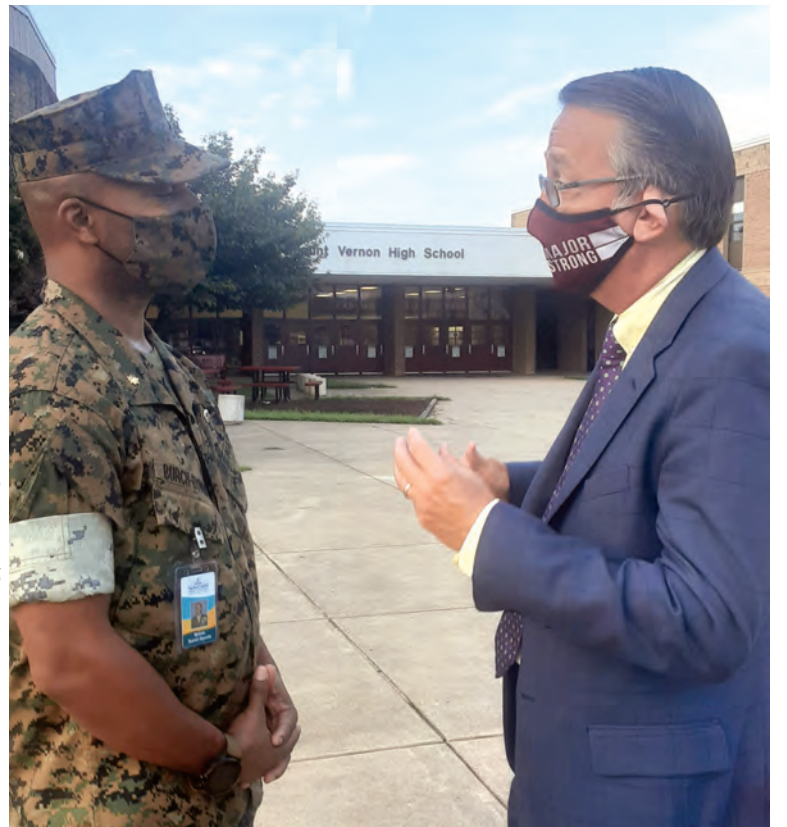
“Without the support of our sponsors this would not have been possible,” Bailey added. “And kudos to our public safety team for stepping up to hang out with the kids prior to the start of school. When we are not running 911 emergencies we are trying to find other ways to help our community and today it was providing free haircuts and a fun day for the kids before the start of the new school year.”







It was all Mount Vernon in front of the school on the first day of school, Aug. 23.



PHOTOS BY MIKE SALMON/GAZETTE

Fairfax County Public School Superintendent Dr. Scott Brabrand talks with Marine ROTC instructor Melvin Burch-Bynum on the first day of school at Mount Vernon High School.

# Near-Normal School Year in Mount Vernon?

FROM PAGE 1

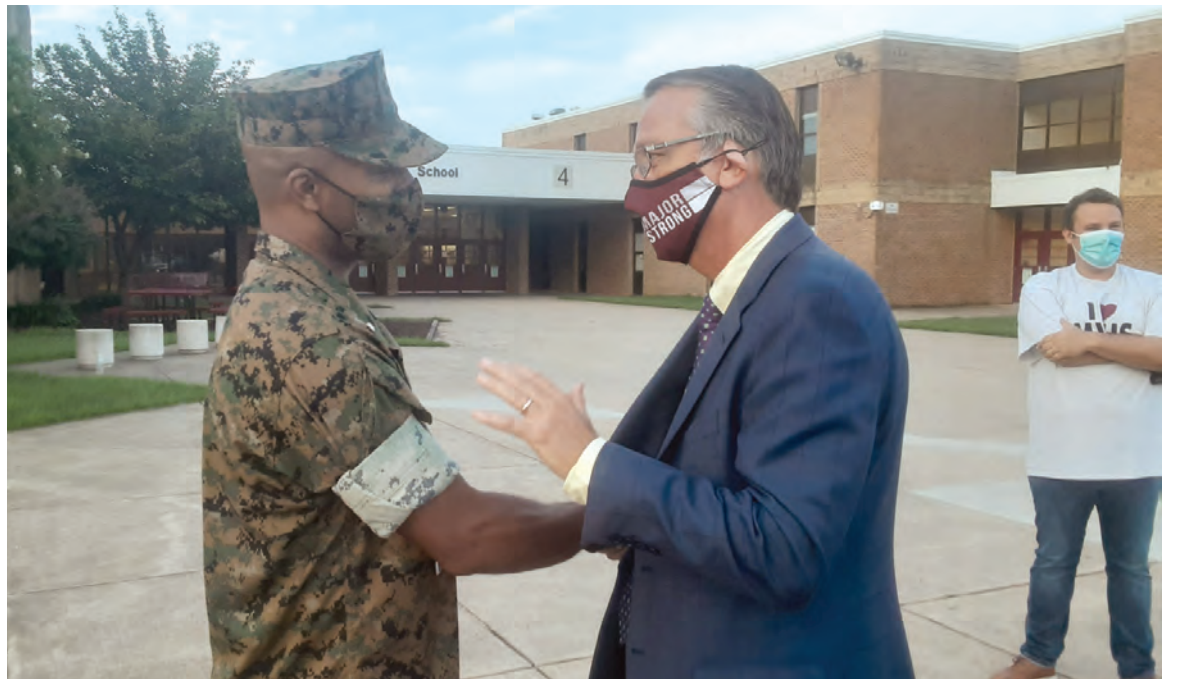
of the coronavirus in accordance with guidelines released from the CDC. The water fountains, for example, are not to be used for drinking directly from the fountain. “We can only fill up our water bottles,” said Elanor Kolovos, a junior. “There are one-way signs everywhere,” added Ayra Islam, a senior.

Schools are helping unvaccinated students schedule an appointment for COVID-19 vaccination, and help them find out about pop-up clinics through the Fairfax County Health Department. COVID-19 vaccines are also available at health departments and retail pharmacies. Vaccines.gov is one resource to find a shot.

## School Bus Shortage

Another thing the administration is dealing with involves the

county shortage of school bus drivers this fall. Due to the bus driver shortage, FCPS is increasing “double back” bus runs, meaning a bus is required to run two scheduled routes back-to-back that would normally have been covered by two separate buses. These “double backs” are likely to impact delivery time to schools and bus stops, and could have a domino effect, affecting after-school drop-off times. To work with this temporary situation, they’re asking families and students to have patience and flexibility at the start of the school year and by checking the “Here Comes the Bus” app or “FCPS School Bus Delays” website for potential delays. Brabrand said they are adjusting salaries and compensation to hire more drivers. [www.fcps.edu/careers/career-opportunities/bus-driver-employment-opportunities](http://www.fcps.edu/careers/career-opportunities/bus-driver-employment-opportunities)



Fairfax County Public School’s superintendent Dr. Scott Brabrand talks with Marine ROTC instructor Melvin Burch-Bynum on the first day of school at Mount Vernon High School.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### GIRLS ON THE RUN REGISTRATION

As students prepare to head back to school throughout Northern Virginia, many parents are looking for afterschool activities that not only encourage physical activity, but also provide a safe and structured space to build their child’s social-emotional toolbox. Children deserve to emerge from this crisis

strong and hopeful, and at Girls on the Run we are prepared to nurture girls’ strength and resilience, so they can thrive in all aspects of their lives. GOTR NOVA will be returning to a 10-week curriculum and offering all in-person teams for the Fall 2021 season. Currently, 66 sites throughout the Northern Virginia region are open for Fall 2021 registration through September 7, 2021. For more information about fall registration, visit [www.gotrnova.org](http://www.gotrnova.org).

### STEM VOLUNTEERS NEEDED

The AAAS STEM Volunteers Program, [stemvolunteers.org](http://stemvolunteers.org), needs STEM professionals to assist K-12 STEM

(Science, Technology, Engineering, Mathematics) teachers in school districts in the D.C. metro area during the 2021-22 school year. If you care about K-12 STEM education and have time to share your knowledge with students and teachers, send a note to [bcalinge@aaas.org](mailto:bcalinge@aaas.org) with your home address.

### FREE CYBER TRAINING

The Virginia Cyber Skills Academies (VCSA) is a state-sponsored training program for NOVA residents financially impacted by COVID-19 that provides free cyber training to residents ready to start or boost a career in cyber. VCSA was recently launched to help current cyberse-

curity professionals with upskilling and those wanting to enter the sought after cybersecurity field with reskilling. The program is only open to citizens who are stationed in or permanent residents of Northern Virginia and is only funded for this year, so applicants should apply as soon as possible. Applicants can earn certifications from the SANS Institute, a highly regarded and well-recognized cybersecurity learning platform. Visit the VCSA website at [www.vacyberskills.com](http://www.vacyberskills.com).

### VOLUNTEER OPPORTUNITIES

The Washington Library at Mount Vernon is seeking additional volunteers to staff its front desk.

No library experience required. Duties include greeting and directing Library guests and assisting with general Library and building operations. Available shifts are 9 a.m. – 1 p.m. and 1 – 5 p.m. Monday – Friday. Benefits include access to the estate and behind-the-scenes Library happenings, discounted estate admission for friends and family, as well as food and retail discounts. Qualifications include basic computer skills including MS Office, familiarity with office phone systems, and friendly and welcoming demeanor. Email [FWSLibrary@mountvernon.org](mailto:FWSLibrary@mountvernon.org) to learn more.





PHOTO CONTRIBUTED

This trash trap was installed in Little Hunting Creek but riverkeeper Dean Naujoks said it's too far upstream.

# Potomac Riverkeeper Has Hands Full of Plastics

**Plus storm drains are portals for pet waste and excess fertilizer.**

By MIKE SALMON  
THE CONNECTION

There's a gorilla in the room for the Mount Vernon environmentalists, and this gorilla is the Potomac River. This river is a treasure to many in the water-sports crowd, but it's also a carrier of garbage from points north, and that's where Dean Naujoks, the area's Potomac Riverkeeper focuses

## River Cleanup

Saturday, Sep. 4 from 9am – 12 pm  
Paddle/Shoreline Cleanup at Belle Haven Marina  
Gloves, bags and grabbers/trash pickers will be provided.

## Alexandria River Cleanup

Saturday, Aug. 28 from 9am – 12 pm  
Alexandria registration begins at 8:30 am at the foot of Madison St. in Oronoco Bay Park.

his efforts.

Single-use plastics make up just one culprit Naujoks' has on his radar. "Trash and single-use plastics entering the river through storm drains also poses a very serious problem and is a growing source of pollution for the Potomac River, the Bay and our Oceans," said Naujoks. He cited a Scientific and Technical Advisory Committee report "the Chesapeake Bay watershed contains numerous urban and suburban areas that, via storm drains, are sources of plastic waste" to the Potomac River and bay ecosystems.

Over fertilizing and improperly disposed pet waste are on his radar too.

Naujoks started his environmental work as the riverkeeper for other rivers in the North Carolina area before joining the Potomac Riverkeeper Network in 2015 as the Potomac Riverkeeper responsible for the stretch of river that includes Mount Vernon.

He works out of a DC office with Brent Walls, the Upper Potomac Riverkeeper and Mark Frondorf, the Shenandoah Riverkeeper. The mission of the three riverkeepers is to protect the public's right to clean water in the Potomac and Shenandoah Rivers and their tributaries. They try to stop pollution to enhance the safety of drinking water, protect healthy river habi-

SEE POTOMAC, PAGE 14

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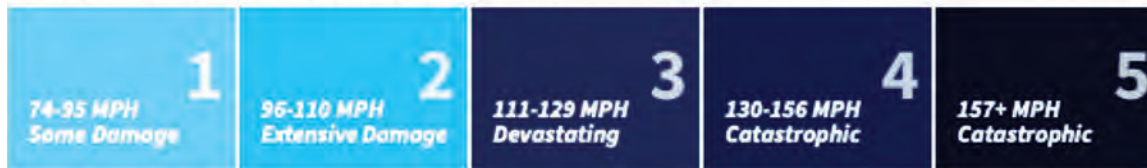


# Hurricane Preparedness

How to get your family ready for an emergency.

BY DELEGATE PAUL KRIZEK

## SAFFIR-SIMPSON HURRICANE CATEGORY WIND SCALE



Nothing can be more damaging and frightening than being in the path of a hurricane. We've been both lucky and geographically blessed to live in northern Virginia, but even here hurricanes can have a damaging effect on us. New England hasn't seen one in 30 years like hurricane Henri that even as it weakens from a Category 1 hurricane is bringing power outages of over 120,000 households, storm surge, and heavy rainfall to the region as I write this today. In the North Atlantic Ocean, hurricane season begins on June 1 and lasts until Nov/30 of each year. Hurricanes, like Henri, are severe tropical storms, massive storm systems, that form over the open water. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. Torrential rains can cause further damage by causing floods and landslides, which not only threaten coastal communities but may impact communities many miles inland. Our area is already quite saturated with the recent rains of late. Here

on the East Coast, we are in the most active months for hurricanes, August and September. An "average" season has 14 named storms and seven hurricanes, three of which will be major (Category 3+) hurricanes.

The 2020 hurricane season was the most active and fifth costliest hurricane season on record. After record-high activity in 2020, and a forecast of an above-average 2021 hurricane season, it is critical that we are vigilant and prepared for any major storms that may impact our community over the next several months.

### What Steps Can We Take Today To Be Prepared?

Know the difference between a hurricane watch and a hurricane warning: A watch means that hurricane conditions are possible, while a warning means that hurricane conditions are expected. Listen to and sign up for local alerts and warnings on your smartphone and listen to the local news and weather reports. Have your own



Krizek

evacuation plan, with a place to stay and a "go bag" full of emergency items. Make sure that your home is protected by cleaning drains and downspouts, and anchoring outdoor furniture. Finally, collect and safeguard critical financial, medical, and legal documents.

### Stay Informed: Emergency Notifications:

- You can receive alerts and warnings directly from the National Weather Service for all hazards with a NOAA Weather Radio (NWR). Some radio receivers are designed to work with external notification devices for people who are deaf or hard of hearing.

- If authorities advise or order you to evacuate, grab your "go bag" and leave immediately. If you are not in a mandatory evacuation zone, you may still decide to leave the area, you may need to move to higher ground, or you may choose to stay in your home. If you decide to stay home, remember that even if the high winds and floodwaters do not reach your home, you may lose power and water, and you may not be able to leave your home for several days if the roads are impassable.

### Plan for Evacuation:

If the danger is significant, state or local government officials may issue an evacuation notice. You can do the following to be better

prepared.

- Learn your community's evacuation plan and identify evacuation routes: <https://www.vaemergency.gov/wp-content/uploads/2020/07/Hurricane-Evacuation-Guide-2020-COVID-19-Edit-Spread-View.pdf>

- Emergency shelter location: To find a shelter near you, download the FEMA app at [fema.gov/mobile-app](https://www.fema.gov/mobile-app).

- Once you determine your evacuation route and shelter location, write them down on your Hurricane Preparedness Checklist.

- Make a plan for your pet. To learn more, go to [ready.gov/animals](https://www.ready.gov/animals).

- Remember, if you must evacuate, never drive through flooded areas: even as little as 12 inches of water can carry a vehicle away. Never wade through water: floodwaters can contain dangerous debris like broken glass, metal, dead animals, sewage, gasoline, oil, and downed power lines.

### What you need to be ready:

- Plan for your entire household including children, people with disabilities and access and functional needs, and pets.

- Keep your gas tank at least half-full at all times.

- Maintain basic emergency supplies (e.g., snacks, bottled water, first aid kit, flashlight, flares, jumper cables and other tools, a wool blanket, and a change of clothes) in your vehicle.

SEE HURRICANE, PAGE 13

## LETTER TO THE EDITOR

### Heat Rising: Population Density?

Local governments and the general public are beginning to become aware that on extremely hot days, high temperatures in urban areas can vary greatly, even over short distances. The Virginia Foundation for Independent Colleges' Heat Watch project, which Marymount University is attempting to gauge locally, likely understands that extremely hot summer temperatures are closely associated with paved and developed areas, whereas more moderate temperatures occur in nearby wooded areas and parkland. ["Universities Measure Heat Disparities in Virginia," Aug. 18, 2021, <http://www.connectionnewspapers.com/news/2021/aug/18/universities-measure-heat-disparities-virginia/>]

How much of the temperature difference university researchers

measure can be tied to development transforming vacant land and low-density buildings with lawns which moderate some of the heat into built-out-to-the-lot-line high rises which project it into the nearby environs? How much of measured global warming can be tied to the development needed to accommodate the sort of population density Alexandria has experienced recently (double the state-wide population growth rate over the past decade) on a global scale where population has topped seven billion en route to eight? Are fossil fuels being unfairly faulted for carbon generation when population growth-driven development and deforestation may be the real culprits?

Dino Drudi  
Alexandria

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## SENIOR LIVING



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Gardening and landscaping opportunities abound for seniors and retirees with a penchant for gardening.



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Fairfax County Park Authority volunteers lead children's education programs at one of the county's history centers.

# Volunteering Can Give Seniors Purpose

Seniors and retirees can stay active and have a positive impact on the community.

BY MARILYN CAMPBELL  
GAZETTE PACKETT

Every Tuesday this summer, Esther Rosenberg has welcomed two elementary school-aged students into her Potomac, Md. home. When they arrive, she offers them a snack and a stack of books. During their visit, Rosenberg reads to them and listens as they read to her. The students are the children of her housekeeper. As a former elementary school teacher, she enjoys sharing her love of reading with them.

"My children are adults now and I'm retired," she said. "I don't want to be a full-time teacher any more, but I love helping children who might not have access to books or a chance to practice reading over the summer."

Opportunities abound for seniors and retirees who want to volunteer their time to a cause they support or an interest they'd like to pursue. From gardening and landscaping to assisting those with disabilities during swimming and water exercise classes, there are a myriad of ways to help others locally.

"Civic engagement not only benefits a community, but certainly brings value to those individuals who offer their service," said Lisa Fikes, of Volunteer Arlington. "For seniors, volunteering is a wonderful way to stay active physically and mentally as well as gain a renewed sense of self and purpose."

Those with green thumb and a passion for gardening, might find pleasure as volunteer gardeners. Local park authorities use volunteers to maintain the grounds of recreational centers. Retirees with an interest in physi-



PHOTO COURTESY OF THE FAIRFAX COUNTY PARK AUTHORITY

Seniors and retirees who enjoy fitness and aquatic pursuits might enjoy guiding those with disabilities during swimming and water exercise classes.

**"For seniors, volunteering is a wonderful way to stay active physically and mentally as well as gain a renewed sense of self and purpose."**

— Lisa Fikes, Volunteer Arlington

cal fitness or water sports can pursue their passion by serving as an aquatics assistant. Seniors who enjoy golf can volunteer their time to public courses by helping to maintain the course grounds and ensuring the timely start of play.

"Volunteering [allows for] meeting people with similar interests, being social and avoiding isolation," said Tammy Schwab, Education & Outreach Manager for the Fairfax County Park Authority's Resource Management Division. "Volunteers learn

new skills which keeps their brain active and contributes to mental health. [It] can also increase physical activity which is so important these days as it is easier and easier to just stay home."

Seniors who want to offer services during a disaster or emergency situation or simply have a desire to improve healthcare in a local community can find fulfillment in serving in one of the area's Medical Reserve Corps (MRC). Arlington, Fairfax and Montgomery counties and the City of Alexandria each have an Medical Reserve Corps. Volunteers receive training in public health, emergency and terrorism response, disaster mental health, CPR and First Aid.

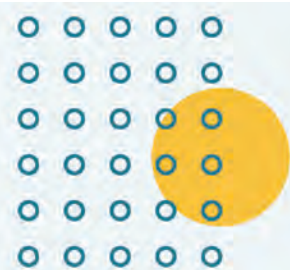
"If you are retired, the Fairfax MRC would greatly benefit from your wealth of wisdom and experience, whether you have worked in the healthcare field or just want to be a positive force in the community," said Paula Rosca, Fairfax MRC Program Coordinator. "By assisting in our vaccination clinics, teaching your neighbors about healthy living, or improving community emergency preparedness, your time will be well spent and much appreciated."

Rosenberg says that she benefits as much from the students she tutors as they do from her. "They bring me so much joy," she said. "They lift my spirits and give me a sense of purpose."

**For more information:**

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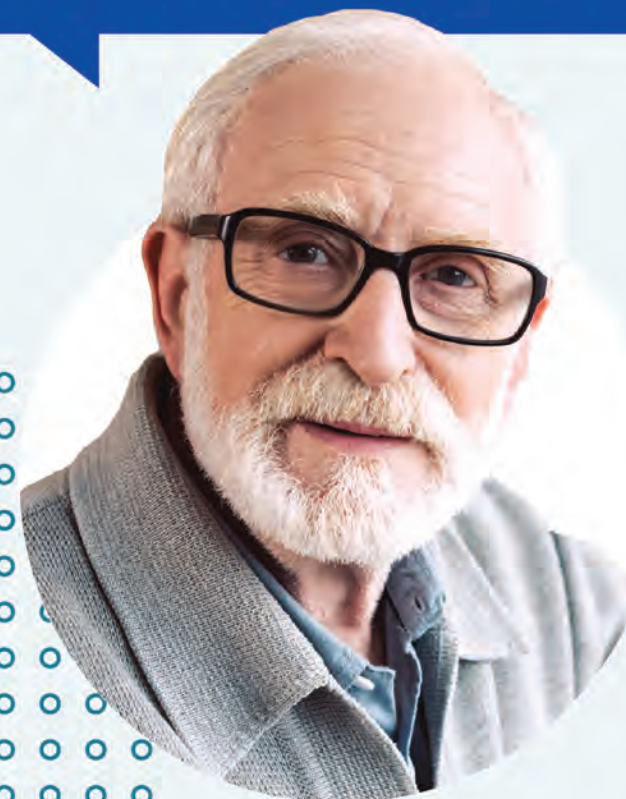
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\* Binette, Joanne and Kerri Vasold. 2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus. Washington, DC: AARP Research, August 2018.





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## SENIOR LIVING



PHOTOS BY CLENDIA BOOTH

The Rising Hope choir, with Kincannon playing his guitar, raised everyone's spirits with their songs.

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# Kincannon and Friends Celebrate His 'Retirement'

FROM PAGE 1

an archetype and role model for the church and how to do the gospel. His life is worth celebrating for sure." Wallis is the chair and founding director of Georgetown University's Center on Faith and Justice.

### An Advocate to the End

Many colleagues noted that Kincannon's reach extends far beyond the pulpit into the halls and backrooms of government. Virginia Sen. Scott Surovell said he met Kincannon in 2009 when as a first-time candidate he knocked on the Kincannons' door. "He sunk his hooks into me," Surovell said. "Every year, he has a list of issues, from affordable housing to AIDS care to Medicaid dental coverage."

Surovell recalled 2017 when federal immigration officers target-



Kincannon and his wife, Judy Borsher, greeted many friends who came to celebrate his work.

ed Rising Hope and took six men away in handcuffs, presumably to deport them. The raid exploded into a national media story, attract-

ing concerned office holders, and garnering Kincannon an invitation to the State of the Union address.

SEE KINCANNON, PAGE 11

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Ever the advocate, Kincannon urged the group to convince Mount Vernon Supervisor Dan Storck to support a new shelter at the former Hybla Valley nursery at U.S. 1 and Belle View Boulevard.



Maria Ward, United Methodist Church; Shahine Afam, Islamic Circle of North America; and Bill Collins, Mount Vernon Baha'i Community, partner with Rising Hope on interfaith dinners and other activities.



# SENIOR LIVING



PHOTOS BY GLENDA BOOTH

Melissa Lee, Rising Hope's food pantry manager, kept the party running smoothly.

## Kincannon

FROM PAGE 10

Surovell presented a framed prayer that Kincannon gave in the Virginia General Assembly and a resolution from the legislature lauding the minister's work and devotion.

Pamela Michell, Executive Director of New Hope Housing, concurred: "He's a constant nag to elected officials." She told the story of the Mount Vernon police breaking up a homeless camp in 2015. Kincannon's response was to start a hypothermia program at Rising Hope. "It's a special place because of his vision," Michell said, noting that from him she learned the Biblical meaning of hospitality -- "Welcome the stranger."

Marcella Pratt, who had many roles at the church as a 22-year member, called Kincannon a "master of many trades." Mount Vernon School Board member Karen Corbett-Sanders praised Kincannon's drive and vision. "He inspired people to see the dignity in all people and inspired us to do well."

When it was Kincannon's turn at the podium, he saluted his wife, Judy Borsher, who "stood by me

SEE KINCANNON, PAGE 12



Marcella Pratt praised the minister's many accomplishments.

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# Kincannon and Friends Celebrate His 'Retirement'

FROM PAGE 11

for 31 years," quipping, "God and Judy humbled me when I got too big for my britches." Ever the advocate, he urged the group to convince Mount Vernon Supervisor Dan Storck to support a new shelter at the former Hybla Valley nursery at U.S. 1 and Belle View Boulevard.

He recounted many "amazing miracles" of his ministry and said that the church is "first and foremost a spiritual community that manifests God's love." The Rising Hope community is one "where the forgotten are no longer forgotten, the marginalized no longer marginalized and where the excluded are included." He urged everyone to "love one another like God loves us, to treat others the way you want to be treated. Our survival depends on loving one another as God loves us," he said, concluding, "Love unconditionally and include everyone in that love."

After the speeches, Kincannon joined the Rising Hope choir on stage and strumming his guitar, revved up the crowd in singing the church's "anthem" with the resounding refrain, "Let the glory of the Lord rise among us, let it rise."

The party was sponsored by the Mount Vernon United Methodist Church and Ed and Maria Ward. Maria volunteers with the Methodist church's mission arm. She said, "For over 25 years, Keary has been the heart and soul of helping the poor and homeless in southern Fairfax County. He brings the love of Christ, to quote him, 'to the least, the lost, the lonely and the left out.'"



Kincannon's successor, Kameron Wilds, welcomed the crowd.

Michell challenged all: "Our job is to continue his legacy." She confidently predicted that Kincannon will continue to "make noise for justice issues."

Echoing the pastor's opening remarks, Cristina Schoendorf, Senior Director of United Community Progresso, observed, "He's not going anywhere."

PHOTO BY GLENDA BOOTH

## CALENDAR



Alexandria Restaurant Week will be held Aug. 20-29 and feature more than 70 restaurants.

### NOW THRU AUG. 29

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### THURSDAY/AUG. 26

Outdoor NSO Strings. 5:30-6:30 p.m. At The Rectory on Princess Street, 711 Princess Street, Alexandria. Musicians from the National Symphony Orchestra celebrate summer. Last Stand Quartet returns to offer a program of stimulating music for string quartet. Then hilarious duo "The String Thing" leads a Guess the Composer Challenge. Test your knowledge of the great works of classical music - and see if special guest Jeff Weisner can keep his NSO colleagues on their best behavior. Cost is \$42. Visit the website: [https://www.classicalmove-](https://www.classicalmove-ments.com/secretgardenconcerts)

[ments.com/secretgardenconcerts](https://www.classicalmove-ments.com/secretgardenconcerts)

### FRIDAY/AUG. 27

Jane Franklin Dance Season Kick-Off. 7:30 p.m. At The Athenaeum, 201 Prince Street, Alexandria. Engage with art and dance and find synergy that activates and connects you with the community. An August 27 in-person performance at NVFAA at the Athenaeum gets the season underway. Tickets \$20. Visit <https://www.janefranklin.com/kick-off>

### SATURDAY/AUG. 28

Crystallized Floral Workshop. 10-11:30 a.m.. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Flowers aren't just pretty to look at - they can be fun to eat, too. At the "Crystallized Flower Workshop," discover the beautiful Victorian art of crystallizing flowers. Follow simple steps to sugarcoat a variety of edible blooms and petals to use as gorgeous garnishes for desserts and other dishes. Take home your candied creations, along with decorating ideas and tips. This program for adults runs from 10 to 11:30 a.m., and refreshments will be served. The cost is \$40 per person. Call 703-642-5173; or visit Green Spring Gardens.

SEE CALENDAR, PAGE 14

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# Hurricane Preparedness

FROM PAGE 6

❖ Pick an out-of-state contact everyone can call to check-in and report their status.

❖ Know where you will meet up if you are separated and where you will stay.

❖ Pack a "go bag" including items you need to take with you if you evacuate. A "go bag" should be easy to carry and kept in a place where you can grab it quickly.

## Create Your Family Emergency Communication Plan:

❖ Your family may not be together when a hurricane occurs, or may become separated, so it is important to know how to contact one another and how to get back together.

❖ Keep important numbers written down in your wallet in case you cannot access the contact list in your phone. Landline and cellular phone systems are often overwhelmed following a disaster, so you may need to use text messages and social media.

❖ Designate an out-of-town contact who can help your household reconnect.

Be sure to practice your plan with your family. Get more information by downloading Be Smart Create Your Family Emergency Communication Plan or visit ready.gov/make-a-plan.

## Food and Supplies:

❖ At least a 3-day supply of water and non-perishable food

❖ Infant supplies such as formula, diapers, baby wipes, etc.

❖ Pet food and supplies

Other essential supplies include necessary medications, flashlights and batteries, critical paperwork, and disinfectants. Visit <https://www.vaemergency.gov/hurricanes/> for more information and an extensive guide on what to collect in the event of an emergency evacuation.

Don't forget to be a good neighbor! Be sure to check in on elderly neighbors and other vulnerable community members before, during, and after an emergency to ensure they are safe and have everything they need to weather a storm.

When there is a big storm, we are all affected together and we need to help each other out as much as possible. I know the odds of us getting hit by a big hurricane here are slim, but it doesn't hurt to be prepared and it could be that you are at the shore on vacation when it happens, so take heed. Stay safe!

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## "Enough Already"



By KENNETH B. LOURIE

As my late mother would have suggested after reading four consecutive weeks of Kenny's column being on the same subject: the second degree burns on my feet, I am finally moving on. Though my feet and mobility have not entirely returned to normal, I am nonetheless finished with this arc and am returning to my regular subject: cancer.

After being a cancer patient for so long now, it's easy to forget exactly what the side effects are for a particular medicine that you're presently taking versus one that you used to take. Granted, it's not rocket science, but it is confusing, especially after 12-plus years of treatment and having taken over a dozen different types of chemotherapy, targeted therapy, immunotherapy; most for lung cancer, some for thyroid cancer. Throw in that the patient (yours truly) is over age 65 and likely experienced a touch or two of "chemo brain" (a kind of memory loss brought on by chemotherapy) over the many years of treatment and before you can say alimta, avastin, tarceva and opdivo, you can't even distinguish one from the other. Considering these varying medicines kept you alive for a time, is a bit disconcerting at the least and really scary at the most. However, the bigger picture is that I'm still alive and whatever bumps and bruises I've experienced along the road, I'm still able to drive, if you know what I mean?

Nevertheless, it's important to stay current and aware of the likely side effects because not knowing/recalling them can lead to unnecessary and unhelpful worry: is this the cancer or some predictable side effect? Whatever makes this awareness/lack of awareness challenging is that the side effects vary from one treatment/medicine to the next and are not always consistent in their occurrence and/or intensity.

As an example, currently, I am experiencing shortness of breath. It is a side effect of lenvima, the thyroid cancer drug I'm taking daily. However, I haven't been as short of breath as I am now as I had been the previous few weeks. At least I know it's a side effect so I'm not freaking out. Still, is a side effect that was not happening, problematic, when nothing else (increased dosage) has happened? In fact, I've already had the dosage reduced twice from 24 mg to 10 mg primarily because I was too short of breath, and experienced a touch of dizziness/vertigo as well. The goal in deciding dosage, as I understand it/have been told, is to try and find the "sweet spot" where the minimal dosage results in the maximum benefit: controlled disease/no progression. And now, with my most recent cancer marker down to seven from a high of over 200 last year, the medicine certainly seems to be working. The dilemma is determining how much can the dosage be reduced before it allows the cancer to grow? My oncologist has always been concerned with quality of life so we've regularly adjusted doses depending on the results of lab work and my quarterly scans.

It seems silly to mess with success. And besides shortness of breath - to me, is a minor inconvenience considering the stakes. I just have to be aware and remind myself that a cancer diagnosis, especially one which started with a "13 month to two year" prognosis, is fraught with many challenges and inconsistencies. Sometimes, what's up is down and what's down is up. It's all very disorienting and if my life wasn't at risk, I might find this experience mildly amusing, even curious (as Data from "Star Trek: Next Generation" might say). But, on the contrary, my situation is as serious as a heart attack, which fortunately I've never suffered, thank God! I just hope if it does occur, I'll recognize the symptoms for what they are, rather than as a side effect of the medication I take for my thyroid cancer. What a mistake that would be. And I'd have no one to blame but myself. As a cancer patient, I have one key responsibility: pay attention to my body, and keep my eye on the ball.

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

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## NEWS



PHOTO CONTRIBUTED

One of the Potomac Riverkeeper's messages is to keep trash out of the storm drains.

# Potomac Riverkeeper Has Hands Full of Plastics

FROM PAGE 5

tats, and enhance public use and enjoyment, their description says. They have an office on M Street in Washington, D.C. but spend much time in the field and on the water.

Potomac Riverkeeper Network, a non-profit organization, operates entirely from membership dues, donations from individuals, corporate sponsorships, and grants from government agencies and NGOs. It also has, and encourages, a robust number of volunteers for the work of protecting and defending the watersheds of the Potomac and Shenandoah rivers.

### Trash Trap on Little Hunting Creek

Last April, Supervisor Dan Storck's (D-Mount Vernon) did work with Clean Fairfax to organize a clean-up on Little Hunting

Creek and there was a good turnout, said Christine Morin, Chief of Staff in Storck's office. "We have a lot of environmental activists," she said. Storck also sponsors an annual Environmental Expo that highlights pollution issues and many other things.

There are a few things residents of Mount Vernon can do to improve things in the river, and it begins with not letting things get in the storm drains, Naujoks said.

"People need to avoid overfertilizing their yards, pick up pet waste and any litter they see because much of it ends up in the river and is literally causing low dissolved oxygen levels, algae blooms down river and threatening the entire Chesapeake Bay Restoration," he said. Examples of single use plastics are plastic bags, straws, coffee stirrers, soda and water bottles and most food packaging.

## CALENDAR

FROM PAGE 12

### SEPT. 3-25

"Stigma" Art Exhibit. At Del Ray Artisans Gallery in the Colasanto Center, 2704 Mount Vernon Ave., Alexandria. The STIGMA exhibit at Del Ray Artisans Gallery features art that shines a light on stigma — how it feels, how it affects lives, and how it can be overcome. Stigma affects many different people in many different ways. These art works include viewpoints on mental health disorders, HIV, homelessness, disabilities, sexual orientation, bullying, race and ethnicity, and more. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. Visit <https://DelRayArtisans.org/exhibits>

### SATURDAY/SEPT. 4

Saving Garden Treasures: Taking Plant Cuttings. 1:30-3 p.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (16-Adult) Learn how to propagate plants from cuttings following simple techniques demonstrated by Green Spring staff. Gain strategies to overwinter your favorite tender perennials so you can add them to your garden next year and save money. Take home a starter collection to begin your own saved treasures. \$22 per person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call Green Spring Gardens at 703-642-5173.

### SATURDAY/SEPT. 4

Garden Talk: Rocks Rock! 10:30-11:30 a.m. At

Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) Rock gardens add a special look and feel to any landscape. Extension Master Gardeners show you how to design and plant a beautiful display resembling an alpine meadow or a mountain garden with fabulous small and dwarf perennials and evergreens. Not only do these plants boast great longevity, but they require little maintenance. \$12 per person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) or call Green Spring Gardens at 703-642-5173.

### SUNDAY/SEPT. 5

Old Town Festival of Speed & Style. 10 a.m. to 3 p.m. The event will feature more than 100 rare and unusual supercars and vintage motorcycles from around the world for up-close viewing enjoyment. It will span across three blocks on lower King Street, and around Market Square - near Old Town's waterfront. Presented by Burke & Herbert Bank. Will also feature a fashion demonstration in which local boutiques, salons, and area retail brands will showcase styles from the themed cars on display. The fashion demonstration will take place from 12 to 1 p.m. Visit the website: <https://www.festivalspeedstylealex.com/>

### THE BIRCHMERE

All shows are at 7:30 p.m., unless otherwise noted. Tickets available at [Ticketmaster.com](http://Ticketmaster.com). Contact The Birchmere at 703-549-7500 or [www.Birchmere.com](http://www.Birchmere.com).

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