

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

JUNE 2, 2022



Jeanne Gayler with a picture of Admiral Gayler who spent 46 years in the Navy.



The gathering in Voigt Park for Memorial Day, Monday, May 30.

PHOTOS BY MIKE SALMON/GAZETTE



Supervisor Storck honors the fallen on Memorial Day.



The red, white and blue bouquet is brought to the front.

Memorial Day Salute in Hollin Hills

Second-annual gathering brings neighbors together.

BY MIKE SALMON
THE GAZETTE

The past year or two has been disruptive around the country, so the residents of Hollin Hills put that away for the time being and got together on Memorial Day to thank the veterans and loved ones that were lost, and remember their blessings.

"Thank you for your service, it matters today more than ever," said Kevin Roberts, an organizer of their second annual Memorial Day tribute in Voigt Park in Hollin Hills. "Someone gave their life so we could have an opinion," he added.

"It's a solemn day," said Patrick Kelly. They were among nearly 50 residents who gathered in the neighborhood park with a flag, food, beverages, and a wreath to honor this holiday. Roberts stood at the microphone and spoke about the history of Memorial Day and the way it related to Hollin Hills where a number of veterans live. Last year's event was to honor Arnold Adel-

man, a 90-year-old resident who flew a B-17 bomber in World War II. He died since then but his memory lives on. "Please remember the work Arnold did," said Kelly.

Supervisor Dan Storck (D-Mount Vernon) attended the ceremony and looked back over the last year and felt that although there are differences among people, the sense of country is bigger. "We've gone through tough times before, now we find common ground that makes this the greatest country in the world," Storck said. Storck looked to the lessons from Abraham Lincoln, one of the presidents he's admired through the years. The Lincoln Memorial celebrated the 100th anniversary this Memorial Day. "He symbolized the best of us," Storck said.

In fact, Storck has a connection with Lincoln that goes beyond the Lincoln Memorial or the pages in history. He looks a little bit like Abe too, and threw on the top hat and beard a time or two and took on the role. The first time was a parade in Old Town. "It started as a lark," Storck said. "I grew a beard and rented a costume," he said. There



The official flag folding.

are facial features that are similar and his overall Lincoln stature has turned a few heads. When he first put on the costume, the costume store clerk was surprised. "Her mouth literally dropped," Storck said.

The Memorial Day ceremony was high-

lighted by a bouquet of red, white and blue flowers, patriotic music and finally taps, the military tune played on a bugle at funerals. Taps started as a "lights out," song around the bases in the Civil War and evolved into the solemn tune it is today.

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Fauci Flip Flop Republican candidate tries to walk back 'Fauci should be jailed' comment.

BY MICHAEL LEE POPE
GAZETTE PACKET

Republican congressional candidate Karina Lipsman is trying to walk back her comment that President Biden's chief medical advisor Anthony Fauci "should be jailed," a position she took during a time when she was battling four competitors to get the nomination to run in the Eighth Congressional District. Now that she has secured the nomination in a GOP convention, she is flip flopping on Fauci. In a written statement, she says she no longer stands by the extreme rhetoric that Fauci should be incarcerated even though he has never been charged with a crime.

"I do not believe Dr. Fauci should be jailed," said Lipsman in a written statement. "I do believe Dr. Fauci, and every other government official involved, need to be held to account for the actions taken during the COVID-19 pandemic that wreaked havoc on our economy, our children and our country."

Lipsman says many people are currently suffering from mental health issues and drug addictions because of the "forced lockdowns." She describes data on covid mitigation efforts as "contrary to previous messaging from our government." Ultimately, she says that she wants to go to Congress to hold government officials accountable.

"We should expect our elected representatives to ask the hard questions of those in power and demand answers," she said in the written statement.

Through her campaign manager, Lipsman declined several requests to be interviewed for this story.

"If you can't answer questions about your flip flop, that's a problem," said Stephen Farnsworth, director of the Center for Leadership and Media Studies at the University of Mary Washington. "The idea



Republican candidate Karina Lipsman speaks during a candidates forum on May 5, when she called for chief medical advisor Anthony Fauci to be jailed.

that you don't even stand up for what you believe at the moment creates another set of problems for you as a candidate."

Since the outset of the pandemic, many people skeptical of pandemic mitigation efforts have been skeptical of Fauci, who is the director of the National Institute of Allergy and Infectious Disease. Before he lost the Republican primary for reelection, U.S. Rep. Madison Cawthorn (R-N.C.) called for Fauci to be jailed. Similarly, U.S. Rep. Marjorie Taylor Greene (R-Ga.) introduced the Fire Fauci Act, which suggests the chief medical advisor to the president "failed to provide Americans with accurate information" about the pandemic.

"Lock him up! Lock him up!" roared a crowd in Arizona earlier

this year when former President Donald Trump started bashing Fauci.

CANDIDATES OFTEN moderate their positions after securing a nomination, leaving behind strong rhetoric used to jockey for position among a field of rivals. Quentin Kidd at Christopher Newport University points to former Sen. John Kerry (D-Mass.), who said he was for the war in Iraq before he was against it. Kidd also pointed to former President George H.W. Bush, who said "read my lips, no new taxes" during his campaign and then changed course after being elected. He said voters have to make a determination if the old position was insincere or if the new position is a crass attempt to

win an election.

"Declining to speak directly about her changed position makes me think that she is worried that it will be seen as a crass flip flop, and that she has no other legitimate way to explain it," said Kidd.

Now that she has secured the nomination, Lipsman will face either four-term incumbent U.S. Rep. Don Beyer (D-8) or challenger Victoria Virasingh. Unlike the Republicans, the Democrats will choose their candidate in a primary election rather than a convention. The election is scheduled for June 21, and early voting has already started. A spokesman for Beyer's campaign says the congressman believes Fauci has saved lives during the pandemic.

"It is deeply unfortunate, though

not surprising, that some right-wing politicians have chosen to scapegoat Dr. Fauci and other public health officials," said Aaron Fritschner, a spokesman for the Beyer campaign. "Congressman Beyer strongly opposed anti-science rhetoric and attacks on federal employees for doing their jobs during the previous administration, and he continues to be a stalwart supporter of science, and a defender of the civil service and the rule of law."

Virasingh said candidates and the right and left are guilty of using rhetoric that fuels the culture war, which she said is a distraction from issues that will help constituents in the Eighth Congressional District. When asked about Lipsman's flip flop on Fauci, Virasingh said running for Congress isn't easy.

"Karina is a first-time candidate, and when you're a first-time candidate you're learning a lot and you're building that plane as you fly it," said Virasingh. "I'd like to see a political climate that's more focused on issues and not as much on this culture-war rhetoric."

Lipsman now faces a dilemma. The people in the crowd who applauded her suggestion that "Fauci should be jailed" may now be alienated by her unwillingness to stand by that position. Similarly, voters who are wary of calls to incarcerate political opponents may be skeptical that her new position is trustworthy. Then again, some voters may never learn that she has abandoned her call to jail Fauci.

"There's the old saying in politics, when you're explaining, you're losing," said Mark Rozell, dean of the Schar School of Policy and Government at George Mason University. "Make an outrageous statement, pull it back, people will remember the outrageous statement and not the official clarification."

BULLETIN BOARD

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

TUESDAY/JUNE 21

1950 Census and Genealogy. 1-3 p.m. Via Zoom. National Archives researcher, Claire Kluskens, will provide an overview of the newly released 1950 census. She'll demonstrate how to use the census in your family history research. Free. Visit the website: www.mvgenalogy.org.

MT. VERNON FARMERS MARKET IS NOW OPEN

The market is located at the Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. From 8 a.m. to noon every Wednesday (through December 21), 18 farmers and local food producers will sell fresh, locally grown vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more.

This year's vendors are:
Arnest Seafood – crab cakes, scallops, shrimp,

rockfish, oysters and more
The Fermented Pig- charcuterie and gourmet bacons
Grace's Pastries - cakes, pastries and breads, with a Caribbean touch
Great Harvest Bread - breads and pastries
Honey Brook Farms - meats and vegetables raised with no chemicals, gluten-free baked goods
House of Empanadas –variety of empanadas
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eggplant dip, garlic sauce and more
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Ochoa Produce - vegetables, herbs and flowers
Salsa Las Glorias - fresh salsas, guacamole and chips
Sharkawi Farm - herbs, spices, teas, plants and flowers
Three Way Farms – vegetables, melons and

SEE BULLETIN, PAGE 10

Plastic Pollution Is Pervasive

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

“Plastics are everywhere -- in the atmosphere, in the ocean, in the environment and in the food chain,” Sarah Kollar told the Friends of Dyke Marsh at their May 19 meeting. Every year, worldwide, eight million metric tons of plastics enter the ocean, the equivalent of one garbage truck load of plastics every minute, she reported. Kollar is the Outreach Manager for the Ocean Conservancy’s International Coastal Cleanup which began in 1986 and takes place every September.

The world is experiencing a plastic pollution crisis, much of it driven by single-use packaging, Kollar said, adding that 40 percent of plastic produced each year is for packaging. Plastic waste generation has been steadily increasing since 1960 and in 2016, the U.S. was the top generator of plastic waste, a 2021 National Academy of Sciences study found. Half of all plastic ever made was made in the last 13 years.

Plastic items can travel thousands of miles down storm drains, streets, streams, rivers and oceans, from bottles to straws to dental flossers. Single-use plastic items that people use in their everyday lives are a major component of marine debris, Kollar said.

Plastic pollution increased during the covid pandemic partly because more people bought takeout food in plastic containers. Nearly 92 percent of cleanup volunteers reported they had collected personal protective equipment during trash cleanups in 2020, with face masks being the most common. Incidents of disposable wipes blocking wastewater infrastructure and causing sewer overflows increased exponentially, the Ocean Conservancy found.

Plastic Harm

Plastic products like beer six-pack rings and fishing lines can entangle wildlife and cause their deaths. Animals can die from ingesting plastic bags, especially marine wildlife that mistake the bags for jellyfish. Small critters can suffocate in plastic bottles. Kollar estimates that 800 marine species have been adversely impacted by plastic.

Plastics carry toxic chemicals which can move up in the food chain when zooplankton and their predators absorb or eat them.

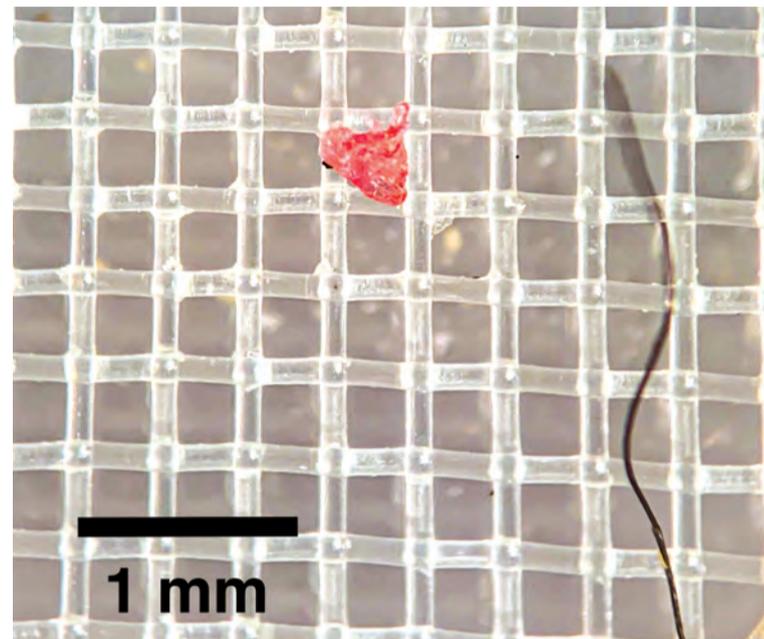
Microplastics Cause Macro Harm

Many plastic items take hundreds of years to break down and as they do they become microscopic microplastics, less than five millimeters in size, from the size of a grain of sand to the size of a pea, explained the second speaker, Kurt Moser, president of Northern Virginia’s Four Mile Run Conservancy Foundation. Many of these tiny plastics end up on river bottoms, in the ocean or in sand, making them virtually impossible to clean up.

The Conservancy conducted a study in 2018 and 2019 of microplastic pollution in Four Mile Run, the stream flowing through Arlington and Alexandria in its 20-square-mile watershed. Their findings:



Sarah Kollar at a cleanup in 2020, along the Anacostia River.



Magnified image of microplastics (a fragment and a fiber) collected at Four Mile Run, seen against the filter mesh screen.



Researchers at Four Mile Run pour a water sample through a sieve to collect microplastics for lab analysis.

- ❖ Every water sample tested had microplastics.

- ❖ The most common form was microplastic fibers from clothing or carpets.

- ❖ Microplastics were found both above the wastewater treatment facility and below it.

Harmful plastic pollution is as much of a local problem as it is an international one, Moser said, and other Northern Virginia tributaries probably carry similar loads of plastic pollution. “If you eat fish, it probably ends up on your plate,” he warned.

Plastic fibers from clothing and carpets often become airborne and can get into people’s lungs, Moser said.

“While more research is needed, some findings suggest these virtually ubiquitous tiny plastic particles – that have been found in human blood – have the potential to disrupt immune and endocrine systems, damage organs, cause inflammation, increase cancer risk and possibly affect pregnancy outcomes,” wrote Stanford Center’s Erika Veidis and Jamie Hansen in the April 5

Washington Post.

Solutions

Noting that only five to six percent of plastic is recycled in the United States, Kollar said that plastic products labeled “recyclable” must be recycled in an industrial facility, not in home composting bins. The country’s recycling processes are “grossly insufficient to manage the diversity, complexity and quantity of plastic waste,” the National Academy study concluded.

Some localities, including Fairfax County, have imposed fees on some single-use, plastic bags to discourage their use and other jurisdictions have banned smoking on beaches. The Ocean Conservancy urges people to reject drinking straws in their “Skip the Straw” campaign.

Kollar and Moser stressed that the most fundamental solution is to use less plastic, like single-use, plastic bags, beverage bottles and food packaging and to substitute non-plastic items. Other approaches include more stringent waste management practices.

Both Kollar and Moser support what is

The Conservancy conducted a study in 2018 and 2019 of microplastic pollution in Four Mile Run, the stream flowing through Arlington and Alexandria in its 20-square-mile watershed. Every water sample tested had microplastics.

called “extended producer responsibility” which makes the manufacturer responsible for the entire life cycle of a product, including the takeback and final recycling or disposal. A few apparel companies allow consumers to return damaged or to-be-discarded clothing for possible recycling into new garments.

Electronic equipment is one of the fastest-growing waste streams in the world and some companies allow consumers to return electronics for refurbishment or recycling. The technology company Hewlett Packard (HP) recycles used printer cartridges, for example.

At the Consumer Technology Association’s website, [https://www.cta.tech/Landing-Pages/Greener-Gadgets/Recycle-Locator#/,](https://www.cta.tech/Landing-Pages/Greener-Gadgets/Recycle-Locator#/) you can find local sites for electronics recycling by entering your zip code.

Many plastic products will likely always be part of American life, and cleanups will always be needed, Kollar and Moser predicted.

To learn more, visit <https://oceanconservancy.org/trash-free-seas/plastics-in-the-ocean/> and <https://www.fourmilerun.org/>.

Fleetwood Receives 2022 Katherine K. Hanley Award

On May 26, Leadership Fairfax presented its 2022 Katherine K. Hanley Award for Public Service to Tom Fleetwood, Director of the Fairfax County Department of Housing and Community Development. The award recognizes individuals who have left an indelible mark on Fairfax County through public services as an employee or volunteer.

Fleetwood, joined by his family and colleagues from HCD and the Fairfax County Redevelopment and Housing Authority (FCRHA), received the award from Kevin Greenlief, a former FCRHA commissioner, and Katherine Hanley, former chairman of the Fairfax County Board of Supervisors for whom the award was named. The pair paid tribute to Fleetwood's focused commitment to public service. Fleetwood has "transformed the way the department works with nonprofits and the community" in finding new and innovative ways to provide housing opportunities for low- and moderate-income households.

"There is simply no way that Fairfax County would be where it is today in terms of affordable housing without Tom Fleetwood at the helm," said Melissa McKenna, chairman of the Fairfax County Redevelopment and Housing Authority. "It is such a pleasure to work alongside him."

"Tom Fleetwood is a tireless advocate on behalf of the most vulnerable in Fairfax County. His constant work to grow and expand



Tom Fleetwood with Kevin Greenlief, former FCRHA commissioner, and Katherine Hanley, former chairman of the Fairfax County Board of Supervisors for whom the award was named.

access to affordable housing is a driving force in the doubling of our commitment to build 10,000 net affordable units in the County by 2034," said Jeff McKay, chairman of the Fairfax County Board of Supervisors. "I can think of no person more deserving of the Hanley Public Service Award than Tom. He is a leader for those in need and I am proud to call him my colleague and my friend."

Under Fleetwood's leadership, the FCRHA, HCD, and development partners have created a development pipeline that includes more than 3,000 units with many more on the way within just the first three years since establishing the county's housing goal. Fairfax County has also become a recognized leader in the development of affordable housing on dedicated public land through public-private partnerships.

"One of the reasons we are making so much progress at this point

in time is Tom Fleetwood," said Dranesville Supervisor John Foust. "We don't miss opportunities — an opportunity comes up and we strike, and we make it happen."

Fleetwood recognized the unwavering support of his family, the Fairfax County Board of Supervisors and the Fairfax County Department of Housing and Community Development. He also recognized the outstanding contributions of Housing and Community Development staff and the county's network of development partners in tackling the issue of affordable housing.

"Affordable housing is a team sport that can only be accomplished with ... a great team of dedicated professionals, and a strong network of partners who share a common vision. Together we are making miracles every day and I am proud to lead such a distinguished group," Fleetwood said.

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Parents and attendees with Supervisor Pat Herry.

Local Shark Tank's Go Before the Board

Creativity to cope with aging brings out local entrepreneurs.

By MIKE SALMON
GAZETTE PACKET

When a product or service idea comes to mind, forget about the patent office or a rich relative to back it, bring it up to the sharks on the hit reality show “Shark Tank.” Fairfax County has its own shark program for local entrepreneurs and a few of these students took their product to a Board of Supervisors meeting as part of the Fairfax County Shark Tank Challenge hosted by Department of Family Services Fairfax Area Agency on Aging, Neighborhood & Community Services, George Mason’s Kellar Institute, Fairfax County Public Schools, and INTEGRITYOne Partners.

These entrepreneurs from Chantilly High School, Oakton High School, and Thomas Jefferson High School for Science and Technology all had products aimed at the senior population seeking to age in place. Student innovations included an app interface specialized for visual and audio impairment for medication access; an interactive web ap-

plication to incentivize physical activity and creative activity; and the winning team from Chantilly, “AutoTrem,” created a walker that can move automatically, causing less stress on the user’s muscles and allowing them to gradually gain their strength and confidence back.

Supervisor Pat Herry (R-Springfield) was the county sponsor for these “sharks.” Herry chairs the Fairfax County Older Adults Committee that focuses on helping residents age in place, so he was supportive of the students and their ideas.

“This is one of my favorite events each year because our bright, young students get to engage in this intergenerational challenge where they learn about the challenges our older adults face and come up with solutions to help them. I was truly impressed with the innovations the students developed and their presentations at the Shark Tank Challenge,” Herry said.

At the meeting, the Board presented plaques honoring the teams as well as individual certificates. INTEGRITYOne Partners provided monetary awards for the winning students, totaling \$5,750. Prior to recognizing the students at the Board of Supervisors meeting, students and their families were invited to attend a reception honoring their innovations. Judges, members of the Board of Supervisors, as well as TJHSST Princi-



Supervisor Herry with the winners.



Supervisor Pat Herry and School Board member Laura Jane Cohen with winners from Chantilly High School.



Organizers, judges, staff, and supervisors.

pal Ann Bonitatibus and Springfield School Board member Laura Jane Cohen were in attendance.

“These students get to go in front of business leaders who challenge them on how their proposed technology could be marketed and sold as well as produced,” Herry said. “We have had at least one of the winning teams apply for a patent for their technology,” he added.

Herry turned it into a Board matter to recognize these Shark Tank winners. The Fairfax County High School Student Shark Tank Challenge competition started in 2015 and returned this year after being halted for two years by the pandemic.

Sharks with Financial Fins

The original “Shark Tank,” is a show on ABC that features tough, self-made, multimillionaire and billionaire tycoons who continue their search to invest in the best businesses and products that America has to offer. On the show, there are explanations, arguments and tears setting the stage for good reality show. Products from the show vary widely from edibles, and each shark tastes a sample, or services and everything has a twist that provides a surprise.

Springfield had a real Shark Tank success recently when Nahum Jeannot started “Go Oats,” in the winter of 2021 and presented the breakfast food to the Sharks, getting support from Barbara Corcoran, a food shark, who provided a financial backing.

NEWS

Virginia Reports First Case of Monkeypox

VDH: Northern Virginia resident with recent travel history to African country where the disease is known to occur.

The Virginia Department of Health has identified the first presumed monkeypox case in a Virginia resident. The initial testing was completed at the Department of General Services Division of Consolidated Laboratory Services. Confirmatory test results will come from the Centers for Disease Control and Prevention.

According to the report from the Virginia Department of Health:

The patient is an adult female resident of Northern Virginia with recent travel history to an African country where the disease is known to occur. She was not infectious during travel. She did not require hospitalization and is isolating at home to monitor her health. To protect patient privacy, no further information will be provided. The health department is identifying and monitoring the patient's close contacts. No additional cases have been detected in Virginia at this time.

"Monkeypox is a very rare disease in the United States," said State Health Commissioner Colin M. Greene, MD, MPH. "The patient is currently isolating and does not pose a risk to the public. ... Transmission

requires close contact with someone with symptomatic monkeypox, and this virus has not shown the ability to spread rapidly in the general population. VDH is monitoring national and international trends and has notified medical providers in Virginia to watch for monkeypox cases and report them to their local health district as soon as possible. Based on the limited information currently available about the evolving multi-country outbreak, the risk to the public appears to be very low."

Although rare, monkeypox is a potentially serious viral illness that is transmitted when someone has close contact with an infected person or animal. Person-to-person spread occurs with prolonged close contact or with direct contact with body fluids or contact with contaminated materials such as clothing or linens. The illness typically begins with fever, headache, muscle aches, exhaustion and swelling of the lymph nodes. After a few days, a specific type of rash appears, often starting on the face and then spreading to other parts of the body. Symptoms generally appear seven to 14 days after exposure and, for most people, clear up within two to four weeks. Some people can have severe illness and die. As with many viral illnesses, treatment mainly involves supportive care and relief of symptoms. <https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

Virginia Department of Health advises that if you are sick and have symptoms consistent with monkeypox, you should seek medical care from your healthcare provider, especially if you are in one of the fol-

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ART GALLERY & CUSTOM FRAME SHOP

Hardening older FCPS Entrances To Secure Them from Shooters

Multilayered approaches to keep children safe in schools.

BY MERCIA HOBSON
GAZETTE PACKET

At Robb Elementary School in Uvalde, Texas, preventive security measures did not stop the mass shooting deaths of 19 students and two adults on May 24. The presence of armed law enforcement and available mental health crisis intervention did not stop the carnage.

Since the Uvalde school shooting on May 24, there have been six other incidents reported by K-12 School Shooting Database where a gun is brandished, fired, or a bullet hits school property for any reason, regardless of the number of victims, time, day of the week. <https://www.chds.us/ssdb/about/>

On the day of the Robb Elementary School shooting, Fairfax County Public Schools immediately sent FCPS families and employees a message from Scott Brabrand, Superintendent, saying in part, “We condemn this senseless act of violence ... We want you to know that the safety of our schools, and the children and staff within them, is our highest priority. We continually work to make critical safety upgrades to our buildings each budget year. FCPS has one of the most advanced school security systems in the nation. While we hope we never see a day like today again, please be assured that we will continue to assess our protocols to ensure the safest learning and working environment possible.” Brabrand added that on the same day, the Fairfax County Board of Supervisors voted 9-0 to declare June 3 as Gun Violence Awareness Day in Fairfax County.

On Thursday, May 26, at a regular meeting of the Fairfax County School Board, Melanie K. Meren, Hunter Mill District representative, presented a proposed follow-on motion regarding vestibule retrofits for facilities without them as part of the approved FY23 Budget. Meren first introduced a vestibule policy change on March 2, 2020, in a memo to the Fairfax County School Board Governance Committee Members.

Tamara Derenak Kaufax, Lee District Representative, said that on Dec. 19, 2018, a previous school board made the same motion to provide vestibules at all remaining



Melanie Meren, Hunter Mill District Representative, FCSB



Karl Frisch, Providence District Representative, FCSB



Meaghan McLaughlin, Braddock District Representative, FCSB



Karen Corbett Sanders, Mount Vernon District Representative, FCSB



Jeff Platenberg, assistant superintendent for Facilities and Transportation Services FCPS

FCPS schools. Superintendent Dr. Brabrand and his designate identified a plan to accomplish this over the three years. The motion passed, she said.

Kaufax asked, “Why was this not yet done?... Why was there no funding allocated?” Dr. Brabrand said that the focus shifted to mitigating the pandemic.

The proposed 2022 security vestibule program would add another layer to the school division’s physical safety and security measures, said Jeff Platenberg, assistant superintendent for Facilities and Transportation Services Fairfax County Public Schools. The controlled entry would be in addition to locked doors, intrusion alarms, electronic door access, closed-circuit tv, visitor management systems, and more, Platenberg said. These physical measures would be in addition to threat assessments, safety training, tabletop exercises, comprehensive division-wide safety plans, mandatory lockdown drills, and the like.

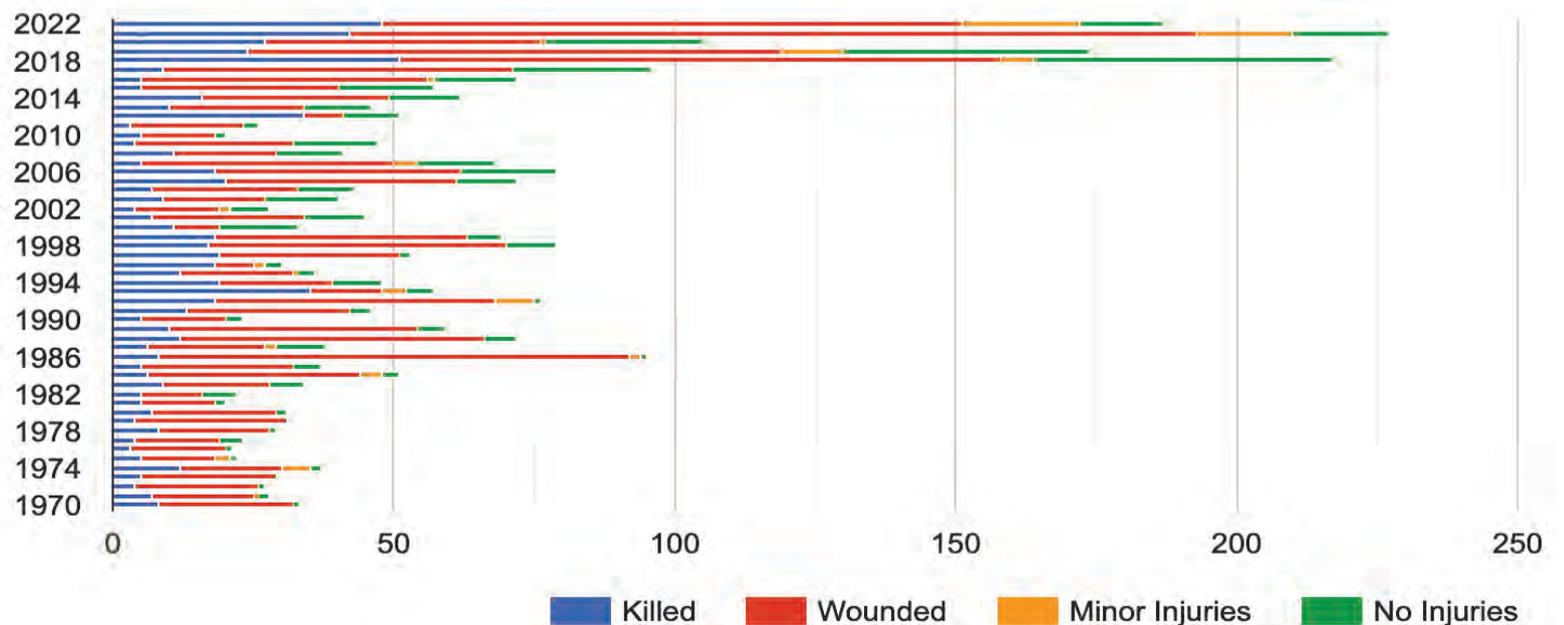
Elaine Tholen, Dranesville District representative on the school board, said she was “acutely aware that the discussion around sound school security needs to be about a myriad of components, some physical like vestibule entries, fences, locked doors, etc. and some not physical such as trained personnel,

SEE CAN MASS SHOOTING, PAGE 10



FCPS security vestibule constructed at a school’s entrance acts as a barrier.

Victims per Year



K-12 School Shooting Database, Victims per Year: Top row shows that as of May 31, 2022, in the United States, killed-48; wounded-103; minor injuries-21 and no injuries-15- Source: <https://www.chds.us/ssdb/charts-graphs/>

OPINION

Bipartisan Budget; Mixed Bag

BY SEN. SCOTT SUROVELL



On Wednesday of this week, I cleared my trial calendar and headed to Richmond to vote for the bipartisan conference report on our \$188 billion state budget. The compromise was a mixed bag. This week, I will write about some local priorities in the budget. Next week, I will write about the coming tax cuts and some of the broader investments that benefit the entire Commonwealth.

First, the Commonwealth's current fiscal picture appears healthy but I have serious concerns that our excess revenues are largely driven by \$5 Trillion of federal stimulus monies that have been pumped into our economy instead of solid underlying economic fundamentals. It is very dangerous to reset tax rates assuming revenues that could vanish when the stream of borrowed money fizzles out.

The budget appropriates an additional \$214 million for Fairfax County Public Schools, \$219 million for Prince William County Public Schools, and \$78 million for Stafford County Public Schools. The state is now sending Fairfax County \$468 million more per year than the first budget that was adopted when I was elected in 2010. These funds will go a long way to ensure our teachers are paid fairly as long as localities match the state funding consistent with progressive Virginia policy.

Last year, Sen. Adam Ebbin, Del. Paul Krizek, Del. Mark Sickles and I secured \$2 million in the state budget to help defray the cost of purchasing River Farm which was under threat of development. Now that the threat has been eliminated, I proposed budget language to repurpose that money to provide public access improvements, education opportunities, viewing platforms and shoreline stabilization which was included in the final budget. It would not have happened without a team effort and will pay dividends for decades.

Water service to the Town of Quantico has been a long standing battle between the Town and Marine Corps Base Quantico. My proposal to use \$17 million of funds from the American Rescue Plan Act (APRA) to connect the Town to the Prince William County Public Service Authority water system was included. The amendments also restored many water quality priorities I secured in the Governor's

and Senate's budget including \$3 million for stormwater mitigation in the Town of Dumfries and \$300,000 of stormwater remediation in the Town of Occoquan which will help clean the Potomac River.

Del. Krizek, Del. Sickles, Sen. Ebbin and I also secured \$400,000 of ongoing funding for Good Shepherd Housing's to continue to provide housing, emergency services, children's services, budgeting, counseling and other resources for low-income families. Good Shepherd has found this additional funding to be crucial – even in our raging economy where our recovery has been uneven.

I was also able to pass and secure nearly \$400,000 of funding to conduct a bipartisan autopsy of the Commonwealth's pandemic response. This pandemic was (hopefully) a once-in-a-century opportunity to test Virginia's emergency and pandemic response systems. There are many lessons to be learned about not just the pandemic but also our way of life. We all received a crash course in remote meetings, vaccine distribution, vaccine mitigation and other practices that can pay us long-term dividends. We tested our stockpiles and state of emergency statutes, and learned exactly which workers are essential and must continue working no matter how risky it is. We need to continue our discussions in a post-pandemic environment.

While the budget has some important local priorities, it also contained major tax cuts and investments. Next week, I will discuss that along with funding I did not support along with major missed opportunities. As The Rolling Stones sang, "You can't always get what you want, but if you try, sometimes you get what you need."

I voted "yes" to reach a bipartisan compromise.

It is an honor to serve as your state senator. If you have any feedback, you can reach me at scott@scottsurovell.org.

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vdh.virginia.gov/backtoschool/

Can Mass Shooting Tragedies Be Stopped?

FROM PAGE 8

sound gun laws, and policies, clear organizational responsibilities, mental health supports for students and staff and overall community supports.”

Tholen added that everyone must be part of school safety, “follow the rules about checking in, using the doorbell at the schools, and not letting unknown people in the building. ... I will continue my efforts to understand the work and needs of our staff, providing mental health supports for our students and providing school-wide programs to ensure that every one of our students has trusted adults they can go to at any time. It is only through this multi-pronged approach that we can be successful,” Tholen said.

During the May 26 FCSB meeting, Meren shared comments from constituents in the 48 hours after the shooting. They asked about a security audit, door handles and locks, and what kind of security expertise is on FCPS staff and their credentials. Meren said they questioned playground safety. “People walking on playgrounds; people making playgrounds secure so a gunman couldn’t come and shoot kids at playgrounds. I can’t believe I just said that sentence,” she said.

Meren added that her constituents asked about entrances to module facilities. Meren said she heard a sudden change in thinking about school resource officers. “Up until now, most I’ve heard is resistance to school resource officers because of the fear of the propensity of disciplinary action against our students of color. Now I’m hearing; please put school resource officers in. We want armed police in our schools. And certainly, the governor’s message reinforces that.”

At the Thursday night meeting, the FCSB approved the motion directing Brabrand and his successor, Michelle Reid, to prioritize the completion of the security vestibule program tapping multiple funding sources, and to provide the school board with a schedule to complete the initiative as soon as possible.

The estimated cost is \$15 million to install the vestibules and related equipment in facilities that don’t have them. Platenberg said the plan would be over five years, but he knew the board was “pushing for three years and better.”

Meren said the School Board’s mission is to educate children, but they can’t educate children if they are not safe. She added that the vestibule work in no way lessens the school board’s advocacy concerning effective gun violence pre-

Criteria for ‘School Shooting’ Three Incidents in FCPS reported

How many “school shooting” incidents have Fairfax County Public Schools experienced and what qualifies each as a school shooting?

FCPS said the data was not available on short notice.

The Connection filtered information provided by the K-12 School Shooting Database project conducted as part of the Advanced Thinking in Homeland Security (HSx) program at the Naval Postgraduate School’s Center for Homeland Defense and Security (CHDS). <https://www.chds.us/ssdb/> The database compiles information from more than 25 sources, including peer-reviewed studies, government reports, mainstream media, non-profits, private websites, blogs, and crowd-sourced lists.

The K-12 School Shooting Database for 1970- to current reports three incidents at FCPS using the criteria as detailed.

❖ Incident 1: The date is 09-10-82. The location is inside Lake Braddock Secondary School in Burke, VA., at an afternoon class. The situation is domestic with a targeted victim. Nine students are held hostage for 21 hours. The shooter is 18 years old. The incident ends with no one injured or killed.

❖ Incident 2: The date is 02-27-1998, lunchtime at Marshall High School in Fairfax, VA. The location is the school parking lot. The shooter’s age is 18; he is armed with a rifle. One victim is killed. The incident is a drive-by gang shooting.

❖ Incident 3: The date is 09-15-21 during morning classes at Springfield Estates Elementary School. Inside the school building, a student used a stun gun on three classmates in the school. The shooter is a child. There are no injuries, and no one is killed.

FCPS referred us to the Virginia Department of Education Safe Schools Information Student/Offense Report. It uses different criteria than the K-12 School Shooting Database, and hence its findings differ.

— MERCIA HOBSON

vention laws.

According to Karl Frisch, Providence District representative, every level of government, national, state, county, and even the school board, has a role in gun violence prevention.

Frisch used as an example how Superintendent Dr. Scott Brabrand agreed to notify parents and guardians annually about their legal obligation to store their firearms securely. Called Gun Violence Prevention Resources and found online, it includes gun storage and modeling responsible behavior around firearms. It says, in part: “In order to prevent access, firearm storage practices should include three methods employed in combination—unloading the ammunition, locking the firearm, and storing the firearm and ammunition in separate locations.”

Virginia State Senator Barbara Favola (D-31), said that to keep schools safe, “School communities need to organize and talk to their state and federal representatives about the need for stronger gun safety laws. In 2020, under a

Democratically controlled General Assembly, bills were passed to expand universal background checks and create a red flag option, among other measures. Governor Northam enthusiastically signed these bills.”

According to Favola, gun safety has become a dividing line partisan issue with Republican lawmakers. Favola said that she believes voters on both sides of the aisle support common-sense laws that better balance public safety with 2nd amendment rights.

“Virginians would be best served if lawmakers implemented evidence-based gun safety measures that recognize responsible firearm ownership but better aim to protect our children and our communities,” Favola said.

Before the 21st century and the Columbine High School massacre of April 20, 1999, architects designed schools to educate students. Since then, the number one consideration appears to be building and renovating schools, hardening them to protect students from shooters.

BULLETIN BOARD

FROM PAGE 3

herbs
Traveling Shepherd Coffee Co. – variety of freshly roasted coffee
Twin Springs Orchard - fruits, vegetables, cheese and more
Valentine’s Bakery & Meats - meats and baked goods.
All of the items sold at the market are grown or produced by the vendors and come from within a radius of 125 miles. The McCutcheon/Mt. Vernon market is one of 10 farmers markets run by the Fairfax County Park Authority (FCPA); for more information, visit www.fairfaxcounty.gov/parks/farmersmarkets.

VOLUNTEERS NEEDED

STEM VOLUNTEERS. The American Association for the Advancement of Science (AAAS) needs scientists, engineers, mathematicians, and physicians to assist K-12 STEM (Science, Technology, Engineering, Mathematics) teachers in the Northern Virginia Area, during the 2016-17 school year. In the 2015-16 school year, the numbers of STEM volunteers in Northern Virginia were: Fairfax County - 40, Arlington - 20, and Alexandria - one. Details of the collaboration are worked out between the teacher and the volunteer, and may involve giving demonstrations, assisting in lab experiments, lecturing on special topics, assisting with homework, etc. The hours are flexible, and volunteers attend a one-day training in September before being assigned to schools. To see how volunteers are assisting their teachers, view the video clips at www.seniorscientist.org. To volunteer, contact donaldrea@aol.com.

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League’s programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, email info@alnv.org, or visit www.alnv.org.

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities. RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax

County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety of service options. Visit www.volunteerfairfax.org or call 703-246-3460.

Fairfax County’s Community Services Board is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more.

Yoga Teachers are needed. Help improve a person’s well-being by teaching yoga classes to adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm for more. The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa. Callahan@fairfaxcounty.gov.

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor’s appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin. Martin@fairfaxcounty.gov.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Gum Springs Senior Program in Alexandria is looking for a Line Dance Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

NEWS

Mount Vernon District Police Activity

SHOOTING: 2900 block of Furman Lane, 5/20/22, 9:39 p.m. A man tried to engage the victim in conversation as she entered her apartment building but she ignored him. The man displayed a handgun, shot the victim in the lower body, and ran away. The victim was treated for injuries that were not considered life threatening.

CARJACKING WITH APPREHENSION: 3300 block of Southgate Drive, 5/21/22, 7:45 a.m. A man displayed a handgun and stole the victim's 2020 Toyota Camry. The victim was not injured, and the man drove away. As officers responded, the vehicle was captured on a License Plate Reader entering Maryland. Officers remained in the area until the stolen Camry reentered the County

an hour later. Officers found the car and a pursuit ensued. The suspect struck the jersey wall, and the vehicle became disabled on the Woodrow Wilson Bridge. The suspect was taken into custody and the handgun was recovered on the suspect. He was charged with carjacking and additional felonies. No crashes related to the pursuit were reported.

BANK ROBBERY: 6300 Richmond Highway (Wells Fargo Bank), 5/25/22, 4:43 p.m. A man entered the bank, presented a note to the teller implying he had a weapon and demanded money. The man left the area on foot. No injuries were reported. Officers quickly found the man walking nearby on Richmond Highway. He was arrested and charged with robbery.

Virginia Reports First Case of Monkeypox

FROM PAGE 7

lowing groups:

Those who traveled to central or west African countries, or parts of Europe where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began,

Those who have had contact with a person with confirmed or suspected monkeypox, or Men who regularly have close or intimate contact with other men.

<https://www.who.int/emergencies/dis->

[ease-outbreak-news/item/2022-DON385](https://www.who.int/emergencies/dis-ease-outbreak-news/item/2022-DON385)

If you need to seek care, call your health-care provider first, according to the Department of Health. Let them know you are concerned about possible monkeypox infection so they can take precautions to ensure that others are not exposed.

On May 20, 2022, VDH distributed a Clinician Letter to medical professionals reminding them to report any suspected cases of monkeypox to their local health department as soon as possible and implement appropriate infection prevention precautions.



SUMMER OF MORE

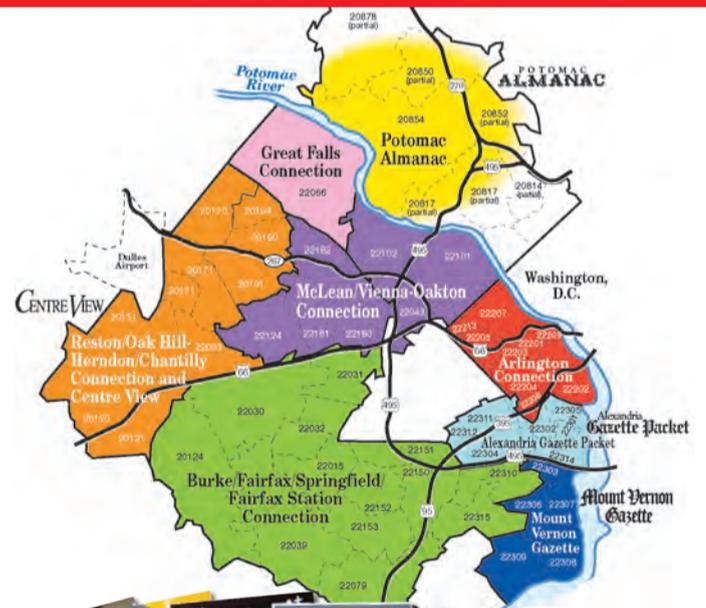
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CALENDAR

NOW THRU JUNE 5

"SeeWorthy" Exhibit. At Torpedo Factory Art Center, 105 North Union Street, Studio #9, Alexandria. View ship construction through the eyes of maritime archaeologists in SeeWorthy, a new exhibit from Alexandria Archaeology highlighting the technology used to digitally reconstruct historic vessels. Recent development along the waterfront has led to significant discoveries by archaeologists, including the remains of four historic ships. These remnants have been laser scanned to create models showing what they would have looked like in the late 18th and early 19th centuries.

NOW THRU JUNE 12

MVUC Greenhouse Plant Sale. 10 a.m. to 2 p.m. Weekends only. At Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. The Annual Spring Plant Sale at the MVUC Greenhouse opens April 2 and 3, 10 a.m. - 2 p.m., weekends only. They have a variety of vegetables and flowers for sale again this year. Lots of regular and heirloom tomatoes and not-too-hot peppers (more than 20 different varieties) as well as some of your favorite perennials, annuals, and herbs. Visit the lovely, old greenhouse and buy some new plants for your spring garden.

NOW THRU JUNE 17

Vietnam Memorial Traveling Exhibit. The Vietnam Veterans Memorial Fund's traveling exhibit Panel 44: 8 Days in March will be on display at the National Museum of the United States Army through June 17, 2022, as a part of the 40th anniversary commemoration of the Vietnam Veterans Memorial. The centerpiece of the exhibit is the Memorial's original Panel 44, produced in 1982 but not placed in the Memorial because of a crack in the upper-right edge. It is inscribed with the names of 337 American service members who died between March 9-16, 1968. Two hundred fifteen of the inscribed names were Army Soldiers, ranging in age from 18 to 46. All those remembered by the panel represent 44 states, the District of Columbia, and Puerto Rico. Visit <https://www.thenmusa.org/visit/#get-tickets>.

NOW THRU JUNE 2

Rook Richards. 5-8 p.m. At Augies Mussel House & Beer Garden, 1106 King St., Alexandria. Live acoustic music! This is a weekly recurring event and runs from May 16 to June 2 and happens every Monday to Thursday from 5-8 p.m. Visit the website: <https://www.eventvite.com/events/17117/t/tickets>

NOW THRU JULY 9

Retrospective Art Deco Exhibition. 11 a.m. to 6 p.m. At George Washington Masonic Memorial, 101 Callahan Drive in Alexandria. The first retrospective on the work of Art Deco designer Edgard Sforzina will open April 30th at the George Washington Masonic National Memorial during the Art Deco Society of Washington's 39th annual Washington Modernism Show. Discount tickets are available at www.washingtonmodernismshow.com.

JUNE 1 TO AUG. 31

Creative Summer Programs. At Del Ray Artisans Gallery in Colasanto Center, 2704 Mount Vernon Ave.,



The 5th Annual Celebrate Alexandria Pride Event will take place on Saturday, June 4 at the Charles Houston Recreation Center in Alexandria.

Alexandria. Learn techniques in drawing, mixed media, mosaic, jewelry, watercolor, and more from local artists. Delve into creative exploration solo or with friends. Sign up for the programs that inspire you and make your own "stay-cation" art experience. Visit the website: <https://DelRayArtisans.org/programs/creative-summer/>

JUNE 2-4

Outdoor Opera. 5-7 p.m. At The Rectory on Princess Street, 711 Princess Street, Alexandria. Opera returns to the Secret Garden with Mozart's beloved comedy in a delightful, immersive staging featuring a talented cast of young musicians. An audience favorite since 1786, discover the madcap comedy and radiant score as never before.

THURSDAY/JUNE 2

Lecture: "Patton & Rommel: The Missing Generals of D-Day." 7-8:30 p.m. At The Alexandria History Museum at the Lyceum, Alexandria. Did you know two of the most important men of D-Day... weren't even there? Dr. Kim Holien returns with another behind-the-scenes look at D-Day. Dr. Kim Bernard Holien was a professional historian with the U.S. Army for 34 years, receiving commendations from the late John Marsh, Secretary of the Army, and President Ronald Reagan. \

THURSDAY/JUNE 2

BookTalk- American Landmark. 6-8 p.m. At Woodlawn & Pope-Leighey House, 9000 Richmond Hwy., Alexandria. Woodlawn & Pope-Leighey House announces a Book-Talk with Virginia Christian Beach, author of "American Landmark: Charles Duell and the Rebirth of Middleton Place." Join in a lecture from the author and a candid discussion about historic interpretation. Email: woodlawnevents@savingplaces.org

THURSDAY/JUNE 2

First Thursdays in Del Ray. 6 p.m. At various locations in Del Ray, Alexandria. Held the first Thursday from April to August along Mount Vernon Avenue in the Del Ray neighborhood of Alexandria, First Thursday is a series of free outdoor street festivals that bring the community together around a fun theme, benefiting a local nonprofit. This summer's themes

include "Unmask Your Superhero First Thursday," "First Thursday Red, White & Blue," "First Thursday Aloha Thursday" and "First Thursday Show Your Spirit," respectively. Visit visitdelray.com.

FRIDAY/JUNE 3

Interpreting the Enslaved People of Mount Vernon. 7 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Join in this talk and learn about various ways of interpreting the enslaved people at George Washington's Mount Vernon. Learn about the different techniques, the challenges and future goals. The talk will be given by Jeremy Ray, the Director of Interpretation at Mount Vernon. Visit leefendallhouse.org.

JUNE 3-26

The "Afros and Abstract" exhibit. At Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. Celebrates imagination and passion that reaches the expanse of humanity and a movement, encapsulating the amorphous state of color. Join them on opening day (Friday, June 3, 12-9 p.m.) for the widest selection of artwork. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. Visit: DelRayArtisans.org.

FRIDAY/JUNE 3

Interpreting the Enslaved People of Mount Vernon. 7 p.m. At Lee-Fendall House, 614 Oronoco St., Alexandria. Join in this talk and learn about various ways of interpreting the enslaved people at George Washington's Mount Vernon. Learn about the different techniques, the challenges and future goals. The talk will be given by Jeremy Ray, the Director of Interpretation at Mount Vernon. Visit leefendallhouse.org.

JUNE 3-5

13th Annual Taste of Del Ray. At Various restaurants in Del Ray, Alexandria. Top area restaurants are slated to participate in the 13th Annual Taste of Del Ray, a delicious competition where each venue offers a special \$5 taste at their restaurant. Taste of Del Ray weekend kicks off with a VIP reception on June 2 featuring wine and unlimited tastes from top Del Ray restaurants. VIP tickets are \$50 per person; for more information, visit visitdelray.com.

FRIDAY/JUNE 3

Happy Hour on the Plaza. At 44 Canal Center Plaza Alexandria. Happy Hour on Canal Center Plaza (4-9 p.m.) Live music from Indoor Kites, food trucks, lawn games, live music and beer, seltzer, wine cocktails.

FRIDAY/JUNE 3

QuinTango CD Release. 7:30-9:30 p.m. At the Lyceum, 201 S. Washington Street, Alexandria. QuinTango CD release and birthday bash starts with a performance of the music from OBSESION, the group's 7th CD, and ends with cake and bubbly to celebrate QuinTango leader Joan Singer's birthday. Tickets at www.quintango.com

SATURDAY/JUNE 4

Groovy Nate Performance. 10:30 a.m. to 11:15 a.m. At Sherwood Regional Library, 2501 Sherwood Hall Lane, (Parking Lot) Alexandria. Popular children's performer Groovy Nate entertains with songs, funky rhymes, silly instruments and more. Ages 3-12. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/8891464>

SATURDAY/JUNE 4

Used Book Sale: 10 a.m. - 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Selection of over 20,000 gently used children's books, fiction, history, biography, home and garden, cooking, crafts, sports, religion, travel, CDs, DVDs, and more. Unless specially priced, \$1 for hard backs, 50 cents for large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

SATURDAY/JUNE 4

5th Annual Celebrate Alexandria Pride Event. 1 to 4 p.m. At the Charles Houston Recreation Center, 901 Wythe St., Alexandria. The Alexandria LGBTQ+ Task Force invites you to join its 5th Annual Celebrate Alexandria Pride Event at Charles Houston Recreation Center. Back by popular demand in partnership with the Alexandria Library is "Drag Queen Story Time with Venus" at 2 p.m., perfect for children ages 3 to 8. Enjoy spoken word with C. Thomas at 3 p.m. Collect Pride swag, enjoy music and food, make some art, pose for a Pride pic, and learn about LGBTQ-inclusive services in Alexandria. Free and confidential HIV testing available.

SATURDAY/JUNE 4

Watercolor Workshop - Landscapes. 9:30 a.m.-3:30 p.m. (16-Adult) Artist Dawn Flores helps you translate the beauty of nature into a watercolor painting by showing how to paint skies, trees, water, mountains and rocks. Learn strategies for building depth and focus in your work using color and value. Get techniques for building texture and masking to preserve the white of the page. A supply list will be emailed before the program. Bring a lunch. \$97 per person. Code 68F.QXPX.

SATURDAY/JUNE 4

D-Day Commemoration/78th Anniversary Program. 3-6 p.m. At Market Square, Alexandria. The Alexandria-Caen Sister City Committee will hold their Annual D-Day Commemoration at Market Square with swing music, costumed dancers, re-enactors, and information booths. The Special 78th Anniversary program will be held from 4 p.m. to 5 p.m. on the Market Square stage.

SUNDAY/JUNE 5

FLW Birthday Picnic. 11 a.m. to 4 p.m. At: Frank Lloyd Wright's Pope-Leighey House, 9000 Richmond Hwy., Alexandria. Celebrate the 155th birthday of the architect, Frank Lloyd Wright. Enjoy an open house tour of Pope-Leighey House and learn about the history of the house and its designer. In the yard, enjoy games and music that inspired the work of Frank Lloyd Wright and enjoy a celebratory cupcake.

SUNDAY/JUNE 5

Piano Concert. 4-5 p.m. At Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Hailed as "a sensitive player." Liana Paniyeva has performed at festivals around the world. Free concert. Tax-deductible contribution aiding war-torn Ukraine accepted. Can be made through the United Methodist Committee on Relief (UMCOR). Visit the website: <http://www.franconiaumc.org>

SUNDAY/JUNE 5

Tea Program: Moon Magic. 1-3 p.m. At Green Spring Gardens, Alexandria. (Adults) June's full moon is the strawberry moon and a super-moon. The Moon is an object of enduring fascination. Explore its many incarnations throughout history, including deity, feminine symbol, and green cheese! Consider the moon's influence on human behavior, from "lunar lunacy" to its intimate connection with women. \$38 (lecture + tea); \$15 (lecture only). A traditional English afternoon tea served in the 1784 Historic House follows each program. Full tea includes finger sandwiches, pastries, and scone with cream and jam. Specially prepared tea boxes to go are also available with advance purchase. Call Historic Green Spring at (703) 941-7987.

MONDAY/JUNE 6

Virginia Cider Education. 5-7 p.m. At Lost Boy Cider, 317 Hooffs Run Drive, Alexandria. Inviting all food and beverage professionals to join the American Cider Association and Lost Boy Cider for a cider education workshop. Taste cider, learn cocktail recipes and food pairing Principles. Visit the website: <https://ciderassociation.org/virginia-cider-ed-road-show/>

TUESDAY/JUNE 7

Wire Jewelry Workshop. 6-8:30 p.m. At Del Ray Artisans Gallery in Colasanto Center, 2704 Mount Vernon Avenue, Alexandria. Learn the basics of 'cold' wire jewelry (no heat), including the components and skills for assembling basic wire jewelry pieces (a pendant necklace & a pair of earrings). Details and register: <https://del-rayartisans.org/workshops/>

NEWS

Honor Juneteenth Throughout June in Alexandria

This June, Alexandria, Va., offers a range of ways to honor Juneteenth, June 19, which marks the day on which enslaved individuals in Galveston, TX, learned that the Emancipation Proclamation had freed them more than two years earlier.

In the days and weeks surrounding Juneteenth, participate in jubilee celebrations including outdoor garden concerts, festive celebrations at Carlyle House and the Torpedo Factory Art Center, enriching historical tours and lectures and more. Plus, reserve an advance ticket to visit the newly reopened Freedom House Museum, with three new exhibitions showcasing Alexandria's Black history and the Black experience in America. Alexandria City Hall will be illuminated in honor of Juneteenth from Thursday, June 16, through Monday morning, June 20.

Year-round, Alexandria features a wealth of Black history experiences including historic sites, markers, tours and more. Plus, discover 30 Alexandria Black-owned businesses to support this June and beyond.

Explore more ways to celebrate Juneteenth in Alexandria at Visit-Alexandria.com/Juneteenth.

Featured Juneteenth Events

Steps Toward Freedom: A Juneteenth Remembrance

June 16, 2022, at 5 and 6:30 p.m.
Admission: \$25 to \$45 per person
The Secret Garden at the Rectory, 711 Princess St., Alexandria, VA 22314
703-683-6040
classicalmovements.com/secretgardenconcerts

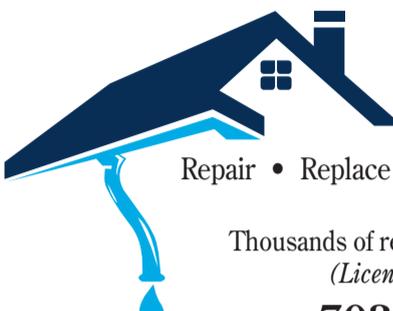
Exciting artists and a powerful program of beloved spirituals, incredible songs, narration, storytelling and lyrical dance bring to life this new American holiday. After presenting its first Juneteenth concert just a day after Congress voted to make Juneteenth a national holiday, Classical Movements and the Coalition of African Americans in the Performing Arts partner once again to celebrate this day of joy and liberation. Enjoy a Juneteenth cocktail during this performance.

Juneteenth at the Torpedo Factory Art Center, June 19, 2022, from 10 a.m. to 6 p.m.. Admission: Free, Torpedo Factory Art Center, 105 N Union St., Alexandria, VA 22314, 703-746-4570, torpedofactory.org

Juneteenth Celebration at Carlyle House, America's second Independence Day is a time to celebrate, reflect and learn about the end of slavery in the United States. It's a celebration of freedom and also an opportunity to deepen our awareness of the nation's legacy of systemic racism and oppression. Join artists at the Art Center for a shared community space in the Grand Hall to create artistic messages with your loved ones.

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Time is What I'll Make of It



By KENNETH B. LOURIE

As I sit here and wonder about tomorrow/the future, I try not to wonder about it too much. Since I have cancer, and at present a type of papillary cancer which, due to some unusual circumstances/dare I say, missteps, is characterized as "terminal." 'Terminal' in that currently there is no medicine, other than my present daily pill, that can sustain me beyond three years, give or take, from date of this most recent diagnosis. (Although, I'd like to believe that end date is not prescribed in stone.) I had been treated for non-small cell lung cancer, stage IV for the preceding 10 years or so until a biopsy revealed the tumors were thyroid cancer which had moved to the lung. A subsequent surgical removal of my thyroid glands didn't exactly solve the problem due to some persistent cancer that remained embedded under my collarbone. And soon thereafter, I officially became a thyroid cancer patient, for which I take a 10mg pill daily called lenvima. The side effects are modest, but unfortunately, the cancer is considered incurable.

In summary, I'm sort of taking a long walk off a short pier. And given that there are no guarantees/alternatives to my present protocol, and furthermore, given that the cancer is beyond anybody's control – aside from taking all my supplements and drinking alkaline water, I don't worry about what I can't control. As an example: I can't worry about the Red Sox bullpen. As much as it matters to me, as a life-long member of Red Sox Nation, that Boston's relievers are ordinary at best and disastrous at worst (see game one of the most recent Orioles/Red Sox series when the bullpen gave up two six-run leads), I have zero influence or input and/or control over any of it. And unlike the cancer, it's not exactly my problem, if you know what I mean? Now if the Red Sox wanted to pay me for my opinion, then perhaps it might be my problem. However, given the unlikely occurrence of yours truly getting paid for his baseball opinions, I'll have to narrow my focus and worry about my own problems. Cancer is enough of a problem that I don't need to look elsewhere for additional problems/challenges (and the Red Sox bullpen is most certainly a 'problem'/challenge).

Obviously, I can't ignore any symptoms or neglect my health. And even though my life expectancy has been shortened, I don't have a death wish. On the contrary, I have a life wish. And that 'life wish' consists of this cancer patient navigating through the ongoing demands without letting any of take me down emotionally. My intention/philosophy is, now in my 14th year post cancer diagnosis, to somehow rise above the inevitable downward pressure and try not to get dragged down by the sheer weight of the diagnosis. As my close friend and fellow cancer patient, Lynne said to me at the beginning of my diagnosis: "this is going to be the toughest thing you'll ever have to do." And of course, she was right. Consequently, I don't need to make matters worse. They're already bad enough on their own. If pretending, disconnecting, and laughing in the face of all this adversity gets me to the promised land (a normal life expectancy), then I promise to keep laughing and stay positive about the negative. "Rome wasn't built in a day, and neither was Milwaukee." I'm in this fight for the long haul. Besides, I'd like to live long enough to see how it all ends.

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

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WELLBEING

Helping Children Cope with Tragedies

Local therapists offer suggestions for easing fears around recent school shootings.

By MARILYN CAMPBELL
GAZETTE PACKET

Compassion, exploratory dialogue and honesty are among the suggestions that psychologist Robyn Mehlenbeck, PhD, director of the George Mason University Center for Psychological Services, offers to her patients who are struggling to ease the fears of their children after the tragic school shooting in Texas. While it occurred far from her Fairfax office, parents are still facing the complicated task of helping their children process their emotions.

"I always encourage being direct, although developmentally appropriate," said Mehlenbeck who is also a professor in the Department of Psychology at George Mason University. "For example, starting with a question is always good. 'I know you have been talking about what happened in Texas. What do you think about it? Did anyone talk about it in school today?'"

Because each child processes tragic events differently, Mehlenbeck says that there are a variety of ways in which a child can express their emotions. "Some of the signs are fear or anxiety around going to school, not wanting to sleep alone, worrying about parents going to work," she said. There can be physical complaints like stomach aches or headaches."

When beginning a discussion about a child's fears and emotions, ask open-ended questions and listen without judgment, advises therapist Caroline Fenkel, Ph.D., LCSW. "Your answers should always validate their feelings in these situations," she said. "Sometimes it might be helpful to guide your kid toward being able to name their emotions. Try your best to limit their consumption of the news. There's no net positive to continuing to take in footage of police swarming or photos of victims."

It is important, says Fenkel, "that parents check in with their own emotions before starting a dialogue with their kids. It's important to make sure that you're in a safe headspace and emotionally regulated enough to have this type of conversation. Think about what the purpose of the conversation is. Is it to explain what happened? Help them process emotions? Be clear and prepared."

Parents can explore a child's emotions while engaging in pleasurable activities or hobbies, says Bethesda therapist Keisha Ranson, LPC. "Children and teens often communicate best through play. Watch them as they



Robyn Mehlenbeck, PhD, GMU Center for Psychological Services.

play," she said. "If they seem to be playing out scenes of people getting hurt, it is perfectly fine to ask them how they are feeling in that moment. If they continue to play out scenes of violence, a trained professional may be needed to help them feel safe again."

A parent's response to devastating events will have a significant impact on a child's response, said Ranson. "If a parent is calm, that will communicate safety more than the words that are being spoken," she said. "Parents should get themselves grounded first and then find fun, safe activities. Nature can be a big help. Go for a walk. Play games that are easy and rhythmic such as catch."

Teens are able to understand the role they play in their own safety, says Ranson. "Remind them of where they can get support," she said. "Review safety procedures like what they should do in the case of an emergency."

"Children feel a sense of safety when parents remind them that no matter what is going on in the world, they are safe," said Ranson. "Maintain normal routines such as riding the bus to school, doing their homework and going to sports practices," suggested Ranson.

"Whatever the state of the world, your family is safe right now and that needs to be communicated," continued Ranson. "Nurture healthy coping skills, by encouraging your child to do things that they enjoy doing. This distracts them from the crisis and allows them to focus their attention on activities that bring them joy. Acknowledge the sadness but then move on and distract with life-affirming activities."

PHOTO COURTESY OF ROBYN MEHLENBECK

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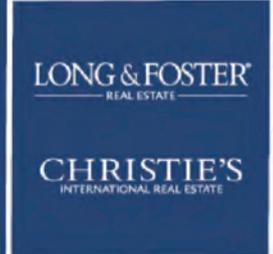
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