

Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

MAY 11, 2023

Spring Puts Winter Chores Behind And Spawns Farmers Markets



Multi-colored carrots sold by Twin Springs Fruit Farm.

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

More information

Fairfax County's 10 Farmers Markets, including vendors, <https://www.fairfaxcounty.gov/parks/farmersmarkets/>. Some take pre-orders.

Selling herbs and tea is a far cry from captaining a sailboat in the Caribbean, but Iman Al-Sharkawi shows up every spring at the Wednesday Mount Vernon Farmers Market for her loyal customers. Come winter, she returns to tropical seas to sail and teach sailing. On May 3, her sister, Aliya, helped at the farmstand. Aliya is a race car driver in Tacoma, Washington.

Most are not sailing boats, but the vendors at the weekly market all say they are busy throughout the winter catching up on farm chores.

The market in the Sherwood Regional Library parking lot brings many delights, human and gastronomical -- fresh tomatoes, spinach, strawberries, scallops, mushrooms, salsas, bread, honey, pastries, pork, beef, chicken, pasta, coffee, ice cream and honey-based lotions. Market manager Bob Varela says that between 800 and 1,000 people shop at summer's height of the season.

The vendors are wide-eyed and ready for retail at 8 a.m. on frigid mornings, rainy days and summer steambaths from mid-April to mid-December.

Veggies, Meats and More

Wayne Pierson rises at 2 a.m. and since 2006 has driven two hours from Three-Way Farms in Warsaw, Virginia, to bring potatoes, greens,

radishes, carrots and peppers to shoppers. Asked what he did all winter, he said, "I cut firewood and fixed our equipment."

The Miller family, owners of Valentine's Bakery and Meats in Orange, Virginia, has multiple tables and coolers brimming with products, from grass-fed beef to pumpkin chocolate chip bread. Young Dillon, age six, often comes when school's out and tells customers about their rambunctious bulls. In the winter, the family repairs fences and feeds the cows hay that they bale in the fall.

Darletta, Veronica and Donovan make eight different products in their home-based bakery. Mount Vernonite Chris Morrison shops at Valentine's market weekly because she says, "I'm confident their products are healthy and tasty."

The farm is a five-family-member operation, raising chickens, turkeys, cows, hogs, lambs and sheep, plus a few rabbits and pheasants. Customers nab products like chicken breasts, ham biscuits, pork chops, country-cured hams, smoked and cured bacon, spareribs, sausages, dog bones and even chicken feet, most kept frozen in big coolers. The Millers' chickens and hogs are free range.

"Our animals have been raised to be happy and healthy, the way God intended," Valentine says.



The Three-Way Farm's market stand.

Paul Mangan's tables from Twin Springs Fruit Farm in Orrtanna, Pennsylvania, bulge with many varieties of apples and in summer, cherries, plums, nectarines and pears. Their greenhouses produce tomatoes, cucumbers and greens all year and their fields yield onions, peppers, potatoes, carrots, squash and more.

What did Twin Springs' farmers do all winter? "We pruned the fruit trees and grew vegetables in our greenhouses," said Mangan.

Jeannette Moler offers customers samples of her cheddar garlic and sourdough breads. In her Lorton and Burke bakeries, she makes 800 loaves on Fridays, 500 on Saturdays, 200 on Tuesdays and 150 on Mondays. She has a 22-inch stone mill that can mill three bushels of Montana wheat a day. Her Dakota wheat bread and pesto parmesan sourdough are sure winners.

This is Frauna Bruns's first year selling at the Mount Vernon market. At her Orange, Virginia, farm called Pork Stork, she raises free-roaming, large black and red wattle hogs that forage in the woods in 10-acre enclosures. Bruns offers sausages, pork chops, pork belly bacon, Boston butts, shoulders, ribs, ham hocks and jowls. She also raises heritage breeds of

SEE FARMERS MARKET, PAGE 5



Donovan Miller, son of Valentine and Darletta, frequently sells at the market. The farm's eggs are very popular.



Valentine's Baker and Meats sells homemade jams and fry pies.

PHOTOS BY GLENDA BOOTH

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Mount Vernon District Supervisor Dan Storck.



Burgers and dogs.



Toasting the fleet.



The scouts presented the colors.

PHOTOS BY MIKE SALMON/THE GAZETTE

Blessing of the Fleet at Mount Vernon Yacht Club

BY LINDA SUDHOFF
MOUNT VERNON YACHT CLUB

The Mount Vernon Yacht Club celebrated its 67th annual Commissioning Day

and Blessing of the Fleets on Sunday May 7. This spring ceremony passed down through generations of sailors and navies around the world, is intended to safeguard crews and ships from the danger

of the seas through a traditional blessing given by a clergyman at the water's edge.

Highlights from Sunday's celebration included Color Guard, Pledge of Allegiance and singing

of our National Anthem led by local Scout Troop 876; Invocation by Reverend Diane Murphy, Priest Associate, Pohick Episcopal Church; and remarks from Mount Vernon District Supervisor Dan Storck (D)

and MVYC Commodore Gene Diotalevi. The formal ceremony concluded with champagne toasts to the fleets as Mount Vernon Yacht Club members and guests enjoyed a bountiful picnic lunch on the Point.

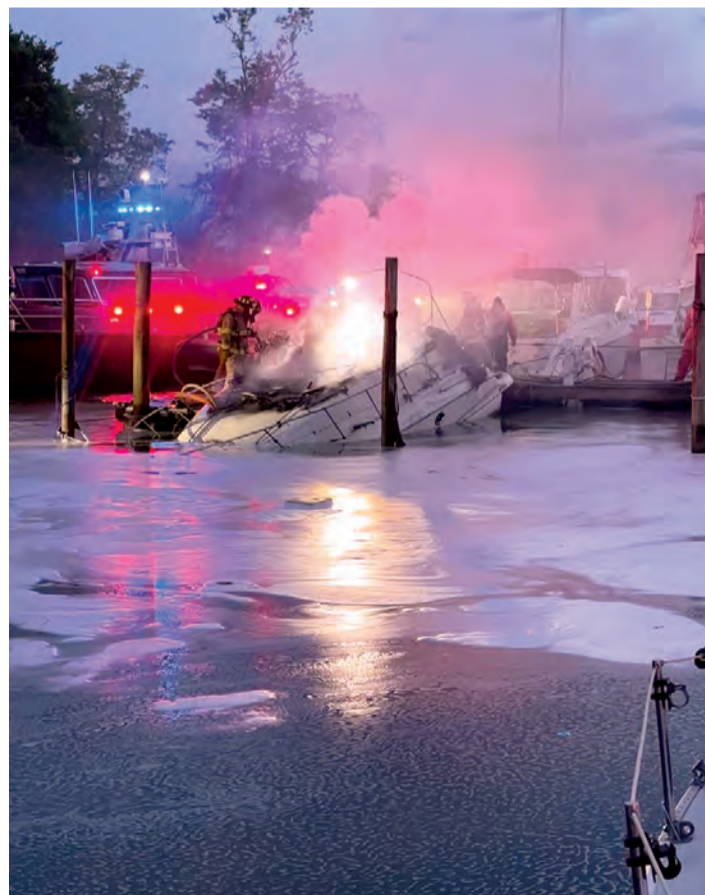
Boat Catches Fire in Mount Vernon

BY MIKE SALMON
THE GAZETTE

On Thursday, May 4, there was a boat fire at the Mount Vernon Yacht Club, injuring two, damaging the boat beyond recognition and closing the marina for days afterward.

During the fire, the yacht club reported at least half a dozen units from Fairfax County Fire and Rescue, including the HazMat team, the Fire Boat, and several large ladder trucks responding to the fire. They were assisted by several boats from D.C. Fire and Rescue, Fairfax Police and several EMT units, club officials said. First responders were here until early Friday morning and came back again during the day Friday to ensure that the environmental boom was holding. "Without such a quick and overwhelming response, I don't think the outcome would have been the same," said Gene Diotalevi, Commodore at MVYC. "I am so grateful that injuries were minor, and damage was relatively limited," he added.

In the days following the fire, the burned boat was salvaged and removed from the MVYC marina. Potomac Towing, Fairfax Hazmat Team, and the Department of Environmental Quality (DEQ) worked to raise and clear the vessel from the marina. During the salvage process, some petroleum products were released into the water so recovery



teams placed absorbent booms to collect the majority of the potential contaminants. As a precaution, the marina remained closed to all boat traffic until DEQ inspected the waterway on Tuesday, May 9.

A boat fire at the Mount Vernon Yacht Club.



The fire started in the day and firefighters were on the scene into the night.

PHOTO FROM YACHT CLUB



The county fire boat tows the damaged yacht out to the salvage yard.

Importance of Wetlands Highlighted at Huntley Meadows

Lessons highlighted at nature stations.

By MIKE SALMON
THE GAZETTE

Huntley Meadows Park is one of the few wetland parks in Fairfax County so they celebrated recently with a Wetlands Awareness Day on Sunday, May 7 (even though the real Wetlands Awareness Day is in February). In Northern Virginia, the weather in February is not always good for outdoor activities, so they made it an east coast version.

The main aim of Wetlands Day is to spread information about how valuable wetlands are, and encourage people and governments to take action to preserve local wetlands. Recognizing this, the U.N. decided to formally institute World Wetlands Day on the day it had been celebrated by environmentalists, Feb. 2, their information stated.

At Huntley Meadows, the park was set up with various stations along the path and volunteers with the Friends of Huntley Meadows manned the stations, giving lessons throughout the day. For the children, they learned about the park and got a stamp that was later turned in for a prize.

The stations were focused on topics such as beavers, foxes, coyotes, insects, birds, reptiles and amphibians. All these animals have been seen at the park. There is a system of trails through Huntley Meadows and a nature center, and all the stations were located in these venues. One message in common was the need to protect this wetlands park and the habitats that are in it.

According to the Environmental Protection Agency, the wetlands play a valuable role in water quality, storing flood waters, providing habitats for the birds and animals and just being a place where nature can go on like intended, despite the encroaching development. An acre of wetlands can store as much as 1.5 million gallons of floodwater. Up to one-half of North American bird species nest or feed in wetlands, the EPA said.

Huntley Meadows Park encompasses 1,500 acres of wetlands, meadows and forests. There is a boardwalk, trails and a nature center, and two entrances – one on the Telegraph Road side and the other on the



With the recent rains, the greenery was abundant.



Inside the Nature Center, a black rat snake was one of the attractions.

PHOTOS BY MIKE SALMON/CONNECTION

At the headband station, Catalina, age 2, and Ope-lia, 3, made their own headbands.



Richmond Highway side. Beware though, Huntley Meadows is a natural environment, with not a lot of parking. The parking lot

was closed off for the event and the alternate parking lot was about one mile away, a major effort with strollers and small children.



Scat, or droppings, are one way to find out what creatures have been there.

\$34K Grant for Mobile Nature Center

Fairfax County Park Foundation was recently awarded a \$34,000 grant from the Environment Fund, a component of the Community Foundation for Northern Virginia's Permanent Fund for Northern Virginia. The grant will help fund the Fairfax County Park Authority's (FCPA) new Wonder Wagon Mobile Nature Center to bring environmental and nature programs to underserved, underrepresented communities and SACC programs at Title 1 schools in Fairfax County.

"The Community Foundation for Northern Virginia is proud to fund organizations

like the Fairfax County Park Foundation in a competitive grants year. We congratulate them and look forward to the incredible impact our organizations can make together," said Alex Carey, spokesperson for the Community Foundation for Northern Virginia.

The FCPA aims to ensure that underserved areas of the county have access to environmental education and to raise the profile of nature exploration as an activity with all residents to promote resilient communities and landscapes.

By providing memorable experiences with nature in their own communities, residents

will gain a greater understanding of the natural and cultural resources around them and seek to preserve them.

"As an environmental educator, I am excited that we will have the opportunity to share our passion for nature with new audiences and provide opportunities for all people to feel connected to the environment around them," said Tammy Schwab, manager of Education & Outreach, Resource Management Division.

FCPA's Resource Management Division helps county residents connect to the rich, natural and cultural resources in our area,

and understand their stewardship role. The FCPA offers a variety of programs and projects that cover a number of topics, including natural sciences, threats to native habitats, local wildlife and best practices for making environmentally friendly choices wherever they are.

The Fairfax County Park Foundation, a 501(c)(3), supports the Fairfax County Park Authority by raising private funds, obtaining grants, and creating partnerships that supplement tax dollars to meet our community's needs for park land, facilities, and services.



Jeannette Moler offers customers samples of her homemade breads.



Customers delighted in the strawberries sold by Ocoha Produce from Warsaw, Virginia.

PHOTOS BY GLENDA BOOTH



Karen Arnest brings fresh Chesapeake Bay seafood to the market every week.

Farmers Markets

FROM PAGE 1
beef cattle.

Joseph Borghi offers wildflower honey products, beeswax-based lotions, sunscreen and lavender skin cream, products from the 300 beehives at Jimmy McWilliams's Stafford County farm. Their motto: Making the World Sweeter One Sting at a Time.

The Bay's Bounty

Karen Arnest has a loyal following, locals who admire her glistening spread of scrumptious crab cakes, soft-shell crabs, rockfish, mackerel and scallops fresh from the Chesapeake Bay. Fishing is in the Arnest family's blood, involving her father, husband and brother-in-law who both fish and crab, she explains. She leaves Hague, Virginia, at 4 a.m. every Wednesday and after the Mount Vernon market goes to the Wakefield market, which gets her home around 9 p.m. "Can I clean the crabs for you?" she cheerfully offers and in 20 seconds has snipped the briny softshells and handed them over to her customer.

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Herbal Happenings

Sabry Al-Sharkawi and his daughter, Iman the sailor, grow around 60 organic herbs, spices and flowering plants in Broad Run, Virginia. They make and sell 20 teas with names like Paradise Black, Fiji Green, Imperial Spice and Relaxing Tea.

When the senior Al-Sharkawi visited Virginia farmers' markets in the early 1980s, he could find no homegrown, organic herbs, spices or teas so he started growing the plants in his greenhouse. Some customers, like Hollin Hills resident Roger Miller, buy herbs to attract caterpillars. Parsley, fennel and dill attract black swallowtail butterfly caterpillars, for example.

Ethan Eddy shops at the Mount Vernon market because, "it's a smaller carbon footprint than buying produce at the grocery store," he explains. Nancy Hermann brings her food waste for composting and gets help from the master gardeners there.

"I like the people up here," Pierson commented last Wednesday. The loyal locals no doubt like the farmers too.

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Virginia Makes Strides Against Human Trafficking

BY DEL. PAUL KRIZEK

Content Warning: Discussion of human trafficking and sexual exploitation throughout.

Human trafficking is the business of stealing freedom for profit. Victims of trafficking are deprived of their basic human rights, dehumanized, brutalized, and objectified. Traffickers coerce their victims for labor or sex through force, fraud, and deception. The human trafficking business is estimated to generate \$100 billion annually, more than Apple, Starbucks, Microsoft, and Nike combined. Sex trafficking is a multifaceted problem involving law enforcement, healthcare providers, social workers, legislators, and the education system.

The International Labor Organization estimates that there are 49.6 million victims of human trafficking globally. This is a massive problem and unfortunately, we have found that there are countless victims, some only children, living in these horrific situations right here in our own country and even in our own communities. Victims

of sex trafficking are often targeted because traffickers have identified them as vulnerable and highly susceptible to their sophisticated ploys. Victims often do not realize they are being trafficked because they form an emotional and psychological bond with their trafficker.

As a member of the Virginia Crime Commission from 2017 to 2022, I had the opportunity to study firsthand the chaos and damage human trafficking, specifically sex trafficking, has had on our Commonwealth. In 2021, the Human Trafficking Hotline reported 140 human trafficking cases in Virginia, 106 of which were sex trafficking cases.

To combat sex trafficking, a proactive and collaborative approach is needed to address all areas of this problem. This includes addressing preventative efforts such as identifying and providing intervention services to at-risk individuals as well as reducing recruitment and demand for prostitution services. Both of these preventative efforts



Krizek

can be accomplished through increasing awareness, education, and training. Furthermore, it is essential to properly identify, recover and treat victims so that they are able to assimilate back into society and live free, happy, and healthy lives.

While various localities, including Fairfax County, in Virginia have taken steps to combat sex trafficking in recent years, it was clear that a centralized point of contact at the state level or a statewide response plan was in dire need.

At the Crime Commission's recommendation, in 2019, I took the lead in creating a Sex Trafficking Response Coordinator within the Department of Criminal Justice Services through the passage of my bill HB 2576. Virginia was one of the first three states in the nation to create this position, I am proud to say. The coordinator organizes efforts, conversations, and training among all stakeholders and identifies gaps in service areas, treatment providers, and resources for victims to allow localities and

organizations to establish comprehensive victim services across Virginia.

Also, this person serves as a liaison for governmental agencies, community members, and private organizations to identify victims of sex trafficking. Additionally, she tracks and monitors trends for prosecuting sex trafficking. Among other duties, the coordinator is required to produce a report summarizing relevant prior-year activities and making recommendations for addressing human trafficking in the Commonwealth, as needed, to the Governor and General Assembly of Virginia annually. There are many organizations throughout the Commonwealth working to combat sex trafficking and this coordinator was a crucial first step Virginia needed to align efforts and create a statewide response plan that will save countless lives, many of them just young teenagers. And, indeed, with the leadership of the sex trafficking response coordinator, Virginia has made great strides in combating human trafficking since 2019. Next week's column will detail Virginia's success to date.

How We Can Do More for ALICE in Fairfax County

BY ROSIE ALLEN-HERRING
PRESIDENT AND CEO, UNITED WAY
OF THE NATIONAL CAPITAL AREA

A new United Way of the National Capital Area (United Way NCA) report on Fairfax County sheds light on the financial hardship of those who are working yet cannot afford the basics in the communities where they live. Of the 410,660 households in Fairfax County, 19% had income below the ALICE Threshold of Financial Survival in 2021.

ALICE, a United Way NCA acronym for Asset Limited, Income Constrained, Employed, represents the number of individuals and families working but unable to afford basic necessities, such as food, healthcare, childcare, transportation expenses and more.

While the Federal Poverty Line (FPL) is updated yearly, the Census Bureau determines poverty status using thresholds dating back to 1963. The antiquated FPL, the fact that ALICE households may not qualify for federal benefits or safety nets, and the increased cost of living over time, all contribute to the growing number of ALICE households.

To illustrate, a family of four

with two parents working full time in two of the most common occupations (retail salesperson and cashier) earning a combined \$58,500 annually could not afford Fairfax County's Household Survival Budget of \$107,712 in 2021, even with the \$20,800 in assistance through the expanded Child Tax Credit, the Child and Dependent Care Tax Credit, and the Economic Impact Payments.

ALICE is our district's childcare workers, home health aides and cashiers – those with little or no savings and one emergency from poverty. The gap between wages and the cost of living is a structural economic problem that has worsened since the COVID-19 outbreak. As such, Wednesday, May 17, United Way NCA will host its annual Do More 24 For ALICE.

Do More 24 is a social movement that convenes nonprofits, private companies and people of all ages committed to making a difference in their community. This year during this 24-hour online day of giving, we ask our friends and neighbors to imagine for a moment what life would be like if you



were unsure of how you would pay your rent, mortgage, or utility bills next month.

As the region's convener, collaborator and catalyst, United Way NCA's goal is to create a more equitable society where everyone in our community has fair

and equal access to health, education and economic opportunity. We cannot do this work alone, so we're calling on the community to Do More for ALICE. We know that collectively we can make great strides to reduce ALICE households in our region. When none are ignored, all will thrive. For more information, please visit <http://domore24.org/ownca>.

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NEWS

Springfield District Democrats Consider Candidates

Primary hopefuls vie for nomination.

BY SUSAN LAUME
THE GAZETTE

Described as “the best opportunity to hear directly from candidates to make an informed choice at the polls on June 20th”, the Springfield District Democratic Committee and the Democratic Women of Clifton and Northern Virginia held a candidate forum on May 7 in Clifton. Held in advance of the June 20th primary election and coinciding with the start of early voting, the event included Democrat candidates in contested primaries and caucuses for positions in the Springfield magisterial district.



SDDC President Andrew Scalise and DWCN moderator Barbara Miller emceed the candidate forum.

Attendees heard from contested primary candidates at the podium and had the opportunity to speak with them and non-contested Democratic and at-large candidates informally.

The audience heard first from the Democratic candidates for the Fairfax County Board of Supervisors in Springfield. The seat is a coveted target for the party as the sole seat held by a Republican in the northern Virginia area. Pat Herrity has held the position since 2007. In 2019, Herry won re-election by just one percent of the vote against challenger Linda Sperling, although significantly outspending Sperling in the race. Now district lines have been redrawn and this year John Nowadly and Albert Vega vie to run against Herry, along with Independent Green candidate, Corazon Foley.

During the forum, candidates each responded to a series of the same questions during a timed period between short opening and closing statements.

For Springfield District Supervisor:

John Nowadly is a Fairfax County firefighter, EMT, and pilot in the U.S. Army National Guard who grew up in Fairfax County. Nowadly gives priority to solving the problems of firefighters, police officers, and teachers in the county, calling them “overworked and underpaid.” He also emphasizes needs related to mental health response, including lack of bed space. johnforspringfield.com



John Nowadly and Albert Vega for the Democratic nomination for Springfield District Supervisor. The winner of the primary will face incumbent Pat Herry (R).

Albert Vega, a PhD engineer and small business owner, ten year resident of Springfield District, who worked in Afghanistan embedded with troops to assist with failure analysis and problem solving before founding his business. Vega gives priority to solving housing problems in the county, calling Springfield “dead last in affordable housing availability” saying “we’re not building what we need” to house government and other workers here. albertvega.com

Responding to a question on use of excessive force by police, Nowadly called for police review panels, citizen monitoring, increased police train-

SEE SPRINGFIELD DISTRICT, PAGE 11

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The Mount Vernon Springfield Chamber of Commerce was created by combining the former Mount Vernon Lee Chamber and the Greater Springfield Chamber into a new regional chamber of commerce. Joining forces expands our reach, offers a stronger support network for businesses, a greater voice to our members and more opportunity for all. The future is bright for a united chamber of commerce working to strengthen our community.

Mount Vernon ★ Springfield CHAMBER OF COMMERCE

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Remembering the Bravery of Nurses



Anna Lauks in WW1 nursing uniform. Anna Lauks is the paternal grandmother to Susan Laume.

Lithuanian Teen Takes On WWI Nursing Role

Anna Lauks was born in a country with a long history of foreign occupations - Lithuania. Lauks was fourteen years old when Germans occupied her village, Marjanpol, near Vilnius in 1916, overtaking Russia's prior occupation. Food shortages that hit Germany from mid-1916 as a result of WWI actions, led to a humanitarian crisis within Lithuania, with increasing confiscations of harvests, food rationing and restrictions on free trade. One day, while out food shopping, Anna and her mother were arrested and held for nine months in a German prison. A short time after her release, still a teenager, she made her way to France to serve as a nurse. She was one of many volunteers with little or no medical training.

After the war, times were still difficult. She emigrated to America in 1920 with her mother and four siblings aboard the passenger ship Philadelphia, from Southampton, arriving in Philadelphia at the age of 18. She would meet and marry another Lithuanian emigrant in Philadelphia after the war. The man she married had escaped occupation and service in the Russian army, joining the U.S. Army as a path to citizenship. He served at and survived the battle at Meuse-Argonne. After marriage, the couple became farmers in a rural area outside the city and serviced an egg route in Philadelphia for many years, raising two children. Lauks did not continue her nursing career. She was one of many young women who heard the call for nurses and did her part to help.

— SUSAN LAUME

Today's nursing shortages echo World War I.

By SUSAN LAUME
THE GAZETTE

This week the United States recognizes National Nurses Week (May 6-12), followed closely by Mother's Day (May 14). Perhaps it's no coincidence that the two periods of recognition are close, given the predominance of women in the nursing profession. Culturally, nursing has largely been considered a women's field, recognizing women's traditional role as caregivers. The U.S. has approximately 4.2 million certified registered nurses, 91 percent of whom are female. (2022 data). Although that is a large certified number, many have left the field following COVID-19's immense challenges for healthcare workers. As a result, Virginia and the U.S. is experiencing a significant nursing shortage. Today's understaffing and challenges for women in nursing prompted a look back at past challenges in the nursing profession to further appreciate all that American nurses have accomplished.

In 1914 and 1915, before the U.S. entered World War I, Americans were going to the Western Front to serve as soldiers, pilots, and ambulance drivers. As soon as fighting started, Red Cross doctors and nurses arrived. The American Red Cross had 8,000 nurses in its reserves at the time. "From 1914-1916 American civilian nurses volunteered with the American Ambulance Service in Paris and as nurses at a French Army field hospital in Belgium. American nurses also sailed to France with the American Red Cross 'Mercury Ship' expedition in 1915."

In contrast, although the Army Nurse Corps was seventeen years old when the U.S. entered World War I on April 16, 1917, the Corps was small at that point. They had only 403 nurses on active duty and 170 reserve nurses. Mobilizing quickly, six months after the U.S. entered World War I, nearly 1,100 Army nurses were serving overseas in nine base hospitals. One year later 2,000 Regular Army and 10,186 Reserve nurses were on active duty serving at 198 stations worldwide. By the end of the war the ranks of the Army Nurse Corps were at 21,480, with over 10,000 having served overseas. [Source: Army Nursing Corp]

The concept of military nursing was new at this point in history, and the U.S. was ahead of other countries at the time. The French were described as having "an almost medieval mindset" toward battlefield medicine; housing their wounded in cellars, barns, and railway cars. In prior years, to separate church and state, nuns in France were banned from serving in Army hospitals although they had been traditional caregivers and healers. Some worked outside government to open independent hospitals where they could. The Germans operated male-only hospitals in



WWI hôpital ward, LeHavre region, December, 1914.



Poster used in nurse recruitment.

their deep, multilayered trenches; even doing surgeries in some. The British had founded the Queen Alexandra's Imperial Military Nursing Service (QAIMNS) in 1902. Similar to the American Army Nurse Corps, they had just under 300 trained nurses on their books when war broke out in 1914. At the start of the war, they were reluctant to take female nurses, with the belief that women could not cope in field or base hospitals. With an alarming number of casualties mounting, the British military changed their thinking, and by 1918 QAIMNS had over 10,000 trained nurses on its books. A large number of those British nurses were part of the Voluntary Aid

Nurses Week Locally at Inova

Send a Message or Read Messages for Nurses Week

Inova says: "Nobody works harder or cares more for patients than our Inova nurses. We're so very grateful for their service and dedication, so please help us say thanks.

If you would like to send your message of gratitude to the nurses who have cared for you or anyone you love, click here: <https://foundation.inova.org/nurses-week/>

Detachment (VAD). Many volunteer nurses from all countries had previously been midwives or nurses in civilian settings; some had no experience beyond life as a domestic servant. Such experience did little to prepare them for the wounds and suffering inflicted on soldiers on the Western Front.

When World War I started in Europe, the nursing corps in the U.S. already had benefited from the establishment of several university nursing programs in the late 1800s following the Civil War. The first founded on the nursing principles of Florence Nightingale, was the Bellevue Hospital School of Nursing in New York City in 1873. Ten years later came the Medical University of South Carolina College of Nursing; and a few years later, the University of Maryland School of Nursing, and the Johns Hopkins School of Nursing. These early schools were hospital based programs. In 1909, the University of Minnesota offered the first university-based nursing

program. It offered a Bachelor of Science in Nursing degree and graduated the first bachelor's-degree educated nurse. By 1916, 13 American universities and three colleges had developed bachelor's nursing degree programs. Before the founding of these nursing schools, little formal education was available to train nursing students. Education was primarily based on an apprenticeship with a senior nurse who taught bedside care within a hospital or clinic setting.

From 1917 to 1918, the Army Nurse Corps sent 5,350 American nurses overseas to serve in France as part of the American Expeditionary Force. All of them were volunteers. Only unmarried women between the ages of 25 to 35 were accepted for foreign duty. They were stationed at camp hospitals and Casualty Clearing Stations near the front, in harsh conditions. Amputations, gas gangrene, shell shock, disfigurements, poisonous gas, and Spanish flu were common among their patients. An estimated 1,500 nurses from several countries died during the war from disease, accidents, and enemy action. Through their bravery working near the front, and nurses' care and attention in using antiseptic for wounds, the survival rate of wounded soldiers in the war was greatly increased.

The Army Nurse Corp summarized, "The U.S. nurses who served in World War I proved they could save lives and make a difference in patient care close to the battlefield. They provided skilled nursing care and improved patients' morbidity and mortality. Women could not only handle adverse conditions but they were necessary, and the Army recognized that with medals and rank."



Cora Elm

Indigenous Nurses Serve in WWI

From the Smithsonian National Museum of the American Indian: In spite of racial barriers, 14 Indigenous nurses served in the Nurse Corps in the Army Medical Department during World War I.

Cora Elm, a member of the Oneida Nation, reached France on Christmas Day 1917.

She and her fellow nurses were assigned to a base hospital in Nantes in April 1918, after being split up to work at three three smaller hospitals until it opened.

The base unit admitted 9,100 patients in nine months and had a death rate of just over one percent. Before her foreign service, she had participated in a demonstration for women's suffrage at the White House. After the war, she was a nursing ward supervisor at Fort Bayard in New Mexico, and at Wood Veterans Hospital in Milwaukee

Charlotte Edith Anderson Monture was born on the Six Nations Reserve in Canada in 1891. She moved to the U.S. to pursue nursing training since few women, or indigenous people, were allowed to attend high school in Canada. Before leaving for her service at Buffalo Base Hospital 23 in Vittel, France where she was responsible for treating soldiers who were shot or gassed, she was given the special Mohawk burial clothing from her culture, in case she died in the war. She survived and returned to the Six Nations Reserve in Canada, where she continued to work as a nurse and a midwife at a hospital in her community.

Girl Scouts Take on Ivy Removal to Save Trees

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

On May 7, seven Girl Scouts from Troop 791 working on their silver award tackled the invasive English ivy climbing up trees on National Park Service GW Memorial Parkway property near Mount Vernon Estate. The troop is based at the Mount Vernon-area Aldersgate United Methodist Church. Seventh graders, each girl must earn 50 hours of community service.

Melanie Welles Creamer, Mount Vernon's Senior Manager of Horticulture, welcomed their help to save some trees. Jim Gearing, a Friends of Dyke Marsh board member, conducted a training and showed the group how to use clippers,

loppers and handsaws. English ivy is an aggressive, non-native plant with aerial rootlets that attach to the objects it climbs. When it covers a tree's bark, this perennial vine blocks the sunlight the tree needs for photosynthesis and its rootlets can burrow under the bark, which encourages decay and disease.

Some trees can get weighed down with the vines and be more easily blown down during rain, snow and ice storms. When English ivy carpets the ground, it smothers and outcompetes more valuable native plants and reduces biodiversity. When it grows up walls, it can weaken masonry.

Visit <https://www.invasive.org/alien/pubs/midatlantic/hehe.htm>.



The goal, dead ivy, saving trees.



Rae Timmons worked on another tree.



Sophie Lankin and Clara Hyatt paired up to remove ivy from a tree.

PHOTOS BY GLENDA BOOTH

Dems Set To Hold 2023 Endorsement Caucus

School Board and Soil and Water Conservation District candidates.

Democratic FCSB School Board Mt. Vernon District Candidates



PHOTO VIA WEBSITE

Mateo Dunn, Fairfax County School Board Mount Vernon District candidate <https://www.mateodunne.com/>



PHOTO VIA WEBSITE

Harold Sims, Fairfax County School Board Mount Vernon District candidate <https://www.simsforschoolboard.com/>

BY MERCIA HOBSON
THE GAZETTE

The Connection asked candidates in the 2023 non-partisan Fairfax County Democratic Committee candidate endorsement contests to comment very briefly on the two most pressing issues raised. Not all candidates responded. Check candidate websites for information about them.

Online voting begins May 13 for the first Fairfax County Democratic Committee open endorsement caucus to select Democratic endorsees for the nominally non-partisan At-Large Fairfax County School Board races, those in Hunter Mill and Mount Vernon district, and the Northern Virginia Soil and Water Conservation District Directors. Candidates are on the ballots for this November's election.

Voters must be registered or update their registration and be qualified to vote for the candidates up for endorsement in the FCDC endorsement contests. The FCDC required voter registration occurred April 10-May 5. Voters who were



PHOTO VIA WEBSITE

Ryan McElveen, Fairfax County School Board candidate At-Large <http://www.mcelveenforschoolboard.com/>



PHOTO CONTRIBUTED WEBSITE

Lawrence Webb, Fairfax County School Board candidate At-Large



PHOTO CONTRIBUTED

Kyle McDaniel, Fairfax County School Board candidate At-Large with his daughters, Charlotte and Alice. <https://kylemcdaniel.com/>

Comment: "While the challenges emerging from the pandemic are substantial, academic gaps, mental health, teacher fatigue, parent frustration, etc., we have an opportunity to look ahead and do better. My campaign is built around the premise that in Fairfax County, we value our public schools, and we should do all we can to protect and support them. This means paying teachers a competitive salary so we can attract the best and brightest educators. It means building wrap-around mental health support for families. And it means bolstering academics to make up for academic gaps."

Democratic FCSB School Board Hunter Mill District Candidates



PHOTO CONTRIBUTED

Melanie Meren, Fairfax County School Board Hunter Mill District candidate <https://melaniemeren.com/>

not FCDC members must have signed up by May 5 to participate in their endorsement process

Online voting is from May 13 at 10 a.m. and ends May 20 at 4 p.m. In-person voting on May 20, 2023, is from 10 a.m. – 4 p.m. at Reston Association, Conference Room, 12001 Sunrise Valley Dr, Reston, VA 20191; Braddock District Office, Braddock Hall, 9002 Burke Lake Rd, Burke, VA 22015; Gerry

Comment: "Adults and children in our community are concerned about school safety - particularly gun violence. This is mostly based on reactions to the horrific rise in school shootings across America rather than specific security issues in Fairfax County Public Schools. Nonetheless, I led the effort in May 2022 to direct the Superintendent to install updated secure vestibule entranceways in all our schools. In the budget, I'll vote with the Board to approve this month for Fiscal Year 24, starting July 1; funds are included for the following: School Security Officers. Funding of \$0.4 million will provide

Hyland Government Center, Room 221ABC, 8350 Richmond Hwy, Alexandria, VA 22309; Fairfax County Democratic Committee Headquarters, 8500 Executive Park Ave #402, Fairfax, VA 22031 and Centreville Regional Library, Meeting Room 1, 14200 St Germain Dr, Centreville, VA 20121.

The countywide At-Large School Board candidates are Kyle McDaniel Website; Ryan McElveen Web-



COURTESY OF ANNANDALE ROTARY CLUB

Ilryong Moon, Fairfax County School Board candidate At-Large- My Annandale Rotary Club presenting on June 9, 2010, a grant check to Rev. Jae Kim of Good Spoon. The late Virginia Del. Alan Mayer presented the check. Standing behind me was Dr. Courtney Thelen, the president of the club at the time.

Comment: "Two of the most pressing issues that I want to work on to deal with the negative impacts of the pandemic: (1) the learning losses and the widening achievement gaps among the students; and (2) students' mental health. The students living in poverty, as well as those requiring ESOL or special education services, were even more negatively impacted. Assistance to students with academic needs should be targeted and accompany specific goals. On mental health issues, our focus must be on taking preventive measures, but we should also provide more counselors, psychologists, and social workers to work with the students."



PHOTO VIA WEBSITE

Hamid Munir, Fairfax County School Board candidate At-Large <https://hamid4schools.com/>

5.0 additional school security officers (not Police Officers) to increase safety and security coverage at elementary schools, primarily during school hours; (and) Employee Background Checks. Funding of \$1.0 million includes 4.0 positions to support continuous background checks for monitoring current employees, upgrade to smart-coded proximity employee badges for use with building and facility security systems, and to implement a badge replacement cycle for all employees. See this 2022 newsletter for my summary of what FCPS does to try and protect people from gun violence.



PHOTO VIA WEBSITE

Paul Thomas, Fairfax County School Board Hunter Mill District candidate <https://www.paulforschools.com/>

every four years. Two, including a Virginia Cooperative Extension agent serving Fairfax County, are appointed by the Virginia Soil and Water Conservation Board.

FCDC states on its website, "Only those who are registered to vote within these districts are allowed to vote for these contests. The races are for Hunter Mill School Board: Melanie Meren Website

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WWW.CONNECTIONNEWSPAPERS.COM

Dems Set To Hold 2023 Endorsement Caucus

FROM PAGE 8
and Paul Thomas Website; and Mount Vernon School Board: Mateo Dunne Website and Harold Sims Website.

The following candidates are not contested and are officially now FCDC's endorsed candidates for this year:

School Board: Braddock District: Rachna Sizemore Heizer; Dranesville District: Robyn Lady; Franconia District: Marcia St. John-Cunning; Mason District: Ricardy Anderson; Providence District: Karl Frisch; Springfield District: Sandy Anderson; and Sully District: Seema Dixit.

About the Process

BY SUSAN LAURME

School Board positions and elections are non-partisan in Fairfax County. However, political parties may endorse candidates. Because of their non-partisan nature, there are no primaries for school board elections. Instead each political party develops its own endorsement process.

Voters who wish to support a school board candidate for party endorsement should be aware of party processes.

For Democratic Party Endorsement:

The Fairfax County Democratic Committee is conducting an open endorsement caucus for non-partisan races this year. Their new endorsement process will give the choice of Democrat endorsed candidates to the voters. See above To vote in this caucus, voters are required to register in advance with FCDC. FCDC members are considered already registered. Registration was April 10 to May 5 for the 2023 election. Democratic voters can sign up at www.fairfaxdemocrats.org/caucus.

Republican Party Endorsed Candidates

Fairfax GOP members met on April 19 for a members' vote on school board candidate endorsements at their general membership meeting. Although only GOP members were eligible to vote, the public was invited to attend and observe. Their endorsement list appears on their website at Fairfaxgop.org

- Cassandra Aucoin (At-Large)
- Saundra Davis (At-Large)
- Priscilla DeStefano (Braddock District)
- Paul Bartkowski (Dranesville District)
- Harry Jackson (Hunter Mill District)
- Kristin Ball (Mason District)
- Stori Zimmerman (Mount Vernon District)
- Tony Sabio (Providence District)
- Debra Tisler (Springfield District)
- Cindy Walsh (Sully District)

Democratic Fairfax County Soil and Water Candidates



PHOTO BY M. DIACHOK

Chris Koerner, Soil and Water candidate-Chris Koerner is working to eradicate the aquatic invasive Water chestnut – *Trapa bispinosa* – with infestations in 90 ponds centered in Fairfax County.

Comment: "I'm the incumbent NVSWCD Director, with a 40-year career as an environmental engineer/scientist with international expertise in groundwater protection and sustainability practices. Issues facing the County include more frequent intense rainfall causing flooding and stormwater destruction, invasive species, impervious surfaces, loss of healthy tree canopy, native plants, Occoquan water quality, education ... NVSWCD isn't a regulatory or policy agency. Our Board and talented staff work hard to address

the complex issues by developing partnerships with a variety of government agencies and volunteer groups to educate students and citizens, coordinate volunteer efforts, and leverage available funding to promote good environmental stewardship. We can always do better." Resume <https://www.fairfaxdemocrats.org/wp-content/uploads/2023/04/KOERNER-RESUME-SW.pdf>

NO PHOTO

Mary Paulet, Soil and Water candidate, Resume <https://www.fairfaxdemocrats.org/wp-content/uploads/2023/04/PAULET-RESUME-SW-rev.pdf>



PHOTO BY RHONDA BITTERLI
Rhonda Bitterli, Soil and Water candidate near her home in Fairfax County

Comment: "I have an M.S. degree in soil and water science and extensive environmental background. One issue is increased flooding and taking measures to mitigate flooding. Another issue is getting the word out more widely to residents about what the SWCD is and the services it provides. I have been attending the Board meetings and have volunteered in the seedling sale. This has given me an opportunity to meet the dedicated SWDC staff. As a Board member, I would work to facilitate the good work being done by the staff to address soil and water issues in the county." Resume <https://www.fairfaxdemocrats.org/wp-content/uploads/2023/04/BITTERLI-RESUME-SW.pdf>

NO PHOTO

Dana Barakat is a Soil and Water candidate Resume <https://www.fairfaxdemocrats.org/wp-content/uploads/2023/04/BARAKAT-RESUME-SW.pdf>

Springfield District Democrats Consider Candidates

FROM PAGE 5
ing, investment in police academy training, review of trends within the county, and bias training. Vega cited the need for de-escalation and community-building training, bolstering co-responder training to apply the "right" response, and working with the Commonwealth Attorney's office to hold those acting badly responsible, and a need for transparency.

On the question of their priority for county action if relieved of any State restrictions under the Dillon Rule, Nowady noted that collective bargaining which he described as "always under attack" be codified to provide for bargaining for teachers, police, and firefighters. Vega called for more flexibility in addressing "the housing crisis" permitting a scientific process approach and using pilot programs instead of relying on eventually finding the 100 percent solution.

For State Delegate District 35:

Laura Jane Cohen, presently Springfield District's member of the School Board, and volunteer with the Moms Demand Action advocacy group, a county resident since 2001. <https://www.laurajaneccohen.com/>

Eric Schmidt is a resident of Burke who owns a global software company



Eric Schmidt, Laura Jane Cohen and Henri Thompson seek the Democratic nomination for House of Delegates District 15.

and has worked in China. He recently established STEM centers for children on Burke and Vienna. ericfordelegate.com

Henri Thompson, holds a doctorate degree from Virginia State University, and is an educator. henrithompson.com



Jennifer Carroll Foy and Hala Ayala for State Senate District 33.

For State Senate District 33:

Del. Hala Ayala, former Delegate from 2018 to 2022, who ran for Lt. Governor in 2021, has a background in information security with the U.S. Coast Guard. halaforstatesenate.com

Del. Jennifer Carroll Foy, a former Delegate from 2017 to 2020 when she resigned to campaign for the nomination for Governor, is a practicing criminal defense attorney. jennifercarrollfoy.com



Sen. Dave Marsden faces Heidi Drauschak for State Senate District 35.

For State Senate District 35

Sen. Dave Marsden, elected to the Senate in 2010 after serving in the House beginning in 2006, comes from a career juvenile justice background. marsdenforse

nate.nationbuilder.com

Heidi Drauschak, a small business owner, who works with multiple non-profit groups is a graduate of University of Richmond, with a law degree and MBA. heidiforvirginia.com

For State Senate District 36

Sen. George Barker, elected to the Senate in 2008, has a background in health system management as executive director of the Greater Prince William County Health Center and is noted for work on northern Virginia transportation issues. barkerforva.com



Sen. George Barker for State Senate District 36.



Stella Petarsky for State Senate District 36 (was unable to attend the forum).

Stella Pekarsky currently represents the Sully District as a member of

SEE SPRINGFIELD. PAGE 15



It took volunteers and screw guns to make it happen in Mount Vernon.



Leonel enjoys the slide.

PHOTOS BY MIKE SALMON/CONNECTION

Area Companies Team Up for Playground Installation



Parents Jairo Melendez and Ruth Diaz.

Child cancer patient in Mount Vernon gets new playset.

BY MIKE SALMON
THE GAZETTE

Dominion Energy and the Roc Solid Foundation teamed up recently to build a backyard playground for a child in Mount Vernon who is struggling with cancer. As the warmer weather approaches, this new playset will allow “Leonel” to play in his yard like the other kids and not worry about any health problems.

“This will make my son’s life happy, make him feel like a regular kid again,” said Jairo Melendez, Leonel’s father. Melendez has lived in Mount Vernon for a long time with his wife Ruth Diaz.

Their Mount Vernon backyard was full of people on May 4, putting various parts

of the center together. All the parts were brought to the spot in the yard where it was all put together around lunchtime that day.

“It helps a lot to know that we have a community that cares,” Jairo said.

Jairo’s son Leonel was diagnosed with cancer in April 2021 and has been going through treatments ever since. Dominion and Roc Solid Foundation got word of this local family and started the process to get volunteers and the equipment to Mount Vernon. At Dominion, some workers do activities like this as their community hours.

“We encourage volunteer hours,” said Peggy Fox, Dominion Energy Media Relations Manager.

Roc Solid Foundation is based in Chesapeake, Virginia and put together 139 of these playground sets last year. They also have a “ready bag,” that they donate directly to the hospitals, and the bag is full of personal items to help the patients through the cancer process.

“ROC Solid believes that Play Defeats Cancer, because when kids are playing, cancer is the last thing on their minds,” their information stated.



Workers get all the pieces together of the Woodland Playset.

ENTERTAINMENT

NOW THRU JULY 15

Alexander D'Agostino: "A Shrine for the Forgotten" Exhibition. At the Torpedo Factory Art Center, 105 N. Union St., Alexandria. Baltimore-based solo artist exhibition recipient, Alexander D'Agostino, presents "A Shrine for the Forgotten." The work explores queer histories and images, through performance, installation, and reclaiming material from queer archives and other cultural resources related to the historic marginalization of LGBTQ people.

NOW THRU MAY 27

The "Prints in May@DRA: Exploring the Possibilities" exhibit. At Del Ray Artisans gallery features traditional printmaking techniques such as reliefs, intaglios, monoprints and handmade prints with mixed media, along with artworks created using computer graphics programs and other objects enhanced with block prints or imprints. View at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays and Sundays 12-6 p.m. (Closed May 28). Details: DelRayArtisans.org/exhibits

NOW THRU MAY 28

Tribute Art Exhibition. At The Torpedo Factory, Van Lindingham Gallery, 105 North Union Street, Alexandria. The Torpedo Factory Artists' Association's (TFAA) Van Lindingham Gallery presents Tribute, a juried membership show featuring artworks that pay tribute to a cause, event, or subject that has special meaning to them personally. The following artists are participating: Diana Papazian, Samantha Shelton, Guido Zanni, Jon Kandel, Nancy Ramsey, Rebecca McNeely, Lisa Schumaier, Gregory Dunn, and Ileen Shefferman. Artworks include original hand pulled prints, original paintings, multimedia works, photography, ceramics, and sculpture.

NOW THRU JUNE 11

Women's Work. At the Athenaeum, Alexandria. In Women's Work three artists, Kirsty Little, Donna McCullough, and Kathryn McDonnell use non-traditional media to explore concepts related to the role of women in the arts and society. Each with a strong voice, the artists come together to offer a surprising and cogent statement about the place females have in our current world. Artist Talk: Sunday, June 11, 2 p.m.

MAY 10-11

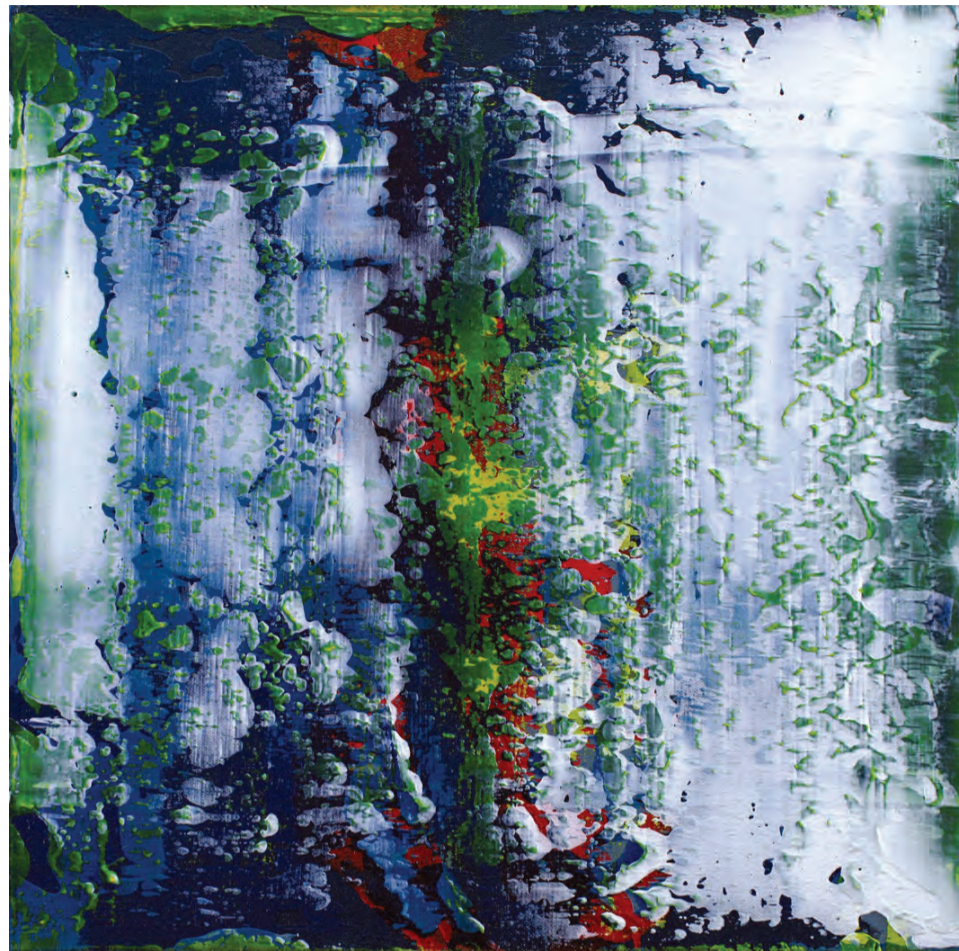
Free Career Fair and Resource Expo. Fairfax County Economic Development Authority (FCEDA) is hosting a free, two-day career fair May 10-11, 2023, with Virginia Chamber of Commerce's Hire Vets Now Foundation in partnership with Fort Belvoir, Virginia Department of Veteran Services, and Virginia Employment Commission.

In-person Career Fair and Resource Expo – Wednesday, May 10, 10:00 a.m.-1:00 p.m. EST, National Museum of the United States Army, 1775 Liberty Drive Virginia, Fort Belvoir 22060. Free headshots, resume guidance and access to upskilling resources will be available to set you up for success!

Virtual Career Fair and Resource Expo – Thursday, May 11, 1:00-4:00 p.m. EST, via online meeting portal, Premier Virtual. To find out more, visit www.workinnorthernvirginia.com

MAY 11 AND 18

2023 MVBA Free Offensive Development &



The Tribute Art Exhibition will be held at the Van Lindingham Gallery at the Torpedo Factory now through May 28, 2023.

Shooting Clinic. 5:30-7:30 p.m. At Walt Whitman Middle School, 2500 Parker Lane, Alexandria. For Boys and Girls ages 9-14 years old. Visit the website: <https://www.eventbrite.com/e/2023-mvba-free-offensive-development-and-shooting-clinic-tickets-626514380377>

THURSDAY/MAY 11

The Chamber ALX City Council Breakfast. 8 - 10 a.m. At the Hilton Alexandria Old Town, 1767 King Street, Alexandria. Join in a conversation with members of the Alexandria City Council. Council members will discuss the City's recovery from the pandemic, the new budget, City projects and what's on the horizon for Alexandria's future. They will also answer your questions. Cost is \$50 for Members | \$60 for Non-Members

SATURDAY/MAY 13

Civil War Hospital Tour. 2 p.m. At Lee-Fendall House, Alexandria. Fendall House witnessed medical history, and how political divisions impacted those living here. Learn about how the Lee-Fendall House was confiscated during the Civil War and operated as a Union Army hospital. Explore what life was like in Union-occupied Alexandria. Call (703) 548-1789 or email contact@leefendallhouse.org.

SATURDAY/MAY 13

Mother's Day BBQ in the Park. 12-4 p.m. At Montgomery Park, 901 N. Royal Street, Alexandria. D.C. metropolitan area Attorney Duane King is hosting the Mother's Day BBQ

in the Park: Recognizing Single Mothers. The event will feature world renown magician Max Major, author Kawanda Lamb, art, music, food and more. The event focuses on single mothers, also known as solo moms that are raising their kids and families. The goal of the event is to show appreciation for single moms, encourage the mothers and their kids, and have everyone leave the event feeling empowered and encouraged.

SATURDAY/MAY 13

Launch Project Female Empowerment Summit. 10 a.m. to 3 p.m. at U.S. Patent Office Headquarters, 600 Dulany Street, Alexandria. The Launch Project Summit is a one-day event designed to connect, inspire, and empower young women from around the world who aspire to become business leaders, entrepreneurs, and change-makers. This unique event will bring together 250 ambitious girls from middle school, high school, and college. The Launch Project is an international 501(c)(3) that has over 2,500 members and 42 chapters, spanning four continents. Its mission is to empower, educate, and develop girls to become tomorrow's female leaders, changemakers, and entrepreneurs. Programming specifically focuses on building critical skills and opportunities in the areas of business, politics, and STEM for all girls, regardless of socioeconomic differences.

SATURDAY/MAY 13

Del Ray Artisans' Spring Art Market. 10 a.m.-4 p.m. At Colasanto Park, adjacent to Del Ray Artisans Gallery, 2704 Mount Vernon Ave.,

Alexandria. The Spring Market is an annual outdoor event featuring original creations by local artisans in a variety of mediums, including ceramics, fiber, jewelry, mixed media, paper, photography, and more. Perfect gifts for your home, Mother's Day, or other occasions. Details at

DelRayArtisans.org/spring-art-market

TUESDAYS, MAY 16, 23, 30,

Simpson Park Demonstration Garden, Tuesdays @ 10 - What Bugs You? 10 a.m. - 11 a.m. Simpson Park Demonstration Garden, 420 E. Monroe Ave., Alexandria. What can homeowners do that is kid safe, pet safe, environmentally responsible, and budget friendly to control those pesky mosquitoes, ticks, and other garden pests that emerge in the spring? And, what about those naughty invasive plants? Stop by the garden from 10:00-11:00 every Tuesday morning where you can get answers to these questions and more from Extension Master Gardeners. Each month, a different "garden of the month" will be highlighted that can inspire ideas for your own garden or even a favorite container.

THURSDAY/MAY 18

Solo Lights. 7 p.m. At the Athenaeum, Alexandria. Join composer-pianist Martin Graff (Trips for Piano) and singer-songwriter Tasha Estrada (Nostalgia Ajena) for a luminescent evening of original music made to move your soul and light your imagination.

SATURDAY/MAY 20

Green Spring Garden Day – The Big Plant Sale. 9 a.m. to 3 p.m. At Green Spring Gardens Park, 4603 Green Spring Road, Alexandria. What gardeners in the know call "THE big plant sale" – a highly popular event with over 40 vendors of popular, rare, and unusual plants including natives, edibles, and trees. Attendees also enjoy local artists, on-site food vendors, and a bountiful FROGS Bake Sale. Visit the website for a complete vendor list at www.friendsofgreenspring.org

THE BIRCHMERE

At 3701 Mount Vernon Ave., Alexandria. All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.

MAY

Fri. 12: The Manhattans featuring Gerald Alston \$59.50
 Sat. 13: The Jerry Douglas Band \$35.00
 Sun. 14: Redneck Mother's Day with THE GONZO COMPADRES – A Tribute to Jerry Jeff Walker \$45.00
 Fri. 19: THE CURTIS MAYFIELD SOUNDTRACK SHOW -A Curtis Mayfield Tribute- featuring Shelton Price, Roger Chapman, Ignatius, Sonya Chichester, Sonja, Brigitte Johnson, Keith 'Showtime' Busey & The Unit Band \$39.50
 Sat. 20: NAJEE \$59.50
 Sun. 21: BoDeans \$35.00
 Tue. 23: The Lone Bellow Trio "Love Songs For Losers Tour" w/ Lindsay Lou \$45.00
 Wed. 24: Chrisette Michele \$69.50
 Thu. 25: Chrisette Michele \$69.50
 Fri. 26: Bela Dona Band \$39.50
 Sat. 27: The Smithereens with Marshall Crenshaw \$39.50 (Rescheduled from 3/17/23) SOLD OUT!
 Sun. 28: The Seldom Scene & Larry Keel Experience \$35.00

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.

MT. VERNON FARMERS MARKET IS NOW OPENED

A mix of new and familiar vendors will be selling local, farm-fresh produce – including strawberries and asparagus – and more at the McCutcheon/Mt. Vernon Farmers Market. From 8 a.m. to

noon every Wednesday (through December 20), 21 farmers and local food producers will sell fresh vegetables and fruits; meats; Chesapeake Bay seafood; breads and pastries; honey, jams and jellies; milk, cheese and eggs; herbs and plants; and more. The market

is located at the Sherwood Hall Regional Library, 2501 Sherwood Hall Lane. This year's vendors are: Arnest Seafood – crab cakes, scallops, shrimp, rockfish, oysters and more. The Big Brine – Fermented foods, pickles and pickled vegetables

The Fermented Pig- charcuterie and gourmet bacons
 Grace's Pastries - cakes, pastries and breads, with a Caribbean touch
 Great Harvest Bread - breads and pastries
 Honeycomb Heroes – Honey and beeswax-based products
 House of Empanadas –variety of

empanadas
 King Mushrooms –variety of locally grown mushrooms
 Layla's Lebanese Restaurant – Lebanese hummus, eggplant dip, garlic sauce and more
 Linda Vista Farm - fruits and veg-
 SEE BULLETIN, PAGE 14

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NEWS

15 Years for Fentanyl Distribution Resulting In Death

An Alexandria man was sentenced today to 15 years in prison for conspiring to distribute 400 grams or more of fentanyl that resulted in the death of a young woman.

According to court documents, from around July 2020 through June 2021, Reza Hashemi, 34, distributed over 400 grams of fentanyl in Northern Virginia. Hashemi was identified following the Oct. 24, 2020, overdose death of a 22-year-old male, J.V., in Vienna. Hashemi admitted to distributing pressed counterfeit pills containing fentanyl to J.V. During the course of the investigation into J.V.'s death, law enforcement approached Hashemi and informed him of the death, but he did not agree to speak with them. Instead, Hashemi continued to distribute fentanyl.

On May 28, 2021, in Alexandria, Hashemi distributed an approximate 1-gram quantity of powder fentanyl to J.F., which caused J.F.'s death by accidental fentanyl poisoning. J.F. was 26 years old at the time.

Jessica D. Aber, U.S. Attorney for the Eastern District of Virginia, and Kevin Davis, Fairfax County Chief of Police, made the announcement after sentencing by U.S. District Judge Leonie M. Brinkema.

BULLETIN BOARD

- FROM PAGE 13
- etables, specializing in Asian and Latin produce
 - Misty Meadow Farm Creamery - milk, ice cream, cheese and eggs
 - Ochoa Produce - vegetables, herbs and flowers
 - Pasta Ilgatto - Fresh, handcrafted pasta and sauces
 - PorkStork - Forest-raised heritage pork products, including bacon and sausages
 - Salsa Las Glorias - fresh salsas, guacamole and chips
 - Sharkawi Farm - herbs, spices, teas, plants and flowers
 - Three Way Farms - vegetables, melons and 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
 - WeGrow - Microgreens.
- 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/

SEE BULLETIN, PAGE 15

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NEWS

Springfield District Democrats Consider Candidates

FROM PAGE 11

the School Board, is a former teacher and a small business owner. Stellapekarsky.com



Incumbent Steve Descano faces Ed Nuttall for the Democratic nomination for Fairfax County Commonwealth's Attorney.

For Commonwealth Attorney

Incumbent Steve Descano, elected to reform the office is currently serving in his first term as Commonwealth Attorney, previously worked with the U.S. Dept. of Justice, and was General Counsel for Paragon Autism Services. stevedescano.com

Ed Nuttall, is a trial attorney practicing in Fairfax County. ednuttall4fairfax.com

For Springfield District School Board

Sandy Anderson, a native of Springfield, and military spouse, she currently is a contractor supporting two Department of Defense youth programs focusing on at-risk youth and STEM education. anderson4schools.com



Sandy Anderson for Springfield District School Board, uncontested in seeking the Democrats endorsement.

For Sheriff:

Sheriff Stacey Kincaid, with 37 years in the department, was elected Sheriff in 2013, the first woman elected as sheriff, implementing reforms such as Diversion First and expanded education and life skills programs for those incarcerated. staceykincaid.com



Sheriff Stacey Kincaid for Sheriff (uncontested for party nomination)

BULLETIN BOARD

FROM PAGE 14

Mt. Vernon market is one of 10 farmers markets run by the Fairfax County Park Authority (FPCA); for more information, visit www.fairfaxcounty.gov/parks/farmersmarkets.

FAMILIES SOUGHT TO HOST INTERNATIONAL STUDENTS

Families and individuals from the Washington, D.C.-metro region are being sought to become hosts for international students for 12 weeks, a semester, or an academic year.

Exchange students represent nearly 80 countries and cultures, including Kenya, Ukraine, Egypt, Turkey, Italy, Germany, Chile, Thailand and more.

AFS-USA, a leader in international high school student exchange for 75 years, is focused on providing opportunities for intercultural exchange that can help lead to a more just and peaceful world.

Those interested in hosting an AFS Exchange Student are encouraged to contact 1-800-AFS-INFO or visit www.afsusa.org for more information. You can also get involved as an AFS-USA Volunteer. Visit www.afsusa.org/volunteer to get started or learn more about opportunities to make a difference.

FOSTER PARENTS NEEDED

Interested in becoming a foster parent?

There is always a need for caring foster parents looking to open their homes to foster youth. Get in touch to learn more. Visit fcsvanow@gmail.com or www.FCS-VA.org. Or call 703-817-9890.

LOOKING FOR SOFTBALL PLAYERS

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels

are welcome. They play most Wednesday evenings and Saturday mornings in Vienna from May-July and September-October. For more information, visit the web site www.goldengirls.org.

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, visit the video clips at www.seniorscientist.org. To volunteer, contact donaledge@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.

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.

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Thank you to the hundreds of supporters who helped to keep all your Connection Newspapers alive throughout Alexandria, Fairfax County, Arlington County and Potomac, Md. along with affiliated websites and digital media. Now we need help again in 2022.

Each local newspaper's mission aspires to provide greater community service, and we do know that our communities are better off if we continue to publish. Last year's financial support from readers and supporters like you bridged the shortfall before Federal PPP funding arrived, and both made our survival possible. We now await a decision for a grant from Robert Wood Johnson in early February that we hope will help us in 2022 and beyond. But we need help to survive the first quarter, always a brutal time for cash flow in weekly newspapers. Thank you.

Please, help save these historical papers.

All gifts will be used to fund our printed newspapers and websites and to meet obligations to our loyal and patient employees, writers, contractors and suppliers.

The ongoing pandemic continues to crush many newspapers across the country, and our newspapers continue to be at risk. The Northern Virginia area's best read and most trusted source for community news includes the Alexandria Gazette Packet, Mount Vernon Gazette and all Connection Newspapers in the metropolitan region.

The pandemic has hit small businesses hard, which in turn has reduced advertising revenue that keeps these local newspapers alive to provide hyper local news to residents. It feels like no small miracle to be looking forward into 2022.

The pandemic has been a bear, financially and otherwise. Revenue plummeted at the beginning in 2020. Some beloved advertisers have stayed the course supporting us throughout, and many more have done what they can. In the fall of 2021 we saw the return of some advertising for events and Grand Openings, but now omicron clouds the horizon in so many ways. Revenue still remains short of expenses despite our greatly curtailed costs.

Connection Newspapers has been offering these local newspapers to residents for over 200 years. Countless residents have grown up with these papers covering significant moments in the lives of family and children, news, community events, school activities, and even pictures of your dogs and cats. Internet news and large national newspapers cannot provide the local connection or historical connection that local papers like Connection Newspapers and the Alexandria Gazette Packet provide. If your child, dog, mother, father, neighborhood, school has been featured, you understand the value of local community newspapers.

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Number Us Among the Millions



By KENNETH B. LOURIE

Just welcomed a new member, family friend, Sherrill, into the cancer club. And though it's a club nobody wants to join, it is never at a loss for new members. If only there were dues (there's already plenty of don'ts). The accumulation of cash would rival the lottery. When you consider that now it's projected that up to half the population will likely be diagnosed with some kind of cancer over their lifetime, and an even higher percentage will know someone diagnosed with cancer, cancer is – and will continue to be, the dominant medical currency – a currency which often costs patients their lives. A life that becomes a daily struggle.

A struggle to endure the treatments, before, during and especially after the medication has been administered. I can still recall the worst pain I ever experienced. I was sitting in a Barcalounger at the Infusion Center psyching myself up to start my six-hour infusion which can only begin after the actual chemotherapy is prepared (it's not exactly off the shelf, it must be mixed/created chemically). Because chemotherapy is so expensive, the medicine is not available until after the patient has arrived at the Center and has been approved for treatment (this approval is a function of the preceding day's lab work, one's appearance that day and their on-site vitals). This wait/assessment occurs out of an abundance of caution as well as fiscal responsibility. If the infusion drug is prepared/mixed in advance of the patient's arrival/medical approval, and it happens for one of the reasons listed above that the patient is unsuitable for treatment that day, the medicine is wasted as it was specially prepared for this patient and can't exactly be undone and returned to inventory for the next patient. In effect, the money is spent with nothing to show for it.

As a result of this qualification period (for lack of a better description), patients must wait for their chemotherapy drug to be prepared and delivered to the Infusion Center. Moreover, given the volume of business many of these centers are experiencing (I was told "Obamacare" was responsible for increasing the numbers of patients; my center even has Saturday hours now), the wait can be up to an hour, so far as I've experienced anyway. And given the cost of these drugs, mixing them is hardly routine (anything but). Therefore, the process plays out very carefully. There's no hurrying it. You just must wait for your drugs, like it or not (and usually, not).

And what's to like? Everything that one equates with a cancer diagnosis/treatment: the hair loss, the nausea, the fatigue, the muscle weakness, the eating challenges, the neuropathy, the fear, the anxiety, the worry and on and on and on are unpleasant. Being diagnosed with cancer is all it's cracked up to be. Any help I've been given over the years to help me cope/understand/survive what is an ordeal, I am happy to pass it on. It's not quite paying it forward, it's more like prepaying. And every little bit of information helps when you consider the road ahead is long, hard, and extremely bumpy – with all sorts of obstacles and without any guarantees, generally. And by welcoming a new member, I hope to draw strength from their commitment. And all of us cancer patients need to draw strength from whomever and wherever we can find it. Encouraging and sharing experiences with new cancer patients as they begin their journey is beneficial to both.

As so I shared with Sherrill the worst pain, I ever experienced was at the Infusion Center. I was sitting in my Barcalounger. I was approved for my infusion. My oncology nurse put an intravenous line into my forearm (I've never had a port) and hung my medicine on the hook above the intravenous pump – through which the chemotherapy drips and ultimately moves its way into my arm/body. The nurse pressed several buttons on the pump which controlled the flow into my arm. One time, the nurse apparently must have hit the wrong flow speed and it increased the pace at which the drug went into my arm. It was like being attacked from the inside out, a burning sensation. I sort of screamed and within a few seconds the readjustment to the medicine's flow had been made. But for a second or two, I was at level 10-ish (patients are often asked to rate their pain on a scale of 1 – 10).

Sherrill understood and appreciated my chemo story. And she shared some of her experiences with me. This "the cancer talk", as friends have described it, is the bond that exists between us cancer patients. We all have a common enemy. I just hope there is strength in numbers because the numbers keep growing, exponentially it seems.

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



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