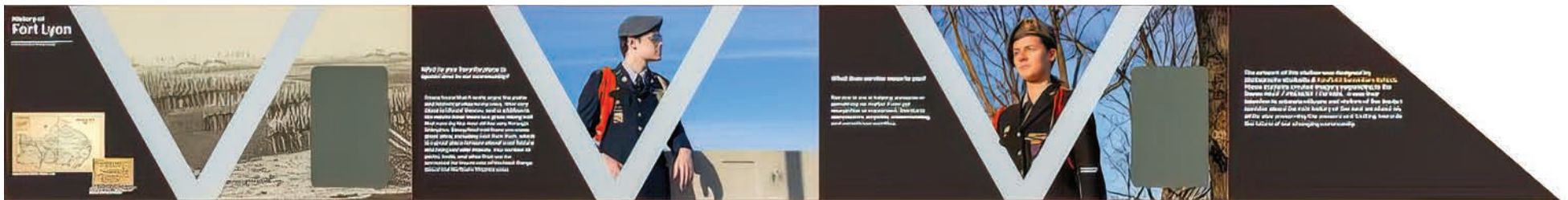


Mount Vernon Gazette

MOUNT VERNON'S HOMETOWN NEWSPAPER • A CONNECTION NEWSPAPER

MARCH 23, 2023

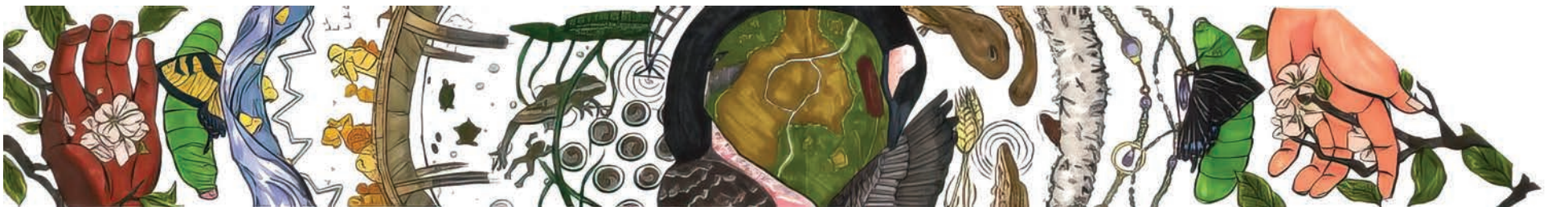


One entry for the Hybla Valley Station includes sunshine, airplanes and joggers.

PHOTOS BY MIKE SALMON/CONNECTION



One choice for the Lockheed Boulevard station follows a nature theme like at nearby Huntley Meadows Park.



For the Huntington Station, artists connected their entry to Fort Lyons, a military establishment that once stood in that area.

Student Art Planned For the Future BRT Stations

Public can vote on their favorites until April 3.

By MIKE SALMON
THE GAZETTE

The Richmond Highway Bus Rapid Transit project is taking a step forward this month in the art category, as students from area high school art classes entered their art creations in a contest to decorate the new stations.

It's called the "Community Charm" initiative which "is focused on integrating artwork into each BRT station to reflect the history, identity, and character of the neighborhoods surrounding each station area," the project information read.

The students are working on artwork for seven of the nine stations on the future BRT, bus rapid transit that will run like a train on tires in the middle lanes of Richmond Highway from Huntington to Fort Belvoir. The BRT line is part of a bigger project called Embark that is aimed at revitalizing that whole stretch of Richmond Highway. Embark Richmond Highway is an initiative focused on creating a multimodal future for Richmond Highway Corridor where residents, workers, and visitors can walk, bike, or drive to the places they want to go, project information states. Other steps already in the process for Embark

include artwork murals on buildings in the corridor, apartment projects at Huntington, Hybla Valley and Lockheed Boulevard, and a widening initiative that VDOT plans for the southern segment of the highway.

Hayfield Secondary focused on the Huntington Station, Kings Crossing (formerly Penn Daw) and Beacon Hill. Casey Shannon, a photography teacher at Hayfield, organized the effort with some of his Photography 2 and Photography 3 students. "It was important that the artwork connect to the history at that station," he said.

For the Huntington Station, there are two pieces of artwork from students of Hayfield Secondary who focused on a military theme based on the old Fort Lyon that used to be on land in that part of the corridor. The artwork for Kings Crossing was also Hayfield students focusing on a theme of "Roadside Historic Motels, Restaurants, and the History of Mount Eagle." At Beacon Hill, the artwork followed the theme of Historic Beacon Hill Field Airport and Historic Groveton.

When all the planning and pictures were done, the students presented it to officials, which included Supervisor Dan Storck (D-Mount Vernon) and other

county officials including the Department of Transportation. "It was a huge learning experience," Shannon said.

West Potomac and Mount Vernon high schools had the Lockheed Station, Hybla Valley and Fort Belvoir. Since the Lockheed Station will be close to Huntley Meadows, the art was closely in line with the biodiversity of the wetlands of Huntley Meadows and shows how "nature and humankind are forever connected" the description read.

The theme for the Hybla Valley station artwork was Retail Hub, Diversity, and Multiculturalism and the two contesting pieces of art focus on that. The Pope Lehigh House and the Arcadia Farm were themes for the Woodlawn art and Belvoir was all about the U.S. Army museum, the yellow ribbon representing deployed family members and the American flag.

For Storck, getting the student's artwork for the stations added a local feel and youthful perspective. "While we did not know what to expect, we were pleased by the variety of submissions we received and are honoring the students by now taking them to the public for comment and feedback," he said.

See all the selections and more <https://www.surveymonkey.com/r/rhbrt14>



Alice's Kids Recognized

Alice's Kids of Mount Vernon was recognized by the Fairfax County Board of Supervisors earlier this week. Alice's Kids is a nonprofit organization based in Mount Vernon that provides financial support to children in need. "Every day, a child goes to school without a winter coat, wearing sneakers with holes in them or carrying school supplies in a paper bag because they can't afford a backpack. Another child cannot see properly because their glasses are broken," says the website. "Working with a network of hundreds of teachers and social workers, Alice's Kids pays for such items because we believe a little help goes a long way."

"Within our community, they have provided thousands of children with clothing, shoes, school uniforms and supplies, sports equipment, and so much more," said Chairman Jeff McKay.

Recently, comedian and former Northern Virginia resident Patton Oswalt donated his Celebrity Jeopardy winnings of \$250,000 to Alice's Kids. This donation moved them closer to their 2023 fundraising goal and helped them to continue their work providing resources to children in need.

The Board Proclamation recognized Alice's Kids and the work the organization has done for the community.

<https://aliceskids.org/> Click the donate button.

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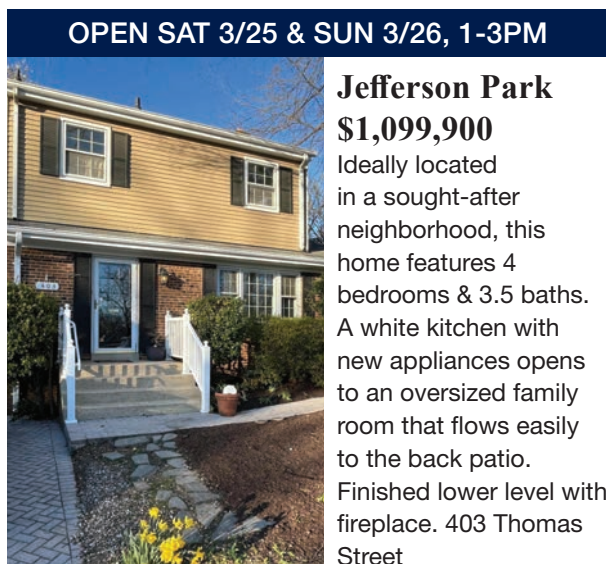
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For many years, an osprey pair has built a nest on a platform at the Belle Haven Marina. They returned last week, to the delight of many fans, with cameras and telephoto lenses at the ready.

The Ospreys Are Back

By GLENDA C. BOOTH
MOUNT VERNON GAZETTE

A sure sign of warming weather is the return of the ospreys, chestnut brown and white birds that return to Northern Virginia in March from their southern wintering grounds in Florida, the Caribbean and Central and South America. Locals have seen them carrying sticks to build up last year's nests. Expert at catching live fish, a staple of their diet, these birds, also known as "fish hawks," nest and raise their young near water.

For several years, a pair has nested atop a light pole at Walt Whitman Middle School's softball field. The students have named the birds "Walt" and "Whitney," reports Lindsey Miller, administrative assistant to Dr. Craig Herring, the principal.

A pair that for many years has nested on a platform at the Belle Haven Marina on the Potomac River returned last week and have substantial work to do to reconstruct their



An osprey pair is building up last year's nest at the Walt Whitman Middle School ballfield, as games ensue below.

nest, it appears. Traditionally, ospreys built their nests in trees, but many today choose manmade structures like light poles, platforms, channel markers, barges and water-fowl blinds.

Ospreys vs. Bald Eagles

Some mistake ospreys for bald eagles. Adult bald eagles have a white head and tail. Ospreys have a white head, but they also

have a brown stripe through the eye. Bald eagles have a wingspan of over 85 inches; ospreys, around 70 inches. Bald eagles are now raising their young.



CALENDAR

NOW THRU MARCH 31

60th Anniversary Woodlawn Needlework Show. 10 a.m. to 4 p.m. every day, expect Tuesdays. At Woodlawn & Pope-Leighey House, 9000 Richmond Hwy, Alexandria. In 2023, Woodlawn celebrates 60 years of the Annual Needlework Show with the timeless theme of comfort and joy. Sixty years ago, Adelaide Bolte and Emma "Pinky" Matheson, co-founders of the Nelly's Needlers, started the needlework show exhibiting work of their own. Since that time, the show has grown exponentially to become the largest judged show of needle arts in the nation, displaying

thousands of embroidery pieces by artists from all over the world. Returning this year will be in-house seating in Nelly's Café and needlework demonstrations. Special exhibits and online events are returning with new embroidery subjects and needlework displays.

NOW THRU APRIL 3

NOVA Plein Air Art Exhibit. At River Farm, 7931 East Blvd. Drive, Alexandria. Nova Plein Air Artists (NPPA) will be presenting "Celebrations of the Land, Inspired by River Farm," an art exhibit of over 50 paintings inspired by nature. Reception will be held from 1 - 3 p.m. on March 12. Many of the paintings were created onsite at

River Farm, and all are available to purchase. Reception free and open to the public.

NOW THRU APRIL 1

The "Fun With One" exhibit. At Del Ray Artisans features monochromatic artwork by members. Come see the variety that can be accomplished using just one color. The artist awards are juried by Robin Croft. View at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria VA. Opening Reception: Friday, March 3 from 7-9pm. Gallery hours: Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays & Sundays 12-6 p.m. (closed on April 2). Details: DelRayArtisans.org/exhibits

BEGINNING SATURDAY/ MARCH 18

Cherry Blossom Water Taxi to The Wharf. Departures beginning at 1:30 p.m. Departs from the Alexandria Marina, 1 Cameron St., Alexandria. Cruise from Old Town Alexandria to Washington, D.C., to enjoy the famous cherry blossoms. City Cruises Potomac Water Taxi offers a 25-minute direct water taxi from Old Town to The Wharf development in D.C. From the dock at The Wharf, it is a 10-minute walk to the cherry blossoms at the Tidal Basin. The water taxi docks at the Transit Pier, 950 Wharf St. SW, near the Tidal Basin, the National Mall, Hains Point and a Capital Bikeshare station. Visit citycruises.com

BEGINNING SATURDAY/ MARCH 18

Traveling Exhibit, We The People: Portraits of Veterans in America. At National Museum of the U.S. Army, 1775 Liberty Drive, Fort Belvoir. Exhibit tour with artist Mary Whyte. In 2010, Whyte set out on an inspirational seven-year mission to paint 50 large-scale watercolor portraits of current-day American veterans. WE THE PEOPLE, depicts military veterans of all ages and in all walks of life. Images including a Missouri dairy farmer, a Rhode Island lobsterman, a Pennsylvania science teacher, a South Carolina single mother,

SEE CALENDAR, PAGE 10

OPINION



Mary Paden



Lt. Veva Wallace-Spalding



Shirley Short



Holly Dougherty



Karen Corbett Sanders



Shirley Ginwright

Women Making a Difference Every Day

BY DAN STORCK

As I reflect on Women's History month, I am inspired by all the influential leaders in our Mount Vernon District. You have met many of them over the years, as we highlight Community Champions in our newsletter. Also, women's history is woven through our Mount Vernon history, with the Suffragist Memorial, the Lucy Burns Museum and the Mount Vernon [Estate] Ladies' Association.

Just this month, we recognized Mary Paden for her outstanding contributions to the underserved in our area through the South County Task Force and Affordable Housing Advisory Council. Mary is never afraid to take on a difficult challenge and she has helped many with her relentless efforts to lift up everyone around her.

Lt. Veva Wallace-Spalding is 16-year veteran with the Fairfax County Police, the Mount Vernon Police Station Assistant Commander and the first African American Commander in Fairfax County. Mount Vernon is where she started her career and she says it feels like home. Lt. Wallace-Spalding has a love for people and is proud to pave the way for others.

In 2019, we recognized the efforts of the three musketeers (as they call themselves) Lisa Sales, Mattie Palmore and Karen Stone, who worked tirelessly to bring the Artemis House Region 1 Domestic Violence Shelter to Southern Fairfax County. They each also work individually in our community on issues like getting the Equal Rights Amendment passed in Virginia, serving on the Commission for Women and Good Shepherd Housing, and advocating for special needs services for our students.

Retired Firefighter and Mount Vernon District volunteer extraordinaire, Shirley Short is an integral part of Team MVD. We could not manage the multitude



Supervisor Dan Storck, Lisa Sales, Mattie Palmore, Karen Stone, Chairman Jeff McKay

of events, meetings or community outreach we do without her help and her sunny disposition.

Another indomitable force in Mount Vernon is Holly Dougherty, President of the Mount Vernon Springfield Chamber of Commerce. Holly's leadership and dedication to working with businesses on the Richmond Highway Corridor has been instrumental in our growth and success.

Rising star Michele Togbe is the FCPS School Board Student Representative for the 2022-2023 school year. Michele is a senior at South County High School and will be studying at Brown University in the fall. She has three main focuses as student representative: transparency within students' voices, furthering civic education and maintaining an equitable lens.

Other outstanding examples of Mount Vernon leaders include Mount Vernon School Board Member Karen Corbett Sanders, Communities of Trust Committee founder and former Fairfax County NAACP President Shirley Ginwright and Lorton Volunteer Fire Chief Maria Severa Pangelinan.

There are many, many other unsung heroes changing lives every day, from teachers to social workers, stay-at-home moms to CEO

moms, the women in our lives nurture, guide, shelter and prop us up every day, sometimes quietly, sometimes boldly, but each in their own way.

Across the County, we are celebrating women's contributions to history, culture and society. The 2023 theme, "Celebrating Women who Tell Stories," highlights women who have used their voice and creativity to share stories that educate, inspire and entertain individuals. Read more here: <https://www.fairfaxcounty.gov/>, search Women's History.



SCHS Teacher Sean Miller & Michele Togbe, FCPS School Board student representative for the 2022-2023 school year



Supervisor Dan Storck with Maria Severa Pangelinan

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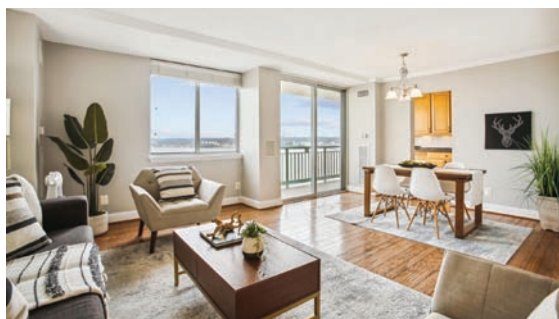
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PEACE AWARDS

PHOTOS BY MERCIA HOBSON/GAZETTE



The winners of the 2023 Fairfax Student Peace Awards are honored at the March 19 reception for the work they do to sow the seeds of peace, resolve conflict, and promote understanding among the diverse people of Fairfax County, in their schools, communities, and globally.



Amelia Kegan, guest speaker, and associate general secretary for policy and advocacy with the Friends Committee on National Legislation.

2023 Student Peace Awards of Fairfax County

Twenty-seven individuals and groups work for peace.

BY MERCIA HOBSON
THE GAZETTE

The 2023 Student Peace Awards of Fairfax County go to twenty-seven individuals and groups selected from public and private high schools county-wide. On March 19, families and friends of the awardees, event sponsors, and dignitaries gathered at Fairfax's Stacey C. Sherwood Community Center to meet the students, honor them, and learn about their peacemaking achievements. Guests included U.S. Rep. Gerry Connolly (D-11); Del. Ken Plum (D-36); School Board Chair Rachana Sizemore Heizer (at-Large); school board members Dr. Ricardy Anderson (Mason) and Elaine Tholen (Dranesville); as well as guest speaker Amelia Kegan, associate general secretary for policy and advocacy with the Friends Committee on National Legislation.

Margaret Fisher, program co-founder (2006) and organizer with Herndon Friends Meeting, said the schools chose their awardees because they promoted peace, "and that is defined very broadly."

"It's really up to the schools to decide." Service and work can promote peace as well as prevent causes of violence: poverty, discrimination, and injustice.

Awardee Matthew Sullivan, a junior at Madison High School, planned and ran a fun run to raise money for the Stroke Comeback Center in Vienna, which helps people recover from strokes. "We had over 25 runners and raised more than \$10,000," Matthew said. "In addition to the fun run, I also held my Eagle Scout project with the center."

For my project, I created a small library. I dedicated it to the center's recently retired founder, Darlene [Williamson]," he added.

Amelia Kegan, Friends Committee on National Legislation, said being a peacemaker is a long journey and "a lot of work." A peacemaker's progress is made "piece by piece."

"Often, it is not covered by the news, but those glimmers of light shine through, and I get to witness and work with communities of people across the country, pushing for peace," Kegan said.

Among the work of the 2023 award recipients is the establishment of student-led organizations for making shoes for children in Uganda, led by Estelle Ostland, a senior at Chantilly High School.

Ella Duncan-High, a senior at Edison High School, is the outreach director for Generation Ratify's Virginia chapters. It is a movement led by young people that advocates for Black maternal rights, abortion access, and LGBTQ rights.

The violent crime death of her brother inspired Aaliyah Garnett, a junior at Mountain View High School, to educate herself about racial injustice, the history of racism, and white supremacy. She marched for Black Lives Matter, and, believing in the power of the pen, wrote an article for the Mountain View Mirror advocating for peace and equity.

The Social Change Club at Thomas Jefferson High School for Science and Technology developed a curriculum for an ethnic studies elective. They anticipate it will be piloted in the summer of 2023 and made available to TJ students in 2023-2024. Club members hope that it will be available throughout the county.

Fairfax County School Board member Elaine Tholen (Dranesville) said she was proud of their students who work in our

2023 Student Peace Awards Recipients

Annandale HS – Filimon Meaza
Centreville HS – Debora Horng
Chantilly HS – Ella Ostlund
Edison HS – Ella K. Duncan-High
Fairfax HS – Adan Eftekhari
Falls Church HS – Lucia Patino Iporre
Hayfield SS – Ash Bulmer
Herndon HS – Amanda Green
Justice HS – Girl Up
King Abdullah Academy – Nadine Elostia
Lake Braddock SS – Jessica Nicole Sim
Langley HS – Bareen Yagana
Lewis HS – Mohamed Karim El-Gaili
Madison HS – Matthew Sullivan
Marshall HS – No Place for Hate
McLean HS – Saehee Perez
Mount Vernon HS – Amare D'Agostino
Mountain View HS – Aaliyah Green-Garnett
Quander Road School – Frank Marquez
Robinson SS – Jaeda Lawton
South County HS – John Claude Shaffer
South Lakes HS – Urooj Khattak
Thomas Jefferson HS for Science & Technology – Social Change Club
West Potomac HS – Sarah Salama
West Springfield HS – Muqtader Zahid
Westfield HS – Cameron Kasper
Woodson HS – Woodson UNICEF

The Student Peace Awards of Fairfax County were begun in 2006, with one high school, Herndon High, and one sponsor, Herndon Friends Meeting. Its purpose was to encourage people to think more about peace as both a means and an end and to recognize young people who work as peacemakers. It is organized by volunteers and funded by donations. Every year, high schools in Fairfax County are asked to select one junior or senior or a group of students by early December whose work has promoted peace.

communities "to promote kindness and peace for all of us."

"I'm honored to be here because our students are our future," said Sizemore Heizer. "Watching these students do incredible work

in their community to make their community better and have students work for peace and kindness in the world is meaningful."

SEE PEACE AWARDS, PAGE 7
WWW.CONNECTIONNEWSPAPERS.COM

PEACE AWARDS

PHOTOS BY MERCIA HOBSON/GAZETTE



U.S. Rep. Gerry Connolly (D-11)



School Board chair Rachna Sizemore Heizer (at-Large)



School Board Chair Rachna Sizemore Heizer congratulates students who are members of Girls Up at Justice High School.

Work For Peace

FROM PAGE 6

Peacemaking is a vital process. Bree Yanger, a junior at Langley High School, expressed other feelings motivating her, such as inspiration and drive. Yanger helps refugees by facilitating Zoom sessions to assist with homework, college preparation, and cultural assimilation. In addition, she gathered more than 100 coats and founded an English-language program for young Afghan women.

"Seeing all the refugees be so thankful and really having the desire and motivation to keep going and keep learning was inspiring for me to keep teaching them. They've been through so much more than I have. ... I never felt uninspired or tired because they kept me going," said Bree.

Students who work for peace, according to Fisher, should be encouraged. The recipients will receive \$250 in the 2022-2023 school year, plus an additional \$100 to be donated to any nonprofit organization of their choice that operates consistent with the Peace Award's spirit.

Herndon Friends Meeting informed the students of their awards as soon as possible so that they could include it in their resumes. Certificates will be presented to them at their respective schools, typically at end-of-year awards ceremonies.

Del. Plum (D-36) thanked the students for being willing to be involved in activism for peace. "We set our values oftentimes when we are young, and those values come forth in the future. Peace will be realized, not when some dictator dictates it. ... Peace will come about when people develop an approach, an attitude toward resolving issues among people, and working towards peace."

Connolly said, "Peace is a fragile thing. Peace has to be fought for, but peace has to be more than the absence of violence. Peace has to be about empowerment. Peace has to



Nadine Elost, senior at King Abdullah Academy in Herndon, stands beside School Board Chair Rachna Sizemore Heizer. Nadine is recognized for her work in medical missions to Jamaica, fundraising for breast cancer, student awareness of mental health, and assisting new refugees from Ethiopia.

be about society building where people are free to live up to their full potential irrespective of where they come from, their ethnic background, their religious background, their social background, their sexual orientation, their gender.

"Everyone — every human being — ought to be able to live up to his or her full potential. That ought to be the goal of any free society, and that creates peace," Connolly said.

To view the student profiles by school visit, Student Peace Awards of Fairfax County.

SPONSORS

Each sponsor, all not-for-profits, contribute a minimum of \$200 yearly to defray the costs of the cash awards, certificates, and the March reception for awardees and their



Margaret Fisher of Herndon Friends Meeting tells about the Social Change Club at Thomas Jefferson High School for Science and Technology.

families.

Accotink Unitarian Universalist Church, Burke; Alexandria Friends Meeting; Alexandria South Rotary Club; All Dulles Area Muslim Society, Sterling; Cornerstones, Reston; Daniels Run Peace Church, Fairfax; First Church of Christ, Scientist, Fairfax; George Mason University; Jimmy and Rosalynn Carter School for Peace and Conflict Resolution; Herndon Friends Meeting; Holy Cross

Lutheran Church, Herndon;; Langley Hill Friends Meeting, McLean; Northern Virginia Hebrew Congregation, Reston; Rotary Club of Annandale; Rotary Club of Herndon-Reston; St. John Neumann Catholic Church, Reston; St. Mark Catholic Church, Vienna; Stewart R. Mott Foundation, Washington, D.C.

United Christian Parish of Reston

Campaign Launched

BY DEL. PAUL KRIZEK

On Monday, I filed all the necessary paperwork to appear on the ballot in the upcoming Democratic primary for the 16th House of Delegates District. That was an arduous task, but it's all done now.

Thank you to everyone who took the time to sign my petitions, and especially to my super volunteers who went door to door and to many events in our community to gather many of those 32 pages of signatures.

I am eager for another successful campaign and look forward to running with my colleagues in

November here in our wonderful region of Fairfax County in the Mount Vernon and Franconia magisterial districts.

In addition to the House of Delegates and Senate seats up for election, this year's "off-off-year" election will include very important local races, including the Board of Supervisors, School

Board, and Soil and Water Conservation District Directors. Also, on the ballot will be candidates for the offices of the Commonwealth's Attorney, the Clerk, and the Sheriff.

During my four terms in office, I have passed 53 bills to improve life for Virginians including expansion of voting access, protecting the hard-earned income of Virginians from wage garnishment, establishing a statewide Sex Trafficking Response Coordinator position to combat the growing problem of sex trafficking within the Commonwealth, reforming charitable gaming and gambling in the Commonwealth to ensure that Virginians who game can do so safely and responsibly and are at least 21 years old, and numerous public safety initiatives to protect our first responders.

As I wrote earlier this month, turnover in the General Assembly will be very high this year as many of my colleagues continue to announce their impending retirements from the legislature. It

will be incumbent upon those of us who plan to remain to take over more leadership roles and mentor the scores of incoming freshman members. My position of seniority will allow me to best serve our community with key committee positions. I currently serve in the following House committees: Appropriations, General Laws, and Privileges & Elections. My position on Appropriations affords me a unique opportunity to fight for the funding our district needs. I also serve as the House Democratic Caucus Labor Chair, working with labor leaders to champion worker rights and protections across the Commonwealth.

I look forward to continuing the momentous progress we have achieved in the years ahead.

I hope I can earn your vote this November. If you are unsure if you live in the new 16th district where I am running, you can visit <https://whosmy.viriniageneralassembly.gov/> and type in your address. It's an honor and a privilege to represent you.

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Family Caregivers in Virginia Provide \$14.3 Billion in Unpaid Care

Latest AARP research attaches \$15.51 per hour value to the estimated 920 million hours of unpaid care that family caregivers provided in 2021.

In 2021 unpaid family caregivers in Virginia provided care that would otherwise cost \$14.3 billion, according to new state data available in AARP's latest report in the Valuing the Invaluable series. This is a \$3.1 billion increase in unpaid contributions since the last report was released in 2019.

The report highlights the growing scope

and complexity of family caregiving and highlights actions needed to address the many challenges of caring for parents, spouses, and other loved ones.

"Family caregivers play a vital role in Virginia's health care system, whether they care for someone at home, coordinate home health care, or help care for someone who lives in a nursing home," said AARP Virginia

State Director Jim Dau. "The care they provide is invaluable but it's also costly, in terms of their time, money and personal well-being."

Virginia's total Medicaid spending for fiscal year 2021 was about \$16 billion. Medicaid is the federal/state program that provides health care coverage for low income Virginians and pays for long-term care cov-

erage for more than half the state's nursing home residents.

"Virginia taxpayers owe the nearly one million family caregivers a debt of gratitude for their unpaid work keeping their loved ones out of nursing homes," Dau said.

To find scheduled virtual and in-person workshops and other programs of interest to people age 50-plus and their families, visit aarp.org/virginiarevents.

Resources and information on family caregiving are available at aarp.org/caregiving.

President of Mount Vernon Inova Named Top Emerging Leader

Roberta Tinch, MHA, FACHE, president of Inova Mount Vernon Hospital, has been recognized by Modern Healthcare as one of the Top 25 Emerging Leaders for 2023. The program recognizes the healthcare industry's rising stars age 40 and under who contribute to a culture of innovation and help their organizations achieve and exceed



Roberta Tinch, MHA, FACHE

financial, operational and clinical goals.

Under Tinch's leadership, Inova Mount Vernon Hospital has significantly expanded the capacity of its acute behavioral health program, invested more than \$1 million in minimally invasive surgical systems and transitioned its clinical care model to a 100% hospitalist program to foster consistency. Tinch is also

Vice President and Administrator of the Inova Musculoskeletal Service Line. In this role, she plays an active part in safeguarding quality and patient experience across 26 care locations, developing partnerships with several community groups in order to grow programs.

"Roberta is a powerhouse executive in the healthcare industry, whose relationship building, and approach to communication and leadership is a gold standard," said Toni Ardabell, RN, MSN, MBA, Chief Clinical En-

terprise Operations, Inova.

"At a time of great change for the healthcare industry, this year's class of emerging leaders demonstrate many of the skills that will be required to move organizations forward and improve patients' lives," said Mary Ellen Podmolik, Editor-in-Chief of Modern Healthcare.

The profiles of all the honorees are featured in the March 20, 2023, issue of MH magazine and online at ModernHealthcare.com/top-emergingleaders

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.

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, 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.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil (Ibrahim.khalil@fairfaxcounty.gov) at 703-324-4547.

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.

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CALENDAR

FROM PAGE 3

and 46 other moving portraits will be showcased. Visit theNMUSA.org.

MARCH 20 TO APRIL 16

Cherry Blossom Guided Tours with Pedego Electric Bikes Alexandria. Departures at 10:30 a.m. and 2:30 p.m. on weekends; by appointment on weekdays. Admission: \$69 per bike (\$10 for passenger riders on cargo or tandem bikes). At Pedego Alexandria, 210 North Lee St., Alexandria. Join a three-hour guided tour from Old Town Alexandria to the cherry blossoms in Washington, D.C., including a ride through the blossoms around East Potomac Park. The views of the blossoms from a Pedego are fantastic, and you don't have to fight traffic or find a place to park downtown. Weekend tours fill up quickly, so contact Pedego early to make your reservations. Call 571-312-5168 or email info@pedegoalexandria.com. Pedegoalexandria.com

MARCH 21-27

Spring Book Sale – The Friends of the Beatley Central Library will hold their Spring Book Sale from Tuesday, March 21 through Monday, March 27. Members' Preview on Tuesday, March 21, 3:00 p.m.-7:30 p.m. (\$15 memberships available at the door); Wednesday, March 22, 10:00 a.m.-7:30 p.m.; Thursday, March 23, 10:00 a.m.-7:30 p.m.; Friday, March 24, 10:00 a.m.-4:30 p.m.; Saturday, March 25, 10:00 a.m.-4:30 p.m.; Sunday, March 26, Half Price Day, 1:00 p.m.-4:30 p.m.; Monday, March 27, \$10 Bag Sale, 10:00 a.m.-3:00 p.m. \$4 or less, unless specifically marked: hardbacks, paperbacks, children's books, and media. All genres. Charles E. Beatley Central Library, 5005 Duke Street, Alexandria, VA; info: 703-746-1702; www.beatleyfriends.org.

MARCH 23 TO APRIL 30

Matthew McLaughlin Art Exhibit. At the Athenaeum, Alexandria. Reception: Sunday, March 26, 4 - 6 p.m.; Artist Talk: Sunday, April 30, 2 - 3. Matthew McLaughlin's work explores how people define space in relationship to themselves on multiple levels, through personal and public forums, by bringing together those themes via mixed-media works from multiple series. The exhibition covers three distinct series, Proxemic Boundaries, Plotting Truths, and Reflective Cartography.

SATURDAY/MARCH 25

Finding Military Family. 8:30 a.m. to 3 p.m. At Hollin Hall Senior Center and Zoom, 1500 Shenandoah Road, Alexandria. Don't miss this opportunity to hear nationally renowned genealogists discuss how to track down records of your military family members and those who supported them. Speakers will share their thoughts on how this research contributes to a deeper understanding of our ancestors and a richer social history of our nation. Registration is just \$40 for this LIVE event. Go to https://mv-genealogy.org/cpage.php?pt=86. Find out more about the Mount Vernon Genealogical Society at https://mvgenealogy.org/.

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 10

SATURDAY/MARCH 25

Tasting Program: Japanese Teas Tasting. 10-11:30 a.m. (Adults) Sample a selection of the finest Japanese green teas. Hear about tea culture in Japan – ancient and modern – as you identify the unique characteristics of green teas and learn how to brew them to perfection. Delicious Japanese accompaniments served (afternoon tea NOT included). \$28 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code T6W.ST62.

SATURDAY/MARCH 25

Beyond the Cherry and Dogwood. 10:30 a.m.-12 p.m. (Adults) Wake up your garden with early blooming trees. Take a walk through the gardens with Green Spring horticulturist Adam Bucher and learn about late-winter and early-spring bloomers, new cultivars, and their care. Program takes place outside. Dress for the weather. \$19 per person. Register online at <http://www.fairfaxcounty.gov/parks/parktakes> or call Green Spring Gardens at 703-642-5173. Code PK6.PNLR.

SATURDAY/MARCH 25

Office of Historic Alexandria Civil War Women's Day. 11 a.m. to 4 p.m. At Fort Ward Museum & Historic Site, 4301 W. Braddock Rd., Alexandria. Learn about the many roles of women on the home front, in camp and on the battlefield in this living history program presented by interpreters who will offer on-going talks, demonstrations and displays.

SUNDAY/MARCH 26

Washington Metropolitan Philharmonic. 3 p.m. At George Washington Masonic National Memorial, Alexandria. Featuring Michelle Di Russo, conductor | Nick Canellakis, cello Jessie Montgomery: Overture Gershwin: An American in Paris Carlos Simon: Fate Now Conquers Caroline Shaw: Entr'acte Saint-Saëns: Cello Concerto No. 1 in A minor, Op. 33

THURSDAY/MARCH 30

Book Talk with Lilianne Milgrom. 7 p.m. At the Athenaeum, Alexandria L'Origine: The secret life of the world's most erotic masterpiece. She will be speaking about her serendipitous encounter in Paris with a notoriously controversial 19th century painting that changed the course of her life. Topics open for discussion include the relevance of art then and now, what makes a work of art timeless and how becoming an author has shaped her studio practice as an artist. A short reading from L'Origine will be included in the program.

THURSDAY/MARCH 30

France and the Gauls: From Caesar to Astérix at The Lyceum. 7 to 9 p.m. At Alexandria History Museum at The Lyceum, 201 S Washington St., Alexandria. How did Gaul come under Roman rule, and what is the legacy of the Gauls in France today? In this lecture offered by the Office of History Alexandria, Dr. Jennifer Paxton will look at the complex chain of circumstances that led Julius Caesar to undertake the conquest of Gaul and explore the resonance of the Gaulish past in French politics and popular culture.

SATURDAY/APRIL 1

Used Book Sale: 10 a.m. – 4 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane. 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 and large paperbacks, and 25 cents for mass market paperbacks. Visit <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

SATURDAY/APRIL 1

"The Grandest Congress": The French and Indian War in Alexandria at Carlyle House. 12 to 4 p.m. At Carlyle House, 121 N. Fairfax St., Alexandria. In 1755, Major General Edward Braddock, Commander-in-Chief of His Majesty's Forces in North America, lodged at Carlyle House. While staying at Carlyle House, he convened a meeting of five colonial governors. One of Braddock's objectives was to secure funding for his upcoming campaign against the French. Carlyle called this gathering "the Grandest Congress ... ever known on the Continent." Visitors to the Carlyle House will experience Braddock's visit and the French and Indian War firsthand through costumed interpreters.

APRIL 7 TO APRIL 29

"A Tale of Two Studios." Del Ray Artisans partners with Art Enables Gallery & Studio in an open-themed showcase of the inspiring art of these two community organizations to convey an essential story about creative expression and art-making. At Del Ray Artisans, 2704 Mount Vernon Avenue, Alexandria VA. Opening Reception: Friday, April 7 from 7-9 p.m. Open Thursdays 12-6 p.m., Fridays 12-9 p.m., Saturdays 12-6 p.m., and Sundays 12-6 p.m. (closed April 30). DelRayArtisans.org/exhibits

APRIL 14-15

Spring Garden Market. 10 a.m. to 4 p.m. The American Horticultural Society presents the ultimate two-day shopping experience, the Spring Garden Market, on Friday, April 14 and Saturday, April 15, from 10 a.m. to 4 p.m. at River Farm in Alexandria. Join 2,000 fellow gardening enthusiasts, 30+ vendors, food trucks, and the ever-popular alpacas for family-friendly festivities on the beautiful 25-acre historic property along the Potomac. This year, the AHS celebrates 50 years at River Farm. www.ahsgardening.org/sgm

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MARCH

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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 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 Rebuild Virginia 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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It Seemed Innocent Enough, At First



By KENNETH B. LOURIE

My wife, Dina opened our upstairs' bathroom vanity and saw the eight-count bars of soap I had purchased earlier that day. Not that she would ever use the soap that I do. Nevertheless, she felt compelled to ask me a quantity-really question which was: "Why did you get so many bars of soap? You don't shower that much."

Let me deviate for a second and briefly explain my consuming ways: non-perishables in bulk, especially when said items are on sale, is how I manage cash outflow. Occasionally, over the years, I may have over-purchased an item or two only to see its expiration date come and go and in effect, waste money. As such, I've learned a lesson or two along the way. And I've even considered not buying in bulk and/or only buying said products when there's an actual need, regardless of whether the product is on sale or not. Moreover, I might even buy smaller sizes to spend money more judiciously and risk future financial loss by not padding our inventory when the opportunity presents itself just to keep the peace and minimize the wise cracks..

Now that you understand the context, let me explain how this simple exchange between a husband and a wife might lead to unintended consequences. As you regular readers know, I'm a cancer patient/survivor. A patient who 14-plus years ago was given a single-digit percentage chance of living beyond two years. When we originally asked the oncologist about the possibility I could survive beyond two years, he replied: "Could you be the one? Sure." He was not particularly enthusiastic, nor did he use the number one lightly. Though I've survived way beyond any expectations, I am nowhere near to being out of the woods. I am always grateful, perhaps even a bit surprised when I wake up every morning. I understand none of this was promised, and I may in fact be living on borrowed time.

Against that backdrop of yours truly not anticipating living too long back then ("13 month to two years " prognosis in 2009), I'm still trying (and have always tried) to live a relatively normal life and not to consider too much my rather tenuous hold on that normalcy. After all, I am not in remission. I'm still undergoing treatment and are scanned regularly. I take a daily bill - with very manageable side effects. However, the pill's predicted effectiveness window, of two to three years, is fast approaching. As of Oct. I will really be living on borrowed time by continuing a medicine past its presumed effective date. Actually, the window may have closed already as I'm two and a half years into this medicine. But does this effect my consuming ways? If I did buy bananas, the old advisory not to buy green bananas might be prudent; and to relate it to this column, who am I kidding by buying eight bars of soap. As my wife so lovingly said, I don't shower that much. Somehow, some way, I must muddle through this roller-coaster of time left.

But I want to think that I'm going to live for a while yet. When my wife asks me if my purchase of multiples of a particular product is really necessary; I hear, are you sure you're going to live long enough to use it? And in my head, I elaborate: does it make sense/cents for someone in my rather precarious position to buy so much of anything? Dina may mean well when she questions the numbers of what I buy. It may be as much a budget question as any, actually. Regardless I hear life expectancy and you (meaning me) doesn't have a normal one. And the last thing a cancer patient ever needs to hear is negativity – in any shape or form. Negativity/toxicity is a killer.

Any patient who has received similar life-changing/heart-stopping/mind-blowing diagnosis as I have will forever be changed by it. Your perspective on so many things, from "A" to "Z" changes without your permission and you become super-sensitive and hyper alert to any mention directly or indirectly of the future, a future that you might not have. And what's worse? You have no control over any of it. Cancer has a mind of its own and it's not listening to you.

I've found that having cancer is a 24/7 test. It's difficult enough knowing most of the answers to the test – euphemistically speaking. Survival can be a learning experience for sure. But sometimes, it's the questions that upset you the most.

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

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