



PHOTO BY GERALD A. FILL

Julie Ellis, Mount Vernon representative to the Commission on Aging, and Patricia Rohrer, Long Term Care Family Services advisor, leads the community forum on aging.

Preparing for 'Silver Tsunami'

Community forums seek ideas for updating county's Older Adults Action Plan.

BY GERALD A. FILL
THE GAZETTE

The 50+ Action Plan Community Forum held in the South County government center on June 19 was one of numerous forums to be held county-wide over the next several months as part of an effort to update an Older Adults Action Plan initially adopted by the county in 2007.

The purpose is to seek input and ideas for the drafting of an updated Older Adults plan by the end of the summer. It will then go to the Board of Supervisors.

Approximately 55 people attended the Mount Vernon-area forum. The facilitators broke up the session into five groups: Housing; transportation; community engagement; safe and healthy communities, and services.

Supervisors Gerry Hyland and Jeff McKay had scheduling conflicts but sent staff representatives to attend the session. Barbara Sullivan, executive director, Mount Vernon At Home (MVAH), a privately funded seniors "village" which provides a variety of support services to senior citizen members — now numbering 177 dues paying members — was in attendance and participated in the group sessions.

SEE SEEKING IDEAS, PAGE 6



Chart depicts growth in older adult population.

Hybrid Outrage

Two legislators vow to introduce effort to repeal new tax on hybrid vehicles.

BY MICHAEL LEE POPE
GAZETTE PACKET

Suzanne Cleary has owned a hybrid vehicle since 2006, making her an early adopter and a proselytizer to her friends and neighbors. Cleary, who lives in the Alexandria section of Fairfax County, gets 45 miles to the gallon. And although she acknowledges that means she saves money on gas, Cleary rejects the idea that drivers of hybrid vehicles don't pay as much tax money toward transportation funding.

"That argument is flawed," said Cleary. "I have paid substantially more to have license plates that identify it as a hybrid, so I'm paying a good deal more as I did to buy the car."

Earlier this year, members of the General Assembly approved a \$100 tax for drivers of hybrid vehicles as part of a landmark transportation package. When the governor convened the veto session, that was reduced to \$64. Supporters of the tax on hybrid vehicles say the gas tax is how roads are funded in Virginia. So drivers of vehicles that use less gas end up paying less money for transportation than drivers of traditional vehicles.

"There's two ways you could do a bill like this," said Del. Dave Albo (R-42). "You could pick one group and just cream 'em, or you could make everybody pay their fair share. And so we decided to make everyone pay their fair share."

THIS WEEK, state Sen. Adam Ebbin (D-30) and Del. Scott Surovell (D-44) appeared at a press conference at the Alexandria Department of Motor Vehicles in Alexandria to announce an effort to repeal the new tax. Although the next General Assembly is six months away, the new fee becomes reality this week along with all the other new laws. Ebbin and Surovell say the tax is bad public policy.

"We're taxing people for doing the right thing," said Ebbin. "It doesn't make sense. It was ill thought out and it was an idea that wasn't ready for prime time."

The tax on hybrid vehicles is expected to raise about \$5 million

a year. Ebbin said that money could be taken from new revenues created by the failure of Congress to pass Marketplace Equity Act. Because Congress has not adopted the measure, which taxes Internet purchases, Virginia stands to increase the gas tax at a higher percentage because of legislative language

"It doesn't make sense. It was ill thought out and it was an idea that wasn't ready for prime time."

— State Sen. Adam Ebbin (D-30)

tucked into the final transportation package. Surovell says he's not concerned about where the state can find \$5 million, which he says would pay for little more than "a stoplight."

"This tax is going to be unduly felt in Northern Virginia," said Surovell. "This revenue is not going to go into the Northern Virginia regional transportation fund."

SEE WORKING, PAGE 6

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Steps from Potomac Yard and Mt. Vernon Ave is this immaculate three bedroom, one and a half bath townhome. With a charming porch to welcome you home, you'll love all the details such as hardwood floors and custom closets. The modern kitchen with breakfast bar has high-end cabinetry, stainless appliances and granite counters. There's also a driveway and huge yard.

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Alexandria/Southwood \$724,900



A Private Oasis

Built for entertaining groups large and small, this lovely four bedroom, two and a half bath home has room to spare! Gourmet kitchen flows from expansive living and dining rooms to family room with brick fireplace. Large master suite with walk-in closet and separate dressing area, highlights upper level with three bedrooms, two baths and laundry.

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MLS# FX8119252



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Unique Warwick Village

This townhome has been completely remodeled on the first floor to suit entertainers of all levels! It has all the upgrades, granite counters and custom cabinetry. Finished walk-out lower level makes the perfect family room. The master has its own bath with steam shower and fully fenced yard plus driveway.

Elizabeth Lucchesi
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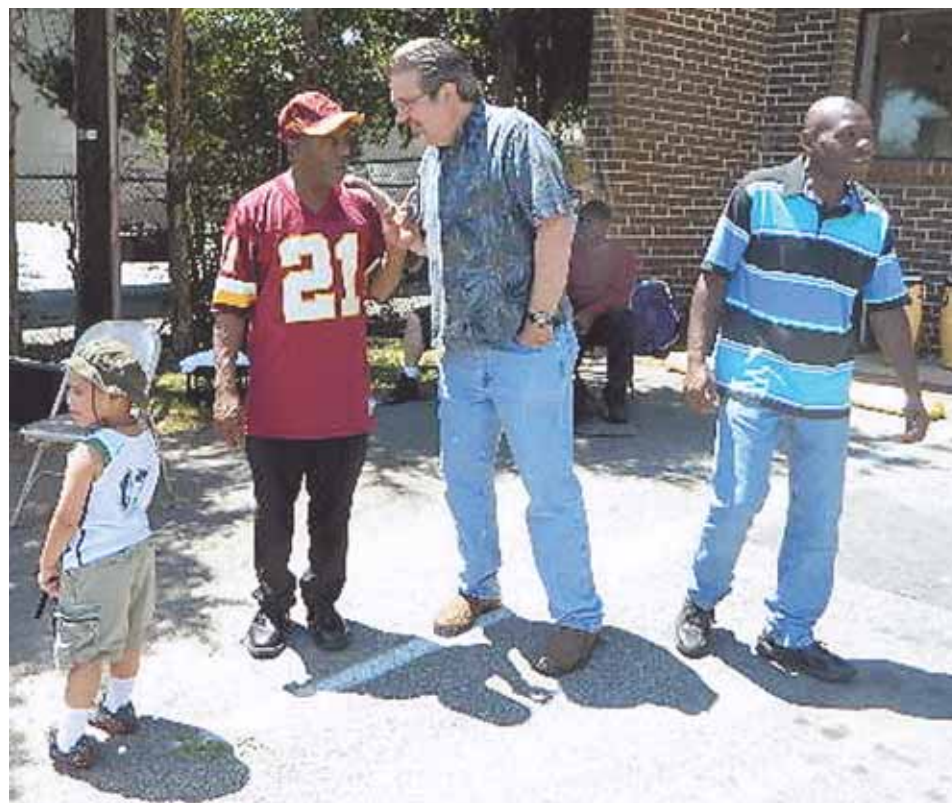


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Rising Hope Mission volunteers (left) serve free tacos, hamburgers, corn-on-the-cob, pies and watermelon for Saturday's Family Fun Fair as the line of festival-goers stretches long.



Rising Hope's pastor the Rev. Keary Kincannon (center) savors the music of the Crowns of Life with Sylvester Haskins (left), bassist for Brother John & The Holy Remnant. At right is Stanley Clayton.

Gospel Thumps with a Beat at Rising Hope

Family Fun Fair rocks at Rt. 1 mission church.

BY ED SIMMONS, JR.
THE GAZETTE

"Here I am, Jesus! Signed, sealed, delivered! I'm yours!" wailed singer Ezekiel Raspberry Sr. of The Crowns of Life performing Motown-Gospel Saturday, June 29, at the Family Fun Fair held at Rising Hope Mission on Russell Road between Hybla Valley and Woodlawn.

Sharing the stage was Brother John & The Holy Remnant with singer and guitarist Johnny Galvin declaring in rock-n-roll decibels "Jesus can break every chain!"

While adults lounged in the shade taking



Wheeling and dealing, volunteer Nathale Jacobsen loads the whirling Bingo ball at the game table.

in the show, it was a big day for their children — splashing in a wading pool, ricocheting around the Moon Bounce, per-



"Ain't no love like my Savior's love" harmonize Crowns of Life vocalists Leever Peoples (left), the Rev. Steve Brown, Nate Bolds (in hat) and Ezekiel Raspberry Sr. Andrea Walker plays drums and (not pictured) Kenny Lockard performs lead guitar.

forming feats at carnival games, getting their faces painted, gobbling free hamburgers and watermelon, traipsing around the



Sno-Kones! Brianna Ford savors a sweet and chilly snow cone. Volunteer Bob Dumont grinds the ice while Max Rosinski serves it up. Not pictured is Pat Dumont, who pours on the syrup.



"There's power in the name of Jesus" sings rocker Johnny Galvin. His band Brother John & The Holy Remnant features Nelson Alexander on congas and Sylvester Haskins playing bass.



Sitting on his amp, guitarist Kenny Lockard of The Crowns of Life picks out a riff.

Cake Walk, getting their nails painted and even riding a baby mechanical triceratops (three-horned dinosaur).

The organizing genius behind the mini-festival was Sula Tyler, director of Rising Hope's Children's Ministry.

The Rev. Keary Kincannon said the event was "our way of registering community children for summer camps held at Wesley United Methodist Church and at Burke UMC."

Also, he said, teens registered for cooking classes and young people of all ages signed up for fall back-to-school backpacks and school supplies.

PHOTOS BY ED SIMMONS, JR./THE GAZETTE



Billie Fincham enjoys the luxury of a shaded chair and hot dog.

Food for Thought

Food has re-entered the past, embracing the old concept of sustainable farming and eating healthy. A panel of “foodies” came together Saturday afternoon, June 29, at the “Chew on This” event sponsored by United Community Ministries.

Guest panelists included: CEO of Capital Area Food Bank Nancy Roman, Owner and chef of Restaurant Eve Cathal Armstrong and nutritionist and founder of Living Whole Health Cheryl Mirabella. Each panelist addressed the question of how healthier foods can make for a healthier community.

Roman took over the Capital Area Food Bank as CEO in January after a 25-year international career that included journalism, business, U.S. government, Wall Street and the United Nations. In her new position, Roman is responsible for the 32-year old Capital Area Food Bank with its annual budget of \$18 million and a staff of 130. UCM is one of its 700 partner agencies. In her role as CEO, she oversees yearly the collection, storage and distribution of 33 million pounds of food, half of which is fresh produce, to nearly 500,000 men, women and children in the National Capital Area of 4 million; a team of nutrition experts working to provide healthier food and teach healthy habits; a team of 18,000 volunteers annually; as well as IT, communications, fundraising and overall operations.

Armstrong, a board member of FreshFarm Markets which operates eight farms in the Chesapeake Bay region, has dedicated himself to educate children and families about healthy eating. Unsatisfied with the nutritional quality of food in schools, Cathal founded Chef as Parents, a nonprofit to improve school lunches.

Mirabella, nutritionist and founder of Living Whole Health, emphasized a diet of balanced foods leads to a more energized life. Mirabella went on to dispel myths and present a few facts on nutrition. Some of the myths are: “Ours genes are our destiny, all calories are created equal, eating fat makes you fat, eating healthy foods costs too much, it takes hours to whip up a healthy meal.” Mirabella noted that nutritional information is confusing and conflicting, there are many confusing dietary theories, vegan, paleo, low carb, high protein and more, and Americans live in the most overfed, undernourished country in the world.

— LOUISE KRAFFT

Gigi Hyland introduces the panelists Cheryl Mirabella, Chef Cathal Armstrong and CEO of the Capital Area Food Bank Nancy Roman.



Volunteers Caroline Caplen and Esther Antwiwaa-Bonsu prepare sample of Chef Cathal Armstrong's dish made from the UCM pantry.



Mount Vernon Supervisor Gerry Hyland asks a question of the panel but also enlightens them on the gardening program that is going on at Hollin Meadows Elementary School.



Samples of food prepared with UCM pantry items are offered to the audience after the panel concluded on Saturday afternoon.



PHOTOS BY
LOUISE KRAFFT/
THE GAZETTE



Mai T Trinh of Mai Health Now LLC is helped by her daughter Anais Joubert in preparing the easy breezy Mai quesadillas with cheese, whole wheat tortillas and green onion, refried beans.



Chef Cathal Armstrong reveals a turning point to his lifestyle. While working with First Lady Michele Obama on the “Let’s Move” program, Armstrong realized that he was not in tune with the program. He stopped taking his wife to McDonald’s on date night and began working out. He came to the Saturday event with a black eye from exercising. Cathal does Tai Kwon Do and was sparring with a partner last weekend in preparation for the upcoming championship. Cathal is trying to hold on to his championship title. He said by taking up exercise he dropped 53 pounds from his body.



Chew on This panelists: Cheryl Mirabella, Chef Cathal Armstrong and Nancy Roman.

CRIME

The following criminal incidents were reported by the Mount Vernon District Station.

ASSAULT/LARCENY, 4000 block of Fielding Street, June 20, 11 p.m. A 14-year-old boy reportedly was at a local park attempting to retrieve his bicycle. Several juvenile boys confronted him and allegedly assaulted him. One of the boys walked away with the victim's basketball and another took the bicycle. The victim received minor injuries. Three juveniles have been identified and petitions are pending. An investigation continues.

BURGLARY/WARRANT SERVICE, 6100 block of North Kings Highway, June 21, 5:30 a.m. An employee reported someone entered the business and stole merchandise. Forced

entry was made through a wall. While conducting their investigation, officers located a 23-year-old man from of Alexandria. He was wanted for unrelated charges and arrested.

BURGLARY, 8500 block of Greenleaf Street, June 22, 11 a.m. A resident reported someone entered the home and stole cash. Forced entry was made through a door.

BURGLARY, 8500 block of Greenleaf Street, June 22, 11:45 a.m. A resident reported that someone entered the home several weeks ago and stole jewelry. There were no signs of forced entry.

ASSAULT, Elkin Street/Fort Hunt Road, June 22, 9:40 p.m. Officers were called for a man allegedly running naked in the street. A 20-year-old man

from Alexandria was charged with two counts of assault on a police officer, drunk in public, resisting arrest, and indecent exposure.

ASSAULT/DESTRUCTION, 6300 block of South Kings Highway, June 23, 12:30 a.m. Officers were called for a fight and located two young women fighting. A 15-year-old victim was not seriously injured. An 18-year-old woman from Fort Belvoir was charged with assault and battery, destruction of property, and drunk in public. Allegedly, she shattered a window on the patrol car after being taken into custody.

UNLAWFUL ENTRY, 4200 block of Buckman Road, June 23, 1:30 p.m. An employee reported someone entered the business but nothing was stolen. Entry was made through an unsecured door.

BULLETIN BOARD

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon.

TUESDAY/JULY 16

Meeting, 1 p.m. The Mount Vernon Genealogical Society will meet in room 112 of the Hollin Hall Senior Center. The meeting, which is free and open to the public, will feature a presentation by Nancy Wing titled "Treating the Sick and Wounded: Civil War Medical Records." Visit www.MVGenealogy.org.

Meeting, 7 p.m. The Mount Vernon Evening Lions Club's dinner meeting at Pema's restaurant will have Shirley Marshall, executive director of United Community Ministries, to speak on ways the community can help UCM. Interested persons are welcomed. Contact Andrea Corsillo at 703-960-4973 for more information.

FRIDAY-SUNDAY/JULY 26-28

Fort Hunt High School 50th Anniversary. Celebrate the school's 50th anniversary with events every day. To have access to all the information and events, register at www.fhhs-alum.org. There will be gatherings at local restaurants, dinner and dancing, music and more. There will be a cook-out on Sunday at Fort Hunt Park, vintage car show, live entertainment by local bands including alumni of the school. For a list of hotels and full event listings, visit www.fhhs-alum.org.

SATURDAY/JULY 29

Enchanted Miniature Dish Garden Workshop. 9:30-11:30 a.m. at Green Spring Gardens, 4603 Green Spring Road. Create a little mini garden to take home. \$45/person

plus \$20 for supplies. Register at www.greenspring.org or call 703-642-5173.

VOLUNTEERS NEEDED

The Mount Vernon Adult Day Health Care Program needs a volunteer to greet people and answer phones one day per week from 10:30 a.m. - noon to start as soon as possible. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov, or visit Volunteer Solutions at www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

Fairfax County's Meals on Wheels needs drivers and a coordinator. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186,

Rex Reiley RE/MAX Allegiance 703-768-7730 rex.reiley@rmxtalk.com



Alex./Hollin Hall Village \$549,900 1505 Dare Court

Beautiful Brick Front-to-Back Split w/4 BRs, 3 BAs, 2 gas FPLs, located on a quiet cul-de-sac. Major ticket items replaced/updated: furnace, A/C, hot water heater, hwd floors refinished, baths, windows, kit appliances and paint. It's a Cream Puff! Waynewood Elementary, 10 minutes to Ft. Belvoir (S), 10 minutes to Old Town (N).



Alex./Mt. Vernon \$462,000 8620 Curtis Avenue

Lovely, spacious 4 BR/3 BA Split in the heart of Mt. Vernon - Hardwood floors throughout main level, eat-in kitchen with ceramic tiled floor. Walkout lower level offers a family room w/wood FPL, new carpet and new sliding glass door to a large, fenced backyard. Also, a 4th

BR, 3rd bath and den. 5 minutes to Ft. Belvoir, 15 mins to Old Town, 25 to Ntl Airport and 30 to D.C./Pentagon. Priced for a quick sale.



Alex./Woodleigh Woods \$544,900 3804 Maryland Street

Lovely, updated, 4 BR, 2.55 BA Contemporary Colonial on a pristine lot backing to scenic woods. 3 finished levels including w/o from the LL to a lovely patio. Large screened porch sits off the living rm, open kitchen w/breakfast area & wood-burning FPL. Large windows surround the house taking full advantage of the exquisite landscaping & woods. Enjoy the wildlife. Minutes to Ft. Belvoir, 15 mins to Huntington Metro & Old Town, and 30 mins to Ntl Airport & Pentagon. Great buy!



Alex./Mt. Vernon Terrace \$664,900 5108 Mt. Vernon Memorial Hwy

Stunning 5 BR, 3 BA brick Cape, remodeled from top to bottom on an absolutely spectacular .53 acre lot. Updated kit & baths w/beautiful family rm addition across the back opening to a beautiful deck. Refinished hwd flrs, fully finished w/o basement to a huge patio overlook-

ing expansive fenced back yard. An amazing setting - 5 minutes to Ft. Belvoir, 20 mins to Old Town & 30 mins to Ntl Airport - Gorgeous, Gorgeous Home!



Alex./Hollin Hall \$469,900 7926 New Market Road

Absolutely lovely home w/over \$130k in recent improvements in great location! Stunning front porch and Family Room addition in 2009 by custom builder. Slate floor on front porch and back patio. New in 2012 & '09: large shed, cedar fence, driveway, roof, dishwasher, hot water, stove, humidifier. Beautiful backyard. It's a gem! Waynewood Elementary, close to G.W. Parkway, Potomac River and minutes to Old Town.



Alex./Riverside Est. \$774,950 8312 Wagon Wheel Road

Stunningly updated 4 BR, 2.5 BA WATERFRONT Colonial w/3 fin lvs backing to Little Hunting Creek offers amazingly beautiful views of nature, teeming w/wildlife. Rec rm opens to a large deck & patio, perfect for entertaining. A paradise in your own home. Also, remodeled baths, & kitchen w/granite counters. Refinished hwd floors. 5 mins to Ft. Belvoir, 15 mins to Old Town/Huntington Metro. This is a spectacular value for waterfront!



Alexandria \$145,900 8623 D Beekman Place

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Working To Repeal New Tax on Hybrid Vehicles

FROM PAGE 1

It's going to go into the statewide fund for everybody to spend."

VIRGINIA HAS about 7 million vehicles. About 90,000 of them are hybrid vehicles. That means that the new tax will hit only 1 percent of Virginia vehicle owners. That means that many residents and businesses that have chosen to spend more money to invest in environmentally sustainable transportation will be hit by the new tax. One of those is EnviroCab, the only taxi service in Northern Virginia with an all-hybrid fleet.

"I think it's preposterous," said Rick Vogel, general manager of Arlington-based EnviroCab. "So we should be penalized by being friendly to the environment, and gas hogs should be given a break? That's like charging a good citizen a fee for being good

versus the criminal."

The debate about how the commonwealth should pay for roads has been a sticking point for years. Candidates have promised solution after solution, but little has been accomplished until this year. When the General Assembly finally approved a plan to pump \$3.5 billion into transportation projects. Many legislators said they held their nose on the hybrid tax and voted for the package anyway.

"The consensus among Senate Democrats is that the tax on hybrid vehicles is not necessary and discourages behavior we should be encouraging," said state Sen. Don McEachin (D-9). "However, we judged that the benefit of passing a comprehensive plan took precedence this year. Next year, I am certain we will revisit the issue of a punitive tax on hybrid cars."



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

State Sen. Adam Ebbin (D-30), second from left, and Del. Scott Surovell (D-44), center, appear at a press conference at the Alexandria Department of Motor Vehicles announcing their intention to introduce legislation repealing the tax on hybrid vehicles.

Seeking Ideas To Update Older Adults Action Plan

FROM PAGE 1

Attendees suggested a variety of needs and wants which were recorded on wall charts and prioritized by subject area and discussed at the conclusion of the brainstorming type sessions. Highlights of some of the suggestions were as follows:

- ❖ Universal architectural design standards needed to allow for improved access by seniors to residential and commercial buildings

- ❖ Lengthen traffic light times to allow seniors sufficient time to cross the street.

- ❖ Create more walkable neighborhoods throughout Mount Vernon.

- ❖ Expand affordable housing for seniors.

- ❖ Expand Meals on Wheels program to include seniors in need of nutritionally appropriate meals and to seniors who are not low income residents but nevertheless are not mobile and in need of meals assistance.

- ❖ Provide incentives to encourage more faith-based and other non-profits to recruit volunteers and others to participate in programs that assist senior citizens with transportation assistance, counseling, a broad range of social and health services to those unable to access the services on their own.

- ❖ Provide greater opportunities for seniors to volunteer and to utilize their professional skills to solve local problems.

One frequently mentioned recommendation was the need to promote a variety of creative efforts to provide transportation assistance to seniors who, for example, need to attend doctor appointments, shop for groceries, and would like to attend recreational events.

Lack of transportation and isolation were among the most frequently mentioned overarching concerns.

Sharon Lynn, senior staffer for the county's Area Agency on Aging, is the lead person on the community outreach forums. She said so far these issues were among the most frequently mentioned:

- ❖ Design and develop walkable neighbor-

Details

To share comments and ideas on creating a more friendly older-adult community: DFScommunity@fairfaxcounty.gov or calling 703-324-5411

For information on senior services or recreational activities for older adults, contact the Aging, Disability, and Caregiver Resource Line at 703-324-7948 or visit: www.fairfaxcounty.gov/olderadults

Also, available on the web page is information on how to subscribe to the county's e-newsletters, Fairfax 50+ E-News, Caregiver Corner online, and to subscribe to the county's monthly newspaper for older adults: Golden Gazette.

hoods.

- ❖ Promote universal architectural design when retrofitting existing homes.

- ❖ Come up with creative approaches to encourage neighbor-to-neighbor communications and help for each other; this included but is not limited to development of "villages" which promote neighbors helping neighbors.

- ❖ Promote the creation of community friendly cafes, delis, and meeting places for seniors to hang out with each other in contrast to the senior centers. Seniors want to be more fully integrated into the community and not isolated in senior centers.

"We have to come up with solutions for seniors that are not walkable but do not qualify for social services because they don't meet the income test," said Mount Vernon at Home's Sullivan. "Many of the moderate income seniors, and there are a growing number of them, wish to stay in the community but are in need of transportation assistance."

It is a key quality of life issue and we are not meeting their needs. A typical Mount Vernon resident who needs transportation assistance is between 65-80+, may be house rich, on a pension, but doesn't want to give up his/her car for fear of quickly

losing their independence and becoming isolated. Many of these people should not be driving but they have to because they are not qualified for and therefore lack access to transportation assistance. The county and the private sector have yet to come up with a solution for them.

"Two strategies should be explored: one is to work toward seniors' access to Fast Tran; to provide seniors with access at a discounted ticket rate between 10 a.m.-3 p.m. for seniors.

There is sufficient evidence that this is a time of day when there is room for seniors who are not mobile but could be available to access Fast Tran service and the county should be looking at this option. Another option is for the county and the Inova Hospital system to explore using hospital vans to establish a van pickup schedule so that seniors in need of transportation can be driven to the Inova clinics and hospitals for exams, attend rehab sessions, or to pick up their prescription medications.

They could even be charged a nominal pickup and drop off fee. We need funding for transportation assistance to those needy seniors who, because they are not low income people or disabled and thus do not qualify for transportation and other services, but still need access to a variety of transportation assistance. Lack of mobility, lack of a connection to transportation assistance, especially in the many areas that are not walkable, or the senior lacks the ability to walk to needed services, is a key factor in discouraging seniors to age in place in their community.

"Finally, we need a different attitude about our senior citizens.

My view is we need to adopt a policy of equal distribution of assistance to needy seniors comparable to that provided to low income people. Without a serious effort at rethinking services to seniors the county's fastest growing needy minority, seniors 50-80+ will continue to suffer from isolation

Funding

The 2014 adopted budget for services to older adults is \$74.7 million, or 2.1 percent of the General Fund disbursements of \$3.6 billion. Excluding General Fund Transfer to public schools and debt service of \$1.9 billion, spending for older adults is 4.4 percent of the General Fund. Approximately 22 percent or over 237,000 Fairfax County residents are 55 and older. Budget data provided by the Fairfax county government Office of Management and Budget. Population data provided by U.S. Census Bureau based on 2010 Census.

and neglect. Here in Mount Vernon we have the highest number of seniors in the county, and it is right here that a true test of our ability to manage the needs of seniors among all income groups should begin. The 50+ Community Forum is a very welcome initiative and I look forward to reviewing their updated countywide plan. We should challenge our county and state elected officials to pursue creative approaches to solve problems by promoting public-private partnerships, expanding the villages concept in all areas of the county, taking action to establish funding levels and propose organizational changes in the county's bureaucracy to make it possible to raise awareness and meet the identifiable needs of our older adults."

Pat Herrity, chairman of the 50+ Committee, said, "The community outreach effort is intended to engage the community and get their input in preparation for an updated Older Adults plan. Our goal is for the board to be fully prepared to handle what I would like to call the 'Silver Tsunami.' We are committed to coming up with a comprehensive strategy to meet the needs of all our needy seniors and I look forward to reviewing the ideas and suggestions offered by our citizens and formulating a long-term plan based on their input and those of others."



Rhianna Demson shows some of her children's clothing.



Gale Curcio and Nina Tisara master-minded the Friday event at the historic Hollin Hall home on Windmill Lane.

PHOTO BY STEVEN HALPERSON

Launching 'A Friday Affair'

A marketplace for community businesses.

BY GERALD A. FILL
THE GAZETTE

Gale Curcio and Nina Tisara have collaborated to organize, promote, and manage what they said was a much needed new community venue for small businesses.

Nestled in Mason Hill's community at the highest elevation point in southern Fairfax County, the historic Hollin Hall building on Windmill lane fulfills their vision of a new community market and meeting place.

Launched on Friday, June 28, "A Friday Affair" attracted more than 100 people which, according to Curcio, "far exceeded our expectations."

The second such event is scheduled for Friday afternoon, July 26. "There is a waiting list of 200 vendors in the Alexandria City Farmer's Market ready to display their products or services and this venue is a wonderful use of a beautiful site that we anticipate they will be interested in," Curcio said. "For the next event we expect to double both the number of vendors as well as the number of attendees. We have also been in touch with the Mount Vernon Farmer's Market coordinator which doesn't currently accept arts and craft vendors."

Details

Contact Gale Curcio for more information about attending or registering as a vendor at the Hollin Hall Friday Affair, by calling her at 703-256-5332.

Dates of future fairs are Fridays from noon to 4 p.m. on July 26, Aug. 16, Sept. 6 and Sept. 20. Hours are from 12 noon to 4 p.m.

The Hollin Hall historic home is located at 1909 Windmill Lane.

A dozen vendors presenting their products or services ranged from flowers vendor to jewelry.

Jordan Wright said, "This is a terrific mix of small businesses, artists, and artisans. The excitement confirms that people really like to meet their local business owners face to face. The effect is a benefit to everyone; church, vendors, and the Mount Vernon community. I can't wait to see who will be at the next month's event."

Participating vendors included: Alexandria Pastry; Barkley Square, Kristina Robertson dog biscuits and other items; Bucket List Boutique, Gale Curcio vintage items; Cathy Harl Jewelry; Cute as a Button, girl's dresses; Sara Gorman's Pillbags; Seahorse Designs, JJ Hogan stationery; Taylor Naughton, custom-made purses; Tisara Photography, Mosaic art and photographs by Nina Tisara and Steven Halperson; WallyWorld Flowers; Lynn Alsmeyer-Johnson vintage glass, and Linda Benson dog fitness.

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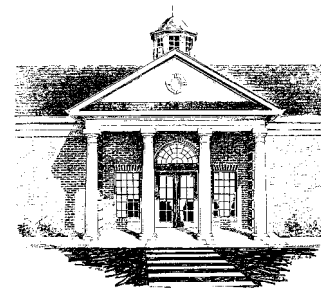
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OPINION

HOT-Lanes and No Metro for I-66?

Did you miss the public discussion and input? So did we.

One day when I was stuck in traffic on I-66, I was briefly entertained by the license plate of the vehicle in front of me. “66 SUCKS,” it read.

No question, commuting on I-66 is a bear. But last week, Gov. Bob McDonnell issued a request for the private sector to make improvements on the 25 miles between Route 15 and the Beltway.

A press release Thursday, June 27, announced that the “Commonwealth is looking for the best and brightest ideas, suggestions and recommendations from the private sector to transform I-66 from a highly congested corridor to a multi-modal transportation facility that moves traffic and people more efficiently.”

So far so good. But the devil is in the details, which call to:

- ❖ Widen I-66 by building additional general purpose lanes that would not be tolled
- ❖ Convert the existing high occupancy vehicle lane into either a one or two lane (in each direction) facility that would be free to carpoolers, buses and emergency vehicles. The HOV lanes would operate similar to the I-495 Express Lanes, which were completed late 2012 or the I-95 Express Lanes, which are under construction.

❖ Locate Bus Rapid Transit in the median of I-66 extending west from Vienna to Haymarket.

Wait, Bus Rapid Transit is the only transit option in the request. Metrorail, VRE, light rail, all eliminated from consideration with the push of a “send” button.

The Northern Virginia Transportation Authority expressed “grave concern regarding the lack of transit concepts moving forward for additional consideration.” The NVTA said in a letter to McDonnell: “Although Bus Rapid Transit (BRT) is on the list of seven concepts being recommended for Tier 2, the absence of Metrorail extensions, VRE extensions and light rail transit is surprising. ... We are concerned by the exclusion of these transit options for additional study, as this could preclude development of these options in the future and is in conflict with existing and planned transit facilities for the I-66 Corridor.”

This specific invitation to the private sector would stop consideration of any transit except bus rapid transit. While bus rapid transit should certainly be considered, this route could be a logical extension of the Metro Orange Line past Vienna, and VRE is also operating in the area. This is not the place to stop the consideration of transit options.

Also of concern is the fact that the 495 Express Lanes have not operated long enough to be fairly evaluated. Use of the lanes has been significantly below projections, and revenue has fallen short as well.

Nationwide, most HOT-Lanes projects are significantly underperforming projections. Turning over tolls for 75-80 years to a private partner is questionable, and the public needs to understand that the commonwealth invested heavily in the 495-Express Lanes as well.

The 495 Express Lanes were “funded with an extraordinary package of private equity, state funds and federal credit assistance, under a public-private partnership agreement signed on Dec. 20, 2007,” according to Public Works Financing newsletter. “Key to making the numbers work were the large contribution

from VDOT and the flexible federal credit assistance.”

The agreement includes no limit on the amount of tolls, “protecting” the private investor from “excessive” HOV use (use of the lanes is free if there are three or more people in the vehicle), and revenue sharing with the commonwealth only after the project has met the optimistic expected return on investment of 13 percent.

EDITORIAL

There have been significant benefits to the 495 Express Lanes project including replacement of aging bridges and interchanges and additional capacity in the regular lanes. But we have no idea what those benefits will cost in the long run.

McDonnell should heed the request of the Northern Virginia Transportation Authority and pull back from the current request. Other transit options must be on the table, although bus rapid transit could still emerge as the best option. And an impartial analysis of how high occupancy toll lanes are working so far, and what Virginia’s obligations are if they do not meet expectation, is a must before going forward on I-66.

At presstime, early this week because of the Independence Day holiday, McDonnell released a draft 2013 Virginia PPTA Pipeline, calling for public comment between now and Aug. 1. Ten “candidate projects” include; I-66 Corridor Improvements; Air Rights Development (VDOT); I-64 HOV to HOT Conversion; I-495 Express Lanes Extension; Cell Tower/Fiber Optic Opportunities. Ten conceptual projects include: Advertising/Sponsorship Opportunities (VDOT); Parking Facilities Enhancements (VDOT); Rest Area Enhancements.

See www.vappta.org.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Unsatisfactory Response

To the Editor:

The following is a follow-up open letter to Sharon Bulova, chairman, Board of Supervisors.

Thank you for your reply to my letter of June 3; although I must say your reply, if anything, gives me even more concern than I felt before, and I didn’t think that was possible. You say in your reply that “In response to a march 29, 2011, Board Item to establish a review process for the Fairfax County Police Department, the county’s Internal Audit Office issued a report” and that I could look up the report on the county’s website. Well, I did! You didn’t acknowledge that the Board Item was in response to numerous recommendations that an independent Police Oversight Review Board be established. Nor did you draw my attention to the fact that the so-called audit report doesn’t even discuss the subject of possible police misconduct. You

must be aware of this. You have attempted to mislead me. I consider your actions totally unprofessional.

A report of the police investigation into my son’s death has never been released; although, clearly misconduct did take place. Otherwise, why was the officer who shot my son in the back, without any provocation, fired from the police force? The officer in question, David Scott Ziants, has never had to answer to anyone for his actions, and his supervisor, the then police chief, David Rohrer, who was responsible for the non-investigation, has now been promoted to the position of deputy county executive where, I am told, he draws a salary of \$191,168 per year and a concurrent pension from the police force of \$173,000 per year. I wonder if the citizens of Fairfax County know that their so-called public servant, instead of being held to account for years of police abuse and cover-ups, is now

SEE LETTERS, PAGE 14



PHOTO BY LOUISE KRAFT/THE GAZETTE

Snapshot

2:36 p.m., June 25: Southside of Belle Haven Park.

Mount Vernon Gazette

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www.brianandjerry.com
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In the heart of Del Ray, just steps from the Avenue, is this charming home with a traditional floor plan, oak floors as well as heart-of-pine floors. Spacious formal rooms, efficiently designed kitchen, 3 UL bedrooms and an updated full bath. Finished LL provides a family room, laundry and another full bath. Fenced backyard with patio. Detached one car garage.

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2405 Daphne Ln \$3,600
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NEWS

Much To Cherish This Fourth of July

BY LINDA T. PULLER
STATE SENATOR (D-36)



One hundred fifty years ago, the first three days in July 1863, in a field in Pennsylvania, changed the course of the Civil War and U.S. history. The Battle of Gettysburg is referred to as the time when our country literally hung in the balance. But, we emerged from the Civil War and built a nation stronger than the

one before. Just over 100 years after Gettysburg, President Lyndon B. Johnson stated, "This, then, is the state of the union: free and restless, growing and full of hope. So it was in the beginning. So it shall always be, while God is willing, and we are strong enough to keep the faith."

As the daughter of an Army officer and wife of a Marine officer, I hold the Fourth of July dear, and I know that my neighbors and friends in Virginia do too. I will be celebrating this year with two parades — riding in the Dale City and Lorton parades with my good friend Sen. George Barker, and spending time with family. I wish everyone the happiest of holidays!

Two-hundred thirty-seven years ago, Thomas Jefferson put down his pen and sent the Declaration of Independence to the Continental Congress in Philadelphia. It was a steamy July day and after two days of debate and edits they emerged with the document we hold so dear and celebrate this week. A philosophical treatise and declaration to King George, it begins "We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness."

In 2013, we still hold these truths to be self-evident, but sometimes forget that these freedoms were mere philosophy in 1776 — no one had dared put it to the test before Jefferson. As our generation struggles with the definitions of "rights" and "equality", both in the Supreme Court and in our own communities, we should take a moment this week to remember that these struggles are the very core of democracy. We are not the first generation to struggle.

Distracted Driving Can Be Reckless

BY SCOTT A. SUROVELL
DELEGATE (D-44)



On July 1, a new Virginia Law goes into effect makes it clear that writing or reading emails or text messages is now a primary offense for which a driver may be stopped. The law also makes clear that if someone is convicted of reckless driving and texting/emailing while driving, there is a mandatory minimum fine of \$250.

Some of the media coverage about this new law has indicated that people can use their GPS while driving or that the law contains a loophole for other behaviors such as using Facebook, Twitter, or playing Angry Birds — this is wrong. Some people have suggested that it should cover picking up a cigarette, putting on makeup or reading the newspaper while driving — this is unnecessary.

For at least the last 60 years, reckless driving has been illegal and a Class 1 Misdemeanor in Virginia. There are about 10 specific things that are reckless driving (such as driving 20 MPH over the speed limit) and a general catch-all statute. Here's the broad statute:

§ 46.2-852. Reckless driving; general rule.
Irrespective of the maximum speeds permitted by

law, any person who drives a vehicle on any highway recklessly or at a speed or in a manner so as to endanger the life, limb, or property of any person shall be guilty of reckless driving.

Class 1 Misdemeanors have a maximum punishment of 12 months in jail, a \$2,500 fine, and reckless driving also provides for an optional six months driver's license suspension.

As smartphones proliferated in 2009, some legislators felt that it was necessary to pass a more specific statute relating to texting and emailing so that the law clearly banned it. A new law made texting and emailing a secondary offense but you could not be stopped for that behavior.

Some lawyers argued successfully in court that by adopting a statute that was more specific than reckless driving, the legislature had effectively decriminalized texting and emailing while driving. The most notable case was right here in Fairfax County.

Kyle Rowley's car ran out of gas coming home from his summer job on Route 7. He turned on his flashers and got out of his car to push it off of the road.

SEE RECKLESS, PAGE 14

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Legal Notices

LEGAL NOTICE
Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the Alexandria Police Department located at 3600 Wheeler Avenue, Alexandria, VA 22304 is now in possession of unclaimed bicycles, mopeds, lawn equipment, money, scooters, and other items. All persons having valid claim to the property should file a claim to the property with reasonable proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to <http://alexandriava.gov/police/> and contact the Police Property Section at (703) 746-6709.

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21 Announcements 21 Announcements

LEGAL NOTICE

Sealed bids for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:

Title: ITB #00000352, 28 Passenger Bus with Wheelchair Lift Date and Time ITB Opens: July 22, 2013, 3 p.m., prevailing local time
Pre-Bid Conference: Not Applicable
For general inquiries contact Michael Hauer, Contract Specialist III at 703-746-4295.
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

21 Announcements 21 Announcements

SCHURTZ

Bernice Louise Schurtz

Bernice Louise Schurtz, of Alexandria, VA, passed away on Saturday, June 29, 2013 at Mt. Vernon Hospital surrounded by her loving family.

Bernice was born on December 8, 1923 in Richmond, VA and married Robert L. Schurtz, Sr. on November 8, 1947, who preceded her in death. Their love and devotion to each other was celebrated through 47 years of marriage. Bernice is survived by her daughter, Bette Sneed, her son, Robert L. Schurtz, Jr., grandchildren Amy Goetting, Dr. Jason Sneed, Brian Sneed, Emily Sneed and great-grandchildren Clio Schurtz, Max Goetting, Robert "Bobby" Sneed and Elizabeth "Izzy" Sneed. Relatives and friends called at Jefferson Funeral Chapel, 5755 Castleweller Dr. Alexandria, VA on Tuesday, July 2, 2013 from 2 to 4 and 7 to 9 PM, where funeral service were held on Wednesday at 11 AM. Interment Schurtz Cemetery. In lieu of flowers, donations may be made to Woodlawn Baptist Church, 9001 Richmond Hwy., Alexandria, VA 22309 or Disabled Veterans National Foundation.

21 Announcements 21 Announcements

LEGAL NOTICE

Sealed bids for the City of Alexandria per specifications will be received in the office of the Purchasing Agent until the date and time designated as follows:

Title: ITB No. 00000344, Concrete Mixing Truck
ITB Opening Date & Time: July 25, 2013 at 3 p.m., prevailing local time.
For general inquiries contact Jason Soltis at 703-746-4299.
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

21 Announcements 21 Announcements

LEGAL NOTICE

Sealed proposals for the City of Alexandria per specifications will be received in the office of the Purchasing Division until the date and time designated as follows:
RFP #00000357: Third Party Administrator for City of Alexandria Worker's Compensation and General and Automobile Liability
RFP Closes: July 18, 2013 at 4:00 pm
For general inquiries contact Darryl Jackson at 703.746.4298.
The City of Alexandria reserves the right to reject any and all proposals, cancel this solicitation, and to waive any informalities or irregularities in procedure. THE CITY REQUIRES ITS CONTRACTORS TO BE EQUAL OPPORTUNITY EMPLOYERS.

21 Announcements 21 Announcements 21 Announcements

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Reckless

FROM PAGE 12

Jason Gage struck Kyle from behind at full speed without breaking with 1,000 feet of straight, level, clear roadway in light traffic. Kyle was killed instantly. A forensic analysis of Gage's phone showed seven text messages sent and received over the 10 minutes leading up to the collision. I represented Kyle's family in the civil suit.

A Fairfax County General District Court judge dismissed the reckless driving charges against Gage because no one could prove any driving behavior separate and apart from possible texting and the General Assembly had specifically passed 46.2-1078.1. He also criticized the legislature for passing the texting statute in the first place because it made it harder to prosecute.

This year, I introduced the first legislation to fix the problem with Del. Ben Cline. I was ultimately a co-sponsor of a broad bipartisan effort that only had 12 no votes on the final vote.

I requested an opinion from the Attorney General to clarify the law before July 1. His opinion makes it clear that "on and after July 1, 2013, if a driver operates a vehicle on a highway recklessly or at a speed in a manner so as to endanger the life, limb, or property of any person, while using a hand held personal communication device, that driver can be charged and convicted of reckless driving regardless of whether there are grounds to support a violation of § 46.2-1078.1."

In other words, no matter what you are doing in your car, if you to drive in a manner that endangers life, limb or property, you can be convicted of reckless driving. We do not need a statute for changing your make-up, tweeting, etc. to make it illegal driving behavior.

Virginia now joins 34 other states that have made texting/emailing while driving a primary offense.

Going forward, Virginia should only allow the hand's free use of an electronic device while driving. A hand's free rule is easier to enforce and safer. Numerous studies have shown that distracted driving has become the cause of most accidents in the U.S. This issue not only affects our safety on the highways, but it affects our pocket books. Every fender bender not only causes more traffic delays but it increases our premiums. I hope to convince my colleagues to move in that direction next year.

It is an honor to serve as your delegate.

LETTERS

FROM PAGE 8

drawing compensation of about \$365,00 per year from the taxpayers of Fairfax County.

I am a retired Army colonel and I don't suffer fools gladly. You, Sharon Bulova, have tried to treat me as a fool, and it seems you and Mr. Rohrer are taking the citizens of Fairfax County for fools. I have tried for three years, unsuccessfully, to get some measure of justice for my son, David, and I still plan to reach this objective.

Barrie P. Masters
Sanford, Fla.

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ENTERTAINMENT

E-mail announcements to gazette@connectionnewspapers.com. Photos and artwork are encouraged. Deadline is Thursday at noon.

ONGOING

Summer Classes. Art at the Center, 2804 Sherwood Hall Lane. Children ages 6-10 can participate. Register at www.artatthecenter.org or 703-201-1250.

Art Classes. Through Saturday, July 13, Del Ray Artisans is offering an adult art camp with 22 workshops over 11 days, including Intro to Fashion Drawing, Intro to Visual Journaling, and Pop-Up Sewing. Workshop details and registration at www.TheDelRayArtisans.org/GUAC. All workshops will be at the Del Ray Artisans gallery at the Nicholas A. Colasanto Center, 2704 Mount Vernon Ave.

Art Exhibit. Through Sunday, July 14, see “Hair Apparent” in the Athenaeum Gallery, 201 Prince St. It is a multimedia exhibit featuring sculpture, photography, performance and assemblage. Free.

Art Exhibit. Through Sunday, July 21, see “Conscious Evolution” by Denise Philipbar at Margaret W. and Joseph L. Fisher Art Gallery, located in the Rachel M. Schlesinger Concert Hall & Arts Center, 3001 N. Beauregard St. The exhibit blends nature with science and technology. Visit www.nvcc.edu/schlesingercenter/ for more.

Gallery. Through Monday, July 29, 10 a.m.-6 p.m. daily, 12 p.m.-9 p.m. Thursdays. Multiple Exposures Gallery at the Torpedo Factory Art Center, 105 N Union Street. Multiple Exposures Gallery presents “Michael Borek: What Would Sudek Do?,” a solo show inspired by a Czech photographer who sought beauty in places that others dismissed. Call 703-838-4565 or visit www.torpedofactory.org.

Art Exhibit. Open through Aug. 3, “Living Legends of Alexandria: African American Activists” is on display at the Alexandria Black History Museum, 601 Wythe St. Free. Hours are Tuesday-Saturday 10 a.m.-4 p.m. Visit www.alexblackhistory.org or 703-746-4356.

Art Exhibit. Potomac Fiber Arts Gallery is opening a juried show called “Where in the World.” In this show, artists derive inspiration from travel and adventure. Free. Through Sunday, Aug. 4. The Potomac Fiber Arts Gallery is located at 105 N. Union St. Call 703-548-0935.

National Park and Recreation

Month: Open Play Days and Nights. Through Aug. 18. Tuesday and Thursday 6-9 p.m. at Ben Brenman Park Field, 4800 Brenman Park Drive and at Four Mile Run Soccer Field, 3700 Commonwealth Ave. Saturdays from 11 a.m.-5 p.m. and Sundays noon-5 p.m. at Ben Brenman Park, Four Mile Run Soccer Field and Witter Fields, 2700 Witter Drive. Call 703-746-5402 or e-mail mac.slover@alexandriava.gov.

Art Class. Running through Saturday, Aug. 31, classes meet 9:15 a.m. or 10:30 a.m. Bring toddlers or preschoolers for guided exploration of clay, paint, collage, drawing and building in a supported studio environment. Classes held at Art At The Center, 2804 Sherwood Hall Lane. Register online at www.artatthecenter.com.

Visiting Artists. Through Saturday, Aug. 31, the Visiting Artist Program is a professional development opportunity for emerging and experienced visual artists from all over the country and provides an opportunity for visitors to interact with a rotating group of visual artists. Torpedo Factory located at 105 N.

Union St. Call 703-838-4565 or visit www.torpedofactory.org.

Distillery Open. George Washington’s Distillery and Gristmill open through Oct. 1. \$17/adult, \$8/child, 5 and under are free.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions to hone figure drawing skills. Drop-in with your supplies to draw our live models. Fee: \$8-12. View the calendar at www.TheDelRayArtisans.org.

The **West End Farmers Market** will run Sundays from 8:30 a.m.-1 p.m. through November. Located at Ben Brenman Park, browse food, crafts and more. Visit www.westendfarmersmarket.org.

This **exhibit at Fort Ward**, located at 4301 W. Braddock Road, features objects from the museum collection, to tell this story of the event that launched the Civil War in Alexandria. Free. The museum is open Tuesday through Saturday, 10 a.m.-5 p.m., and Sunday, 12-5 p.m. Visit www.fortwaRoad.org or call 703-746-4848.

Life in Civil War Alexandria Exhibition at The Lyceum, 201 South Washington Street. This exhibit traces life in Alexandria following Virginia’s decision to secede from the Union in May 1861. The Lyceum is open Monday through Saturday, 10 a.m.-5 p.m. and Sunday, 1-5 p.m. Suggested admission is \$2. Visit www.alexandriahistory.org or call 703-746-4994.

African American Activists

Exhibition. Living Legends of Alexandria is an ongoing, not-for-profit photo-documentary project created in 2006 by artist-photographer Nina Tisara to identify, honor and chronicle people making current history in Alexandria. This free exhibit is at the Alexandria Black History Museum, 601 Wythe St. The museum is open Tuesday through Saturday, 10 a.m.-4 p.m. Visit www.alexblackhistory.org or call 703-746-4356.

The Marshall House Incident

Exhibition at Fort Ward Museum, 4301 West Braddock Road. The museum is open Tuesday through Saturday, 10 a.m.-5 p.m., and Sunday, noon-5 p.m. Visit www.fortwaRoad.org or call 703-746-4848.

Photography Workshop. 10:30 a.m.-noon at Multiple Exposures Gallery on 105 N. Union Street. Photographers and enthusiasts of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

Culinary Arts Month Sunday Film Fest. Every Sunday in July, Charles Beatley Central Library, 5005 Duke St. All films start at 2 p.m. Free. Call 703-746-1702 or www.alexandria.lib.va.us for schedule and information.

Summer Youth Programs. Metro Fine Arts Center 6450 Landsdowne Centre Drive. Classes start July 8. Call 703-339-0444 or visit www.metrofinearts.com.

Gallery. July 5 through Aug. 5 at the Art League Gallery in the Torpedo Factory Art Center, 105 N. Union St. “Fantasy of the Real,” a solo show. A reception will be held on Thursday, July 11, 6:30-8 p.m. Call 703-683-1780 or visit www.theartleague.org.

Theater. Musical production “Man of La Mancha” at the Aldersgate Church Community Theater, 1301 Collingwood Road. Shows are Fridays and Saturdays, 8 p.m. (June 28, 29, and July 5, 6); Sunday matinees, 2 p.m. (June 30 and July 7). Adults \$18, Youth/Senior \$15. Visit <http://acctonline.org>.

Book a Librarian. At the Charles E.



“Lily Pond,” watercolor on Yupo Paper, by Grace Rooney

Watercolors at Green Spring

Meet local artist Grace Rooney at a reception featuring her imaginative watercolor paintings, Sunday, July 7, 1-3 p.m. Green Spring Garden Historic House, 4603 Green Spring Road. The show continues through Sunday, Aug. 25 during exhibition hours: noon - 4:30 p.m., Wednesdays - Sundays. Free and open to the public. Call 703-642-5173 or visit www.greenspring.org.

Beatley, Jr. Central Library, 5005 Duke St, for help with research or to better understand the library’s databases and resources. Make an appointment by calling 703-746-1751.

Computer Tutoring. At the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Individual assistance from a librarian. Call 703-746-1751.

SUMMER CAMPS

Mt. Vernon Community Children’s Theatre Summer Camp. Children can participate in either a one-week all-day session July 22-26 or a two-week session, with the option of either morning, afternoon or all day from July 1-12 (no 4th) or July 29-Aug. 9. Children will learn about all aspects of theatre through games, rehearsals and a final showcase. Visit www.mvccct.org/camps.php or 703-360-0686.

The **American Backstage Company** is offering a variety of summer classes and workshops, many of which are free. Located at 5380 Eisenhower Ave. Visit www.americanbackstage.com for a full listing.

Art Camp 2013 for Kids at Del Ray Artisans. Art exploration through art history, themes, influential artists. Ages 8-14 enjoy drawing, painting, sculpture, games, individual pursuits. Includes supplies, healthy lunches/snacks. Choose July 15-19 or 22-26. Visit www.TheDelRayArtisans.org/ArtCamp or email ArtCamp@TheDelRayArtisans.org. Camp will be at the Del Ray Artisans gallery at the Nicholas A. Colasanto Center, 2704 Mount Vernon Ave. The gallery is handicap accessible.

Spanish Immersion Camp for Tots. Monday, July 8-Friday, July 12. Ages 3-5 will enjoy games, art and songs and more. \$325/child. Register online at www.sssas.org/

smmertimesreg.

Clio’s Kids: A History Mini-C.a.m.p. Tuesday, July 23-Thursday, July 25, 9 a.m.-noon for ages 5-7. \$105 includes snacks and souvenirs. Visit www.alexandriava.gov/historic/lyceum.

Camp Carlyle. Monday-Friday, July 22-26 from 9 a.m.-3:30 p.m. at Carlyle House, 121 N. Fairfax St. Ages 9-12 can learn about 18th century games, clothing, schooling and more. Includes field trips to other museums in Old Town Alexandria, storytelling and more. \$300/in district child; \$350/out of district child. To register visit www.nvrpa.org or 703-549-2997.

Shakespeare Summer Camp. July 29-Aug. 2, StagePlay will be serving up it’s 12th year of Shakespeare this summer at St. Aidan’s Episcopal Church, 8531 Riverside Road. Children in grades 3-6 will be introduced to “A Midsummer Night’s Dream” through scene work, improvisation activities, costume play and theatre games from 1:30-4:30 p.m. Email Heather Sanderson at bardsplay@gmail.com or visit www.stageplay.TV.

THURSDAY/JULY 4

Fireworks. 12:45 p.m. at Mount Vernon Estate. Daytime fireworks at George Washington’s Mount Vernon. In addition, 600 limited-edition aged George Washington Rye Whiskey bottles will be available for purchase at 10 a.m., \$185 each. Visit MountVernon.org

Plant Sale. 9 a.m.-1 p.m. Plant sale hosted by the Garden Club of Waynewood will be held after the Waynewood community parade at the Waynewood Recreation Park.

July 4th Parade and Picnic. 10 a.m.at Waynewood Elementary

School, following the parade at the Waynewood pool. In addition to concessions, inflatables, midway games, and plants for sale by the Garden Club, the Waynewood Founders gather for a breakfast to celebrate and reminisce. Located at 1205 Waynewood Blvd., Fort Hunt. Visit www.waynewoodrec.org.

FRIDAY/JULY 5

July Art Explorers. 9:15 or 10:30 a.m. at Art at the Center, 2804 Sherwood Hall Lane. Bring toddlers or preschoolers for guided exploration of clay, paint, collage, drawing and building in a supported studio environment. Visit the www.artatthecenter.org to register.

SATURDAY/JULY 6

Alexandria Art Market. 10 a.m.-4 p.m. in Colasanto Park, 2704 Mount Vernon Ave. Meet local artists and hear live music. Visit www.thedelrayartisans.org/artmarket for more.

Saturday Stories. 11-11:30 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. All ages welcome to enjoy stories and songs on Saturday morning. Call 703-746-1702.

Meet John Carlyle. Noon-4 p.m. at 121 N. Fairfax Street in Old Town Alexandria, Carlyle House Historic Park. Learn about life during the Revolutionary War, watch soldiers drill on the front lawn and shop for 18th century goods. Step back in time at this free family-friendly event. Call 703-549-2997 or visit www.nvrpa.org.

SEE CALENDAR, PAGE 16

ENTERTAINMENT

FROM PAGE 15

JULY 6 THROUGH 28

Art Exhibit. Torpedo Factory Art Center, 105 N Union Street. The Target Gallery presents “Optical Studies,” a solo exhibition of work by Torpedo Factory artist Ruth Gowell, winner of the Friends of the Torpedo Factory Art Center’s Artist of the Year award. A reception will be held July 11, 6-8 p.m., with an artist talk and award ceremony at 7 p.m. Call 703-838-4565 or visit www.torpedofactory.org/target.

SUNDAY/JULY 7

Concert. 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. Come see Swing Out Sister perform. \$35. Visit www.swingoutsister.com.

Culinary Arts Family Film Festival. 2-4 p.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Located in the large meeting room. Features films highlighting the culinary arts. Call 703-746-1702.

Meet Artist Grace Rooney. 1-3 p.m. at a reception featuring her watercolor paintings at Green Spring Garden Historic House, 4603 Green Spring Road. Exhibition runs through Aug. 25, noon-4:30 p.m., Wednesdays - Sundays. Free. Call 703-642-5173 or www.greenspring.org.

SUNDAY-MONDAY/JULY 7-8

Talk. Meet Mata Amritanandamayi, renowned humanitarian and spiritual leader at Hilton Alexandria, Mark Center 5000 Seminary Road. July 7, 10 a.m. and 7:30 p.m., and July 8, 10 a.m. Free shuttles to and from the hotel. Visit www.ammadc.org or call 240-696-1927 for information. Event is free.

MONDAY/JULY 8

Little One-Ders. 10:30-11 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more with an adult. Call 703-746-1702.

Baby Rhyme Time. 11:30-noon at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 0-11 months can enjoy stories and more with an adult. Call 703-746-1702.

Interactive Music Show: Uno, Dos, Tres, Con Andres. 10-11 a.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. An interactive music show for children ages 0-5. Call 703-746-1705.

TUESDAY/JULY 9

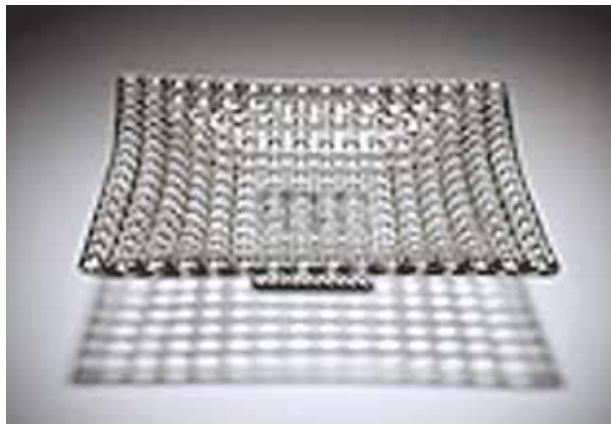
Family Movie Night. 6:30-8:30 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Enjoy a family-friendly movie with provided snacks. Call 703-746-1702.

Hands on Music. 10-11 a.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Led by musician Bill Jenkins. For ages 1-5. Call 703-746-1705.

Paws To Read. 5:30-6:30 p.m. at James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Sign up at the Children’s Desk or call 703-746-1783 for a 15 minute slot to read to a dog. For Grades 1-6.

Time for 2’s. 10:30-11 a.m. Tuesdays through July at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 24-36 months can enjoy stories and more with an adult. Call 703-746-1702.

New Class for Children. 10:30-11 a.m. at The Athenaeum, 201 Prince Street. Register for one or several classes at www.nvfaa.org/events-upcoming. Each class \$5 per child, adults free. Call 703-548-0035 or nvfaa.org.



Ruth Gowell: Optical Studies

The Torpedo Factory Art Center’s Target Gallery presents “Optical Studies,” a solo exhibition of work by Torpedo Factory artist Ruth Gowell, opening Saturday, July 6. The exhibition will feature new work in woven fiber, kiln formed glass, and glass and fiber combined, exploring the distortion of pattern using bubbles created in the glass. Gowell is the winner of the 2013 Artist of the Year Competition sponsored by the Friends of the Torpedo Factory Art Center. A reception is scheduled Thursday, July 11, 6-8 p.m., with an artist talk and award ceremony at 7 p.m. Visit www.torpedofactory.org/target.

Baby Rhyme Time. 11:30-noon at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 0-11 months can enjoy stories and more with adult. Call 703-746-1702.

Game Night. 7-8 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 8-12 can challenge themselves and friends through a variety of games. Call 703-746-1702.

TUESDAY-THURSDAY/JULY 9-11

Stop-motion Animation 10 a.m. at Art at the Center, 2804 Sherwood Hall Lane. Bring toys and build sculptures then act out the script to tell a unique story. Visit www.artatthecenter.org.

WEDNESDAY/JULY 10

Concert. Noon-1 p.m. at Canal Center Plaza, 44 Canal Center Plaza. Music by Wake Campbell. Free. 703-746-5592.

Author Talk. 7-8:30 p.m. at Charles E. Beatley, Jr. Central Library, 5005 Duke St. Bob O’Connor will discuss his new book “Countdown to West Virginia Statehood.” Call 703-746-1702

Movie Screening. 6:30-9 p.m. at the James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Alfred Hitchcock film series and discussion to follow at St. Elmo’s Coffee Pub, 2300 Mt. Vernon Ave. Call 703-746-1705.

Children’s Concert. 10:30-11:15 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages

0-5 can hear and dance along to Mr. Knick Knack’s guitar songs. Call 703-746-1702.

Lego Family Night. 7-8 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. An evening of creative play with the whole family. Call 703-746-1702.

Spanish Story Time. 1-1:30 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. All reading levels welcome. Call 703-746-1702.

Big Dig. 4-4:45 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Find what Alexandria holds beneath its surface during this hands-on workshop presented by the Alexandria Archaeology Museum. Call 703-746-1702.

Music Together Alexandria. 10 a.m. Mount Vernon Rec Center, 2017 Belle View Blvd. Join as part of Kids Rock Social Hour to enjoy interactive music that builds on children’s natural enthusiasm for music and movement. Ages 0 to 5. Call 703-768-3224.

Under the Sea. 3:30 p.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Under the Sea’s Andrew Wilson will entertain with fish and fish facts. For ages 6-12. Call 703-746-1705.

THURSDAY/JULY 11

Opening Reception. 6-8 p.m. see a solo exhibit from Torpedo Factory Artist of the Year Ruth Gowell. Located in the Target Gallery, 105 N. Union St. See works in woven fiber art and kiln-formed glass. Free. Visit www.torpedofactory.org for more.

Twilight Concert. 7:30-8:30 p.m. at

John Carlyle Park, 300 John Carlyle St. Concert by the Sudden M Pac Band. Free. 703-746-5592.

Live in Concert. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Hear Swing out Sister. Tickets are on sale now through Ticketmaster, call 800-745-3000, or visit www.ticketmaster.com.

Theatrical Premiere of “The Maladjusted.” 7 p.m. at Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda, Md. The comedy was filmed mostly in the Alexandria area. Call 301-652-7273.

Movie Screening. 5:30-8:30 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Zombie double feature. Call 703-746-1702.

Story Time. 10:30-11 a.m. or 3-3:30 p.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Ages 3-5 years. Call 703-746-1702.

Little One-Ders. 11:15-11:45 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more with an adult. Call 703-746-1702.

Storyteller Diane Macklin. 3:30 p.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. For ages 6-12. Call 703-746-1705.

FRIDAY/JULY 12

Music Performance. 8 p.m. and 11 p.m. at Old Town Theater, 815 King St. Pat Travers Band performs. Buy tickets at www.oldtowntheater1914.com or 703-544-5313.

Movie Screening. 2-4 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Alfred Hitchcock movie marathon in the large meeting room. Call 703-746-1702.

July Art Explorers. 9:15 or 10:30 a.m. at Art at the Center, 2804 Sherwood Hall Lane. Bring toddlers or preschoolers for guided exploration of clay, paint, collage, drawing and building in a supported studio environment. Visit the www.artatthecenter.org to register.

SATURDAY/JULY 13

Book Debut. 3:30 p.m. at Hooray For Books, 1555 King St. “Solstice” by P.J. Hoover. Visit www.hooray4books.com.

Music Performance. 8 p.m. and 11 p.m. at Old Town Theater, 815 King St. Larry Keel & Natural Bridge performs. Buy tickets at www.oldtowntheater1914.com or 703-544-5313.

City of Alexandria Birthday

Celebration. 7-10 p.m. at Oronoco Bay Park, 100 Madison St., located at the Potomac River between Fairfax, Pendleton, and Madison Streets. Admission is free. Visit alexandriava.gov/Recreation or call the Special Events Hotline at 703-746-5592.

The Uncle Devin Show. 11-11:45 a.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Hear, see and play a variety of percussion instruments and dance along with Uncle Devin. All ages welcome. Call 703-746-1702.

SUNDAY/JULY 14

Movie Screening. 2-4 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. The Friends of Beatley Central Library present a culinary arts family film festival. Call 703-746-1702.

MONDAY/JULY 15

Duncan Poetry Society. 7-8:30 p.m. at the James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Read, share and discuss poetry. Call 703-746-1705.

Little One-Ders. 10:30-11 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more with an adult. Call 703-746-1702.

Baby Rhyme Time. 11:30-noon at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 0-11 months can enjoy stories and more with an adult. Call 703-746-1702.

Classic Tales ‘N’ Tunes. 10 a.m. and 11 a.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Classic Tales’n’Tunes tells stories through music. Ages 0-5 years. Call 703-746-1705.

Interactive Performance. 3:30 p.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. An interactive performance from Chris Fascione that combines mime, juggling, and storytelling. Ages 6-12. Call 703-746-1705.

TUESDAY/JULY 16

Concert. 7:30 p.m. Bill Kirchen will be performing at Birchmere Music Hall, 3701 Mount Vernon Ave \$29.50. Visit www.birchmere.com.

Barefoot Puppets. 3:30 p.m. James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Joe Romano brings children’s books to life through magic. Ages 6-12. Call 703-746-1705.

Time for 2’s. 10:30-11 a.m. Tuesdays through July at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 24-36 months can enjoy stories and more with an adult. Call 703-746-1702.

New Class for Children. 10:30-11 a.m. at The Athenaeum, 201 Prince Street. Register for one or several classes at www.nvfaa.org/events-upcoming. Each class \$5 per child, adults free. Call 703-548-0035 or nvfaa.org.

Baby Rhyme Time. 11:30-noon at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 0-11 months can enjoy stories and more with adult. Call 703-746-1702.

Game Night. 7-8 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 8-12 can challenge themselves and friends through a variety of games. Call 703-746-1702.

WEDNESDAY/JULY 17

Concert. 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. See Jars of Clay perform. \$27.50. Visit www.jarsofclay.com.

eBook Training. 5:30-6:30 p.m. at the SEE CALENDAR, PAGE 17

ENTERTAINMENT

FROM PAGE 16

James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Learn how to access Alexandria Library's eBook system on your devices. Call 703-746-1705.

Book Discussion. 7-8:30 p.m. at the James M. Duncan, Jr. Branch Library, 2501 Commonwealth Ave. Discussion of "The Piano Tuner" by Daniel Mason. Call 703-746-1705.

Family Story and Craft Night. 7-7:30 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. All ages and families welcome to embrace their creativity through stories and crafts. Call 703-746-1702.

Musical Exploration of Transportation and Movement. 10:30 a.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Ages 0-5 with an adult. Call 703-746-1702.

Magic Show. 4-4:45 p.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Mike Perrello's blend of magic and comedy. Ages 6-12. Call 703-746-1702.

THURSDAY/JULY 18

Book Discussion. 7-8:30 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Discuss "Nuns at Luncheon" by Aldous Huxley and "Cowboys are My Weakness" by Pam Houston. Located in the small conference room. Call 703-746-1702.

Story Time. 10:30-11 a.m. or 3-3:30 p.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Ages 3-5 years. Call 703-746-1702.

Little One-Ders. 11:15-11:45 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Children ages 12-23 months can enjoy stories and more with an adult. Call 703-746-

1702.

Read to a Dog. 5:30-6:30 p.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Pre-registration required. Call 703-746-1702 ext. 5 for a 15 minute slot or visit children's desk. Grades 1-6.

Rocking and Reading. 7-7:45. Charles E. Beatley, Jr. Central Library, 5005 Duke St. All ages welcome. Call 703-746-1702.

FRIDAY/JULY 19

Concert. 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. Billy Price Band CD Release Show. Tickets are \$20. Visit www.birchmere.com or call 703-549-7500.

Comedy Performance. 7 p.m. and 10 p.m. at Old Town Theater, 815 King St. Mark Klein performs. Buy tickets at www.oldtowntheater1914.com or 703-544-5313.

Movie Screening. 2-4 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. Alfred Hitchcock movie marathon in the large meeting room. Call 703-746-1702.

July Art Explorers. 9:15 or 10:30 a.m. at Art at the Center, 2804 Sherwood Hall Lane. Bring toddlers or preschoolers for guided exploration of clay, paint, collage, drawing and building in a supported studio environment. Visit the www.artatthecenter.org to register.

SATURDAY/JULY 20

Writing Workshop. 11 a.m.-12:30 p.m. at The Alexandria Black History Museum, 902 Wythe St. Join Instructor Sushmita Mazumdar for chai tea, relaxing storytelling and a chance to express your creativity with

a handmade book. Free.

Open House. 2-4 p.m. at The Alexandria Black History Museum, 902 Wythe St. Join the Living Legends past and present, organization founder Nina Tisara, and Living Legends Board Members, enjoy light refreshments, see the exhibition and learn how to nominate a Legend.

Christmas in July Celebration. All day, Union Street between Cameron and Duke streets. Call 703-548-2829 or visit www.christmasattic.com.

Comedy Performance. 7 p.m. and 10 p.m. at Old Town Theater, 815 King St. Mark Klein performs. Buy tickets at www.oldtowntheater1914.com or 703-544-5313.

Saturday Stories. 11-11:30 a.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. All ages welcome to enjoy stories and songs.. Call 703-746-1702.

Dog Wash. 10 a.m.-2 p.m. at 3121 Colvin St. Dogtopia will host its 9th Annual Charity Dog Wash to raise money for Veterans Moving Forward. The event will feature give-aways, food, photo booths, fun and games for the whole family. A \$15 per dog wash donation is requested. Visit www.dogdaycare.com or call 703-751-7387.

Movie Screening. 2-4 p.m. at the Charles E. Beatley, Jr. Central Library, 5005 Duke St. The Friends of Beatley Central Library present a culinary arts family film festival. Call 703-746-1702.

SUNDAY/JULY 21

Little Kids, Little Songs. 10:30-11:15 a.m. Charles E. Beatley, Jr. Central Library, 5005 Duke St. Listen as The Green Golly Project uses little songs to tell little tales. Ages 0-5.

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Mass Schedule

Saturday Evening
5:00 pm Vigil Mass
6:30 pm Vigil Mass (en Español)

Sunday
7:30 am; 9:00 am (with Sign Language Interpreter & Children's Liturgy of the Word); 10:30 am; 12:00 Noon; 2:00 pm (en Español); 6:30 pm

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Thursday & First Friday of the Month:
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Mount Vernon Magic Takes USSSA NOVA NIT Championship

The MVYAA Mount Vernon Magic 14U, a local recreational travel softball team composed of girls age 14 and under and drawn from two local softball leagues (MVYAA and FHYAA), won the NOVA NIT, a USSSA National Invitational tournament held June 29-30 in Leesburg.

In Saturday's pool play, the Magic swept all three of their pool games. Magic pitchers Avery O'Connor, Susannah Anderson, Micaela Neulight and Erin Rockwell shared battery duties with catchers Emma Klein and Katie Hutchinson all afternoon. In their final pool play game on Saturday, the Magic faced the powerful Ashburn Pride. Rockwell went the distance, pitching a 1-0 shutout, giving up only three hits and notching eight strikeouts. The Magic defense was nearly flawless in securing the shutout thanks to run-saving plays by Klein and shortstop Grace Moery.

The Pride pitching stymied Magic batters for three innings until Anderson delivered a clutch leadoff double for the Magic in the top of the fourth. Neulight then followed with a double of her own driving in Anderson. That was all the Magic needed as the two teams battled it out to the very end leaving the Magic with the 1-0 win. In Sunday's semifinal game against the Great Falls Sharks, the Magic earned their championship berth. Anderson completely shut down the Sharks' offense, allowing one hit. Neulight came in as closer in the final inning. The Magic defense con-

tinued to play well, with outstanding error-free performances by first baseman Caroline Bowman and outfielders Leila Fleishman, Skyler Roberts, Rachel Deel, and O'Connor.

The championship game was a matchup between the two undefeated teams in the tournament, the Magic Black and the Fauquier Fusion. Rockwell got the start. The Fusion jumped to an early 2-0 lead in the first inning, and then added two more runs in the bottom of the fourth. Despite being down 4-0 after four full innings, the deter-

mined Magic players refused to fold.

After Magic catcher Klein scored in the top of the fifth, and with Moery and Rockwell on base, Neulight, with two strikes against her, blasted a home run over the left-field fence to tie the game. The timely blast by Neulight lifted the Magic's spirits and provided the impetus for a momentum shift. The Magic defense held the Fusion scoreless in the bottom of the inning.

In the sixth, Bowman led off, reaching first on a sharp grounder to shortstop. Af-

ter two intervening outs, the Magic then staged their second consecutive two-out rally of the game. Shortstop Moery crushed a triple to the left-center fence, driving in Bowman. Rockwell then delivered an RBI single to left field, driving in Moery. Anderson then singled to left advancing Rockwell to third. Anderson then took second on the steal. Neulight then slammed a two-run double, scoring Rockwell and Anderson. Rachel Deel earned a walk and then Hutchinson singled, driving in Neulight. The Fusion finally recorded the third out, but the damage was done, as the Magic took the late game lead 9-4. The Fusion managed to add a run in the sixth, but that was not enough as the Magic defense played tough and secured the championship with the 9-5 win. Rockwell went the distance facing 32 batters in the six-inning game, giving up six hits, striking out six and allowing one walk. The Mount Vernon Magic will play one more tournament before traveling to the 2013 USSSA Softball World Series to be held July 17-21 in Salisbury, Md. Coach Rockwell said: "I continue to be thrilled by the performance of this team. They are playing great softball in every tournament they play, but what's more important, they are doing it as a cohesive team. They know they are in this together and they give their absolute best in every single game. There is absolutely no 'quit' in these fine players. This is truly a very special group of softball players."



From left is the 14U Mount Vernon Magic after their NOVA NIT Championship win: (kneeling) Erin Rockwell, Avery O'Connor, Grace Moery, Katie Hutchinson, Coach Karen Walker, (standing) Coach Mitch Rockwell, Leila Fleishman, Skyler Roberts, Susannah Anderson, Emma Klein, Micaela Neulight, Caroline Bowman, Rachel Deel and Coach Phil Klein.

COURTESY PHOTO



PHOTO CONTRIBUTED

Season Opens

Although the opening ceremony for the Virginia District 9 Little League All Stars, hosted by Fort Hunt Little League, was rained out on June 28, teams gathered to celebrate the first step on the road to the Little League World Series. Teams from Alexandria Potomac, Central Springfield, Dale City, Dumfries District, Fort Belvoir, Fort Hunt, South County, West Springfield, Woodbridge and Woodlawn met for the event. Fort Hunt Little League is hosting the Juniors Division All Star Tournament. The Juniors Division is comprised of 13-14 year olds and is preparation for high school baseball. For detailed information on the tournament, visit <http://vad9.org/blog/>.

SCHOOL NOTES

Email announcements to gazette@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Simone Liu was honored at a statewide awards ceremony for academically advanced children sponsored by The Johns Hopkins University Center for Talented Youth.

Hanna Haghayeghi received a bachelor of arts in French and psychology during the May 2013 SMU Commencement ceremony.

Thomas Weaver graduated with a degree in classics from Colorado College.

The University of Mary Washington has announced its Dean's List for the spring semester of the 2012-13 academic year. **Jessica C. Bittner, Dafna A. Bliss, Lauren A. Floyd, Matthew R. Ganskopp, Christine, M. Hachem, David W. Heller, Clair Y.S. Maher, Paola A. Maldonado-Torres, Juliet A. Narine, Gabrielle M. Nguyen, Jonathan C. Polson, Emma K. Stotz, and Carolyn Trieu.**

Kristina Cruz has earned High Honors for the spring semester of the 2012-2013 academic year at the University of New Hampshire.

The following students made the dean's list at James Madison University for the spring 2013 semester: **Marian Ansley, Morgan Carter, Mackenzie Cate, Danielle Comer, Kerianne Condon, Mathew Cunningham, Allison Emmons, Kristen Fannon, Megan Gibbs, Elizabeth Harrell, Michael Higgins, Bryan Jacobs, Heidi Jenkins, Alexander Jeter, Erika Jones, Deborah Kamara, Rebecca Keegan, Yulhea Kim, John Knetemann, Eldar Loncarevic, Christine Macey, Devin Matthews, Kokougan Mensah-Etsi, Laura Mertins, Elizabeth Nowak, Yaw Owusu, Julia Pei, John Pfister, Elizabeth Schaefermeier, Dorothy Shufflebarger, Savannah Smith, Richelle Villa, and Cara Yaworske.**

Amanda Cain and **John McMurray** graduated from Wake Forest University on May 20.

Samantha Bissell graduated from Lawrence Technological University and was awarded a master of business administration.

Scott Dielman earned a bachelor of arts in history and political science from Davis & Elkins College.

Meatless Diet Could Prolong One's Life

New study shows vegetarian and vegan diets could lower risk of untimely death.

BY MARILYN CAMPBELL
THE GAZETTE

Walk into Annie Mahon's spacious kitchen on a day she's cooking, and the first thing you'll notice are fresh herbs and spices resting on her wooden cutting block. The second is a savory aroma wafting from a Le Cruset cauldron simmering on the gas cook top as chickpeas bubble until the outsides are a glistening alabaster and the insides are creamy.

"I don't add salt to the pot because it dries them out," said Mahon, a Potomac, Md. resident.

Mahon drained the legumes and doused them with enough olive oil, fresh-squeezed lemon juice, Himalayan sea salt, garlic, red onion and ginger so that their mellow and bland disposition had no choice but enliven under such lush treatment.

"I usually cook once or twice a week," said Mahon on a recent Sunday afternoon. "This will last until Thursday and the longer it sits the more flavorful it becomes."

In another olive oil-coated crucible, Mahon sautés corn, releasing the clean fla-

vors of each kernel. She tosses black beans and slivers of red peppers into the pot and then sprinkles the concoction with assertive cumin, woody, shredded basil and pungent, chopped garlic. The warm oil melded the flavors, giving the dish a profoundly savory bite.

One thing is missing from her menu: animal products. While Mahon is creating an efficient, balanced meal, researchers say she is also prolonging her life. A recent study published in JAMA Internal Medicine, a Journal of the American Medical Association, showed that vegans and vegetarians experienced a 12 percent lower rate of untimely deaths than their meat-eating counterparts.

According to the study, a vegetarian diet has been associated with lowered risk of several chronic diseases such as hypertension, diabetes and heart disease. Medical experts say dietary choices appear to play a big role in protecting the 70,000-plus study participants from heart disease, which vegetarians were 19 percent less likely to die from than meat-eaters.

"Fruits and veggies — all of them, always are good for hearts," said Laura Evans, who



A recent study showed that vegan and vegetarian meals, such as this corn, red pepper and black bean dish can help prolong one's life.

holds a doctor of nursing practice and works as an assistant professor in the Nurse Practitioner Program at George Mason University School of Nursing in Fairfax, Va. "[Also] good are flax seed, nuts especially walnuts and almonds, canola and olive oil."

Evans adds that cholesterol-rich foods can send one's blood pressure, blood sugar and cholesterol readings on the wrong side of normal. "Foods from animals, cheese [because] it's an animal product and most varieties [of cheese] are high in fat and cholesterol. All processed food [is] bad for hearts."

While many carnivores consume their share of plants, the idea of abstaining from meat, dairy and poultry can seem like an

insurmountable feat. Local dieticians say not so, however. As Mahon shows, meatless meals are not synonymous with self-denial, monotony, brown rice and tofu.

"The number one thing to do is to explore different types of vegetables. Think outside of green beans and corn," said Alexandria, Va., resident and registered dietician Bonita Lillie of the Dietetic Consultants of Northern Virginia in Fairfax and Marymount University in Arlington. "Farmers markets are great time this year. I was at the Kingstowne Farmers Market [in Alexandria] recently and I discovered four or five different kinds of eggplants that I hadn't heard of."

When combined with the right spices, root vegetables and Portobello mushroom can make even the most devoted carnivore leave the land of burgers and steak, even if only temporarily.

"Try mixing in herbs and spices to take out salt," said Lillie. "Research to determine which herbs would go best with which vegetables. There are a lot of savory herbs that enhance the flavors of vegetables. Spaghetti squash with marinara sauce, for example, is not meat based, but can be very satisfying." Meanwhile, Mahon, who eliminated most meat from her diet to support her health, is writing a cookbook that she hopes will show others that vegan meals can be healthful, simple and satisfying.

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