



PHOTOS BY STEVE HIBBARD/THE GAZETTE

Calla Willett teaches general Deep Water Aerobics classes at the Mount Vernon RECenter.

## Classes Offer Liquified-Fun

**Mount Vernon RECenter offers 13 water aerobics classes.**

BY STEVE HIBBARD  
THE GAZETTE

**F**or people with joint or arthritis problems, the gentle resistance that water aerobics provides is the perfect remedy for fun and exercise. The Mount Vernon RECenter on Belle View Blvd. offers 13 classes from 6 a.m. to 7 p.m., six days a week, starting on Sept. 3. There's Power Finning, Shallow-Deep Combo and Swim-

ming for Fitness, to name a few. The classes are tailored for various athletic abilities — for both the young and old.

"We get a lot of referrals from doctors and chiropractors," said Aquatic Director Britta Stratford, 34. "For people who have joint problems, water exercise is very good because it minimizes damage to the joints while helping people keep physically fit," she said.

The class time can affect its clientele: older retirees tend to go in the morning while the working crowd prefers the evening.

Calla Willett, 39, of Fort Belvoir, teaches three different water exercise classes. Her Deep Water

SEE CLASSES OFFER, PAGE 3



Members of the Aqua Fit and Tone water aerobics class at the Mount Vernon RECenter (from left): Betty Griffith, Pat Sawyer, Marilyn Wanner, Laura Nelson-Bolick, Kim Engle, Lynette Hendricks and Kathy Greene.

## Opportunity Neighborhood

**Organization celebrates first anniversary with bus tour.**

BY STEVE HIBBARD  
THE GAZETTE

**O**ppportunity Neighborhood, a group that helps children succeed in school and life, celebrated its first anniversary with an 11-stop bus tour targeting Mount Vernon schools and neighborhoods along Route 1.

The tour highlighted the areas that are served by the organization which supports young people from "cradle to college to career." The tour started at the South County Government Center, which houses Human Services agencies in Fairfax County.

Opportunity Neighborhood unites parents, grandparents, businesses, government, funders and established community groups to help others by sharing resources, knowledge, money, mentoring, or volunteering time.

Capital One gave the seed



Beatrice Asuaa, 18, a 2013 graduate of Mount Vernon High School, will study nursing and sociology at Old Dominion University in September.

money to pay for community outreach. Other donors are the Virginia Department of Criminal Justice Services and the Virginia Department of Education.

The first stop on the tour: Mount

SEE TOURING, PAGE 7



PHOTOS BY STEVE HIBBARD/THE GAZETTE

Karen Shaban of the Fairfax County Department of Human Services explains the Promise Scorecard to M. Crockett, a 34-year resident of the Sequoyah community. The Promise Scorecard helps staff track progress of the Opportunity Neighborhood programs.

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### Classic and Chic

This elegant, updated townhome has a desirable Old Town address. The main level is perfect for entertaining with wood floors, living room fireplace and convenient half-bath. The spacious dining room is open to the high-end kitchen. Upstairs are two master suites and a sunny open space, perfect for an office or TV lounge. There's even private parking!

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### Wonderful Opportunity - New Price

This charming home is located on a large corner lot in Braddock Heights. Bright and airy main level with hardwood floors, living room with a fireplace and built-in bookcases, and a separate dining room which leads to a light-filled family room with French doors opening to a slate patio. The upper level includes three bedrooms and full bath. Finished lower level.

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### This One is a Gem!

Don't miss this great three-bedroom, two-bath townhouse/duplex located just 3.4 miles south of Old Town. Fenced yard and totally renovated in 2011 it shows perfectly. Walkable to schools, shopping, restaurants, and more. Beacon Hill/Belleview areas both have numerous amenities. Backs to park.

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### Old Town Crescent

This 1400+ SF, two-bedroom, two-bath condo has it all. Bright open and airy floor plan is a perfect space for entertainment. There is a chef's kitchen with gas cooking and an abundance of storage. Beautiful moldings, hardwood floors and plantation shutters throughout. The living room boasts a gas fireplace. Fantastic location plus garage parking!

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### Lovingly Maintained

Brick rambler with sun porch addition, flat lot with beautiful landscaping, sprinkling system & tranquil koi pond. Three bedrooms, three baths. Lower level with den, rec room, storage room and separate laundry room. Windows replaced, wood floors under carpet, white kitchen with quartz counters, updated master bath, cul-de-sac location, Polk Elementary School district.

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### Terrific Location

Updated three-bedroom, two-bath townhome. Hardwood floors & decorative moldings. Stainless appliances. Sizable, fenced yard. Backs to park. New carpet, paint. Newer roof (2012). Close to Del Ray, the Birchmere, National Airport, & Potomac Yards. Great investment!

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# Reunion Marks Fort Hunt High's 50-Year Birthday



**Tom Harvey, board member and organizer, and his mom, Ruth.**



**Joe Gililand and Terry Alers, president and vice president of the Fort Hunt Alumni Association.**



**Kevin Wheatley ('71) and Coach Frank Creneti enjoy a moment at the picnic.**



**More than 1,700 people attended the old Fort Hunt High School 50th Reunion this past weekend at the Fort Hunt Park.**



**Joe Gililand (center) with Eliana DeLeon, Irene DeLeon, Sandy Critz and Jan Bonanno.**

## About Fort Hunt High School

Fort Hunt High School opened its doors in 1963 and was closed due to declining enrollment and politics in 1985. It still stands as one of the only Fairfax County high schools ever to be closed. The efforts of its alumni and alumni association have kept the school's spirit thriving nearly 30 years later.

Fort Hunt High School graduates have included a four-mission Space Shuttle astronaut (Wendy Lawrence), national entertainers (Hoda Kotb), Navy Admirals (Sandy Winnefeld, Vice Chairman of the current Joint Chiefs of Staff), Army Generals (Gen. Raymond Mason, Gen. Del Turner), members of the House of Representatives (Carl C. Perkins, Kentucky), Emmy Award Winners (Mark Oblinger and Greg Hale Jones), award winning physicists (Edward "Ned" Wright), creative Hollywood-types, talented musicians, lawyers, doctors, corporate successes (Mike Novogratz) and non-profit leaders (Jacqueline Novogratz).

The Fort Hunt High School Alumni Association is a non-profit corporation which coordinates and promotes alumni efforts and has established a scholarship program for West Potomac High School students in the name of Fort Hunt High School. See [www.fhhs.alum.org](http://www.fhhs.alum.org).

## Aerobic Classes Offer Liquified-Fun

FROM PAGE 1

Exercise is cardio-intensive, so it's a fat-burning workout in 12-feet of water using floaties. "We do fat-burning for the first half hour, and the second half hour is toning, weights and balance," she said.

For her Aqua Pilates class, she said: "There's no running or jumping or getting your heart rate up." It focuses on working core muscles, balance and posture.

The Arthritis Water Exercise class is in the shallow end of the pool. "We don't use any equipment; it works on flexibility and range of motion," said Willett.

"Water aerobics has the bad stigma of being for old people, but it's for every-

body," said Laura Nelson-Bolick, 53, of Mount Vernon, who has taught the Aqua Fit and Tone class five days a week for 23 years at Mount Vernon RECenter. With little impact on joints, her goal is not any major muscle group or major weight loss. "It's good overall conditioning," she said.

"Laura is enthusiastic and it makes us enthusiastic," said Kathy Moore, 76, of Fort Hunt, who has been taking classes for 12 years. "We're older, most of us, and [Laura's] aware of what's good for our bodies."

The class has made a huge difference for Kim Engle, 56, of Fort Hunt, who has multiple sclerosis. "It has helped my balance, helped combat fatigue and overall supported good health .... It's a great place to come for both your body and soul."

Cindy Baum of Belle View has taken Aqua Fit and Tone three times a week for 14 years. "It keeps me walking and just helps me in general to function in life," she said.

When guests purchase the Aqua Flex Pass at a base rate of \$127 for 10 visits; \$240 for 20 visits; or \$352 for 30 visits (valid for four months), they can drop in and use any of the nine Fairfax County rec centers. Discounts are also offered. Drop-in rates are more flexible at \$12/county residents; \$15/non-county. For more details on classes, visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks).



**Laura Nelson-Bolick of Mount Vernon has taught Aqua Fit and Tone water aerobics for 23 years at Mount Vernon RECenter.**

PHOTOS CONTRIBUTED

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# Local History Is in Her Heritage

**Susan Hellman begins as new director of Carlyle House.**

BY MICHAEL K. BOHN  
GAZETTE PACKET

**T**he Carlyle House on North Fairfax Street has a new director — Susan Hellman. She started on June 1 and settled in immediately. She may be new to this 260-year-old national landmark, but her knowledge of area history has allowed an easy transition.

Hellman previously was deputy director and then acting director of Woodlawn Plantation, the home of George Washington's step-granddaughter. Before that, she was the local history expert at the Fairfax County Planning and Zoning Department and historian in the county library's Virginia Room. Hellman, a Duke graduate, has a master's degree in architectural history from the University of Virginia.

She is also the descendent of several families that revitalized the greater Alexandria area in the mid-1800s. Led by Jacob Troth and Chalkley Gillingham, who bought Woodlawn Plantation in 1846, 40 families moved to Virginia from New Jersey. Hellman's great-great-great-grandfather, Edward C. Gibbs, and his wife, Elizabeth Troth Gibbs, were part of that group. They bought Hollin Hall I in 1852 from George

SEE LOCAL HISTORY, PAGE 6



PHOTO BY MICHAEL K. BOHN/GAZETTE PACKET

**Susan Hellman is the new director of Carlyle House in Old Town. The Del Ray resident is a local history expert and her great-great-great-grandparents were part of a group of Quaker families who moved to the Mount Vernon area in the 1840s and '50s. They rejuvenated agriculture, commerce and education in southeast Fairfax County.**

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**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./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 hdwd flrs, fully finished w/o basement to a huge patio overlooking 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./Mt. Vernon \$462,000**  
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**Alex./Hollin Hall Village \$524,900**  
**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, hdwd 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./Riverwood \$784,900**  
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## NEWS

# Local History Is in Her Heritage

FROM PAGE 5

William Mason, grandson of George Mason of Gunston Hall.

The families wanted to establish successful agriculture enterprises without slave labor, and their efforts revitalized the area. Simultaneously, the Quakers channeled their energies and community spirit into creating better schools in the Alexandria and Mount Vernon area.

Hellman's family heritage and experience prepared her well for her new position at the Carlyle House. The finest of the grand homes built in the early years of the city, the structure harbors memories of famous families and distinguished guests.

It has borne witness to key events in Virginia's history, from colonial times, independence, the Civil War, Alexandria's industrialization, and the rebirth of Old Town.

"I'm getting up to speed on the administrative details," Hellman said in a recent interview, "and the collections within the house. I'm thrilled to have been selected for the position and I look forward to helping keep Carlyle House a vibrant part of the city."

She and her husband Dave live in Del Ray, and they have two grown children.

The Northern Virginia Park Authority owns and operates Carlyle House. For details, visit: [http://www.nvrpa.org/park/carlyle\\_house\\_historic\\_park](http://www.nvrpa.org/park/carlyle_house_historic_park).

## BULLETIN BOARD

Email announcements to [gazette@connectionnewspapers.com](mailto:gazette@connectionnewspapers.com). Deadline is Thursday at noon.

### TUESDAY/AUG. 20

**Genealogical Society Meeting.** 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. The meeting will take place in room 112 and will feature a presentation by Christine Rose entitled "Bounty Land Records to Help Solve that Problem." Call 703-866-2478 or visit [www.mvgenalogy.org](http://www.mvgenalogy.org).

### 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](mailto:VolunteerSolutions@fairfaxcounty.gov), or visit [www.fairfaxcounty.gov/dfs/olderadultservices](http://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, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) and click on volunteers.

Volunteer to **host an exchange student** for the school year 2013-14. These foreign teens (15-18 years old) want to attend high school here in Northern Virginia, and experience

life as an American teen. Academic Year in America (AYA) is a non-profit organization, and the Department of State does not allow payments to host families. Visit [www.academicyear.org](http://www.academicyear.org) or call local coordinator Louise at 540-286-1561.

**AARP Tax-Aide**, a national volunteer-run tax counseling and preparation service for low to moderate income and elderly citizens, needs volunteers to electronically complete and file federal and state income tax forms for the 2013 tax season. The program offers free five-day training using IRS computers and software. Volunteers become IRS Certified Tax Counselors after completing and passing the IRS examination. Visit [www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html).



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**Mount Vernon  
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PHOTOS BY STEVE HIBBARD/THE GAZETTE

**Members of the Supreme Teen Street Team (back row) include Amilcar Martinez, Jessica Anderson, Rosheryl Murphy, Desha Brown, Abraham Anwar, and (front row) Deanna McNeal, Eric Wanzer, Alexis Endicott and Abraham Anwar.**

## Touring the Neighborhoods

FROM PAGE 1

Vernon High School with one-third blacks, one-third whites and one-third Hispanics — where 41 percent of its 1,800 students receive free or reduced lunches.

Next stop: Riverside Elementary with high numbers of West Africans and Hispanics where 62 percent of its students receive free or reduced lunches.

Next stop: Walt Whitman Middle School, the only school in the county where every student is bused, and 51 percent of the 1,000 students receive free or reduced lunches.

Next stop: Mount Vernon Woods Elementary, where 82 percent of its 550 students receive free or reduced lunches.

People who live along Route 1 in both the Lee and Mount Vernon Districts experience high amounts of school absences, expulsions and suspensions emergency.

“We saw a disparity between white kids and other kids, and good things weren’t happening for other kids,” said Kobby Annor-Ampofo, co-chair of the Opportunity Neighborhood Governance Team. “The mission of Opportunity Neighborhood is securing success for every child, where families and govern-



**Karla Bruce, division director with the Department of Neighborhood and Community Services.**

ment work together to support children from cradle to college to career.”

So he spends time focusing on parent and community engagement, how they can join together to share their strengths to improve the lives of others.

Why the Mount Vernon Pyramid? “We could identify a need,” said Karla Bruce, division director with the Department of Neighborhood and Community Services.

The good thing is that already-established groups are already serving the community; Opportunity Neighborhood ties it all together.

For example, there are strong programs like United Community Ministries, Good Shepherd Catholic Church, Bethlehem Baptist

Church, Progreso Literacy and Citizenship Center, Good Shepherd Housing and Family Services, and “Together We’re The Answer.” The “Together” group is a grassroots mix of about 25 parents, local leaders and school personnel who want to see youth succeed.

“Their primary mission is youth success,” said Bruce. “Ensuring that children aren’t involved in dis-

SEE TOURING, PAGE 19

### PEOPLE NOTES

**Elizabeth Rives**, daughter of John and Betsy Rives of Mount Vernon, has been chosen as a state finalist in the National American Miss Virginia Pageant. Elizabeth will be participating in the Junior Teen 13 – 15 age division, at the Hyatt Regency Reston hotel in Reston on July 29, along with other young women from across Virginia.

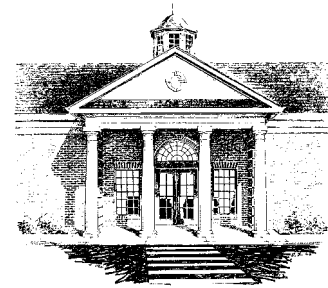
The winner of the pageant will receive a \$1,000 cash award, the official crown and banner, a bouquet of roses, and air transportation to compete in the National

Pageant in California where she will receive a complimentary tour of Hollywood and two V.I.P. tickets to Disneyland. Elizabeth, 14, will be a freshman at Bishop Ireton High School this fall. She is active in her school and community, including being a member of the National Junior Honor Society, and participating in sports, music, and theater programs.

Sponsors for her pageant bid include McGinley, Elsberg & Hutcheson P.L.C., Mount Vernon Athletic Club, Chevys Fresh Mex and Topsy Social Analytics.



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# OPINION

## Enjoy Tax Holiday, Donate School Supplies

Good timing to help those in need.

It is debatable whether recurring tax holidays for different seasonal needs are good policy. But since this weekend is Virginia's tax holiday on school supplies and clothing, it makes sense to take advantage of the savings, and to spread the wealth around. The savings are more significant this year with the new sales tax increases in effect as of July 1.

This year the tax holiday is Aug. 2-4. During this three-day period, school supplies selling

for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See [www.tax.virginia.gov/](http://www.tax.virginia.gov/) for more details.

When you are buying school supplies for your family, buy extra to donate to local families who are not able to afford to do the same. In Fairfax County, more than 40,000 students are poor enough to qualify for free or reduced price meals at school.

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks.

Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/> through Aug. 23. Last year the drive provided supplies for nearly 20,000 students. A \$10 cash donation goes a long way.

Nonprofits partnering in this collection effort include Koinonia, New Hope Church, Northern Virginia Family Service, Our Daily Bread, Reston Interfaith, United Community Ministries, Western Fairfax Christian Ministries.

For more, Collect for Kids website at <http://collectforkids.org>.

### EDITORIAL

### LETTERS TO THE EDITOR

## Ethical Issue

To the Editor:

A Letter to the Editor in the Mount Vernon Gazette (July 18 – “Investigation Not Complete”) strongly criticized Del. Scott Surovell (D-44) for his comments on his blog calling for the resignation of Gov. Bob McDonnell. In his letter, H. Jay Spiegel admonishes Delegate Surovell for not giving the Governor the benefit of the doubt about allegations of wrongdoing in receiving and accepting significant gifts from a large donor with pending on-going litigation with the Commonwealth, because the investigation was ongoing and not complete. He takes a legalistic approach in which McDonnell should be innocent until proven guilty under the law. He goes on to point out that a commenter on Delegate Surovell's blog says that “none of the Governor's actions technically violate any Virginia law.” He also suggests that Delegate Surovell and, by extension, voters should, instead, congratulate Governor McDonnell for what Mr. Spiegel thinks are the fine accomplishments of the McDonnell administration. This approach misses the point and is clearly an effort by Mr. Spiegel to change the narrative.

The gifting problem for Governor McDonnell is as much a moral and ethical issue as it is legal. Delegate Surovell has a sworn obligation to protect the integrity of the institutions of government and public service. Whether the Governor technically violated any law is important to know in the medium term, but the really pertinent issue is ethical.

As the problem unfolds and the Governor has to scramble to return the untoward gifts to himself and his family, the political ramifications are becoming clearer. It is, to me, a great shame, whether one is a Democrat or Republican, that

Governor McDonnell either didn't think the perception of this as a moral or ethical issue was a problem or they thought no one would notice.

**Peter Fraser**  
Alexandria

## Misses Hardison

To the Editor:

We have lost a real advocate for keeping our youth safe and drug free. Cliff Hardison was a member of the board of directors for the Unified Prevention Coalition of Fairfax County, and he was committed to working with youth and the community in efforts to discourage and prevent underage alcohol and binge drinking, and marijuana and prescription drug abuse. His West Potomac High School was among the first to have students join our UPC Youth Council, and his leadership and support will be greatly missed. Our UPC board will be considering an appropriate way to honor Cliff's memory.

**Lisa Adler**  
President, Unified Prevention Coalition of Fairfax County

## Induced Demand

To the Editor:

The Gazette published Phillip Boughton's letter on July 24, in which he advocated easy solutions to the congestion on Route 1. In essence, he advocated making Route 1 eight lanes wide from the Beltway to Fort Belvoir.

It's easy solutions like this which have gotten us to the mess we're in at the moment. The reason is “induced demand,” otherwise put as “build it and they will come.” The West Side Elevated Highway along the edge of Manhattan illustrates the obverse; this elevated highway was torn down in 1973 because of poor maintenance (and the fact that everyone hated it?).

The pre-existing surface streets again became the only way through the area. All the traffic on the Elevated seems to have disappeared; certainly gridlock did not ensue.

If we widen the road to eight lanes, more people will fill it up because the only thing holding them back is congestion; there is virtually no other cost associated with using the road and people will nearly always use a free good to the maximum.

Mr. Boughton's secondary solutions amount to “get the other guy out of my way,” he advocates limiting bus stops to locations where there are pull-outs, and providing yet more lanes for left turns.

Mr. Boughton does say that he only goes to businesses on Route 1 on his bike. If he means “bicycle”, I heartily applaud his example. If more people living within two miles of the business they wish to patronize on Route 1 and elsewhere used bicycles, they would be healthier, happier, pollute less, cause less congestion, and very probably get their errand

## Update on Route 1 Transit Study

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

The Route 1 Transit Study is necessary to obtain long-term federal funding for much needed enhanced mass transit services to the Route 1 corridor. This study will evaluate alternative modes of transit to include ferries, bus rapid transit, light rail and perhaps the expansion of metro eventually.

The Centerline Study, that determines the location of the actual road bed, has already been completed. VDOT, the Virginia Department of Transportation, listens to local officials on transportation needs.

Prince William County local of-

done quicker.

Meanwhile, the current transit study is necessary to provide the political cover to add transit to the corridor. I often ride the REX and Connector 171 buses, and they always have lots of people, especially the REX. One reason for low ridership is that many of the Connector routes run once an hour in the middle of the day. Run the 171 every five minutes and you'll probably see lots more riders within six months. See “induced demand” above.

**Larry D. Huffman**  
Alexandria

## Ideological Not Dietary

To the Editor:

A letter in last week's Gazette from dietitian Hope Warshaw supported Delegate Surovell's recent call for Governor McDonnell's resignation. Ms. Warshaw claimed that her position was solely based upon her opposition to the use of

SEE LETTERS, PAGE 13

officials agreed on the improvements needed to the Route 1 area. That is why you see more progress in widening Route 1 in Prince William. Fairfax County local officials have not agreed on improvements.

COMMENTARY That has complicated expansion of Route 1 in Fairfax County.

The Route 1 Transit Study is ongoing now and will be looking at various transit alternatives. U.S. Rep. Jim Moran passed the legislation that will bring \$180 million in federal funding to improve the area near Fort Belvoir.

This should begin over the next year.

The gridlock will be very difficult as Route 1 cuts through Fort Belvoir. But it will be worthwhile once it's over.

## Mount Vernon Gazette

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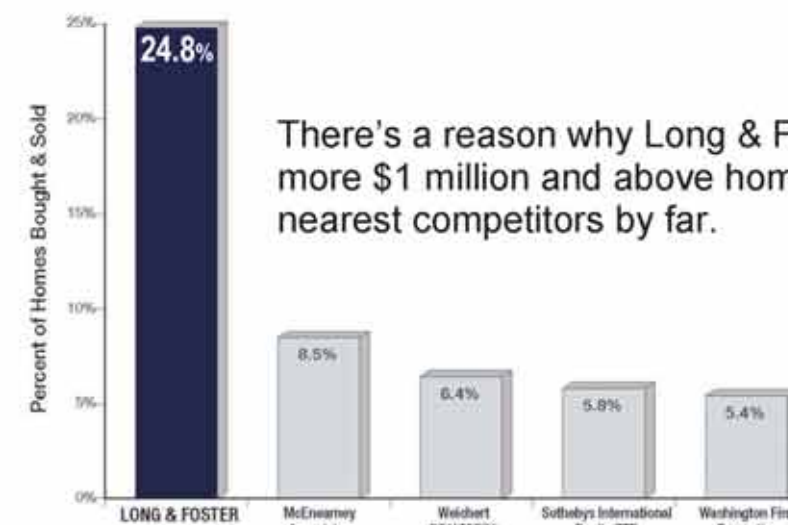


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## OBITUARY

# Recalling Claude 'Buzzie' Harris Rotarian, former Little League commissioner dies at 81.

BY JEANNE  
THEISMANN  
THE GAZETTE



**Claude "Buzzie" Harris**

PHOTO CONTRIBUTED

**I**t was 1957 when Claude "Buzzie" Harris first laid eyes on Nancy Cooper at a party at George Washington University.

"I noticed her right away," Harris would say when asked about that fateful night. "I thought she was real cute."

Both graduates of George Washington High School — he in 1949 and she in 1956 — the couple married on Feb. 27, 1960 at the former Second Presbyterian Church at the corner of Prince and St. Asaph streets, a memory that always elicited laughs when Harris recounted how they arrived at that date.

"It fit in between hunting and fishing seasons," the avid outdoorsman would reveal with a twinkle in his eyes.

A devoted husband and father, Harris died July 29 at Alexandria Hospital with Nancy, their only son David, daughter-in-law Mary and grandsons Will, Wade and Jack by his side. Close family friend Leslie Klingensmith

was also in attendance.

Born Aug. 12, 1931 in Washington, D.C., Harris grew up in the City of Alexandria. After earning a bachelor's degree in mechanical engineering at Georgia Tech, Harris went on to serve in the U.S. Air Force. Upon returning home, he entered the family business, C. B. Harris and Company, a plumbing and heating contractor in Alexandria.

Harris semi-retired when the family business closed in 1982. After a few years, he became a residential real estate appraiser. In 2008, he retired for good to become "a kept man," as he liked to joke in reference to Nancy continuing her work at the Salvation Army National Headquarters.

An active Rotarian and past president, Harris achieved a perfect attendance record of more than 50 years with the Alexandria Rotary Club. In his spare time, he volunteered his time helping others, both locally with organizations such as Meals on Wheels and on international mission trips. Harris also served for several years as commissioner of the Alexandria Little League.

"Buzzie was always looking to help people out," said Lee Duncan, a fellow Rotarian who knew Harris for more than 30 years. "He had so many friends in Alexandria through his decades of service to the community. He will be missed."



**Buzzie and Nancy Harris were married for 53 years.**

As his wedding anniversary approached earlier this year, Harris was asked to share his secrets to a happy marriage. His eyes welled up as he spoke of Nancy, his wife of 53 years.

"It's a cliché but be considerate of each other and don't go to bed mad," he said. "And don't forget that you are a gift from God to each other. I have been blessed to be able to share my life and my faith with Nancy."

A memorial service will be held Thursday, Aug. 1 at 2 p.m. at Westminster Presbyterian Church, 2701 Cameron Mills Road



PHOTOS BY JEANNE THEISMANN/THE GAZETTE

**Buzzie Harris, along with his wife Nancy, was a volunteer for Meals on Wheels.**

in Alexandria. In lieu of flowers, memorial contributions may be made to The Rotary Foundation, Westminster Presbyterian Church or The Salvation Army.

A register book can be found at [www.everlyfuneralhomes.com](http://www.everlyfuneralhomes.com).

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# LETTERS

FROM PAGE 8

a dietary supplement promoted by the person involved in gift-giving to Governor and Mrs. McDonnell that forms the basis for Delegate Surovell's resignation request. Ms. Warshaw insinuated that the proprietor of the dietary supplement promotes its use in place of a well-balanced diet: "But the road to reversal or, better yet, prevention [of chronic diseases] is healthy eating, not an unproven, costly dietary supplement." Ms. Warshaw concluded her letter by expressing her support for first lady Michelle Obama's "Let's Move" nutritional campaign, stating: "You can guess which first lady's nutrition efforts I, as a dietitian, support." Coincidentally, recently, the Los Angeles Times criticized Mrs. Obama and her "Let's Move" campaign because she silently acquiesced when lobbyists for the food industry killed her plan to establish voluntary marketing guidelines for food products. The First Lady who has often stated that her favorite food is french fries, went silent when her influence was needed the most.

I researched the company and found that it does not promote the supplement as a replacement for a well-balanced diet as alleged by Ms. Warshaw, but rather as a supplement to such a diet, and the supplement is promoted for its anti-inflammatory supporting properties. The effectiveness of the supplement is actually well-documented: <http://www.starscientific.com/research-and-development-publications>. The publications accessible at this link appear to be quite scholarly. This got me to thinking: why would a trained dietitian make such misleading allegations about the dietary supplement company?

I don't profess to be conversant concerning the science of nutrition, but I am fully capable of reading a Federal Election Commission individual contributor report. Since 2008, Ms. Warshaw has made political contributions totaling \$1,250, all to Obama-related political committees. During the same time period, her husband Don Kraus has contributed \$9,900, all to Democratic and liberal committees and candidates. Since 2000, Mr. Kraus's political contributions total a whopping \$22,740, all to Democratic and liberal committees and candidates. It seems safe to assume that Ms. Warshaw's position critical of the dietary supplement company and favoring Democrat Mrs. Obama's campaign over the supporters of the Republican Governor McDonnell has an ideological component to it. It certainly has no basis in documented nutritional facts. Incidentally, the combined political contributions of Mr. Kraus and his wife even exceed those reported as made by Delegate Surovell (\$23,235), a politician, although the delegate's report shows no contributions prior to 2004.

Concerning the subject of nutrition, I would be unlikely to take the advice of a politician or their spouse (Governor McDonnell or Michelle Obama) concerning my diet. There are ample justifications to support or oppose Governor McDonnell concerning the issue of the gifts he and his wife received (and recently returned). The dietary supplement in question provides no such justification.

**H. Jay Spiegel**  
Mount Vernon

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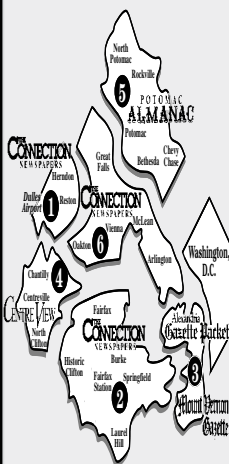




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HEARING on its PRELIMINARY BUDGET for the FISCAL  
YEAR ENDING SEPTEMBER 30, 2014 on Tuesday, Septem-  
ber 17, 2013 at 6:00 p.m. The meeting will be held at AlexRe-  
new's Administrative (J) Building located at 1500 Eisenhower  
Avenue, Alexandria, VA. The preliminary budget is available  
for examination by the public online at www.alexrenew.com  
and during regular business hours at the above address. Cop-  
ies will be made available upon request – phone (703) 549-  
3381 ext. 2260. August 1st and September 5th  
Alexandria Renew Enterprises  
BY: William Dickinson  
Secretary – Treasurer

### 21 Announcements

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#### OBITUARY

**Mary Diana Geschickter, 78** of Scotch Plains, NJ,  
passed away peacefully surrounded by her family on July 26,  
2013, after a courageous battle with cancer. A celebration of  
Diana's life will be held on Saturday, August 3rd at 11:15 am at  
St. Helen's Church, 1600 Rahway Ave., Westfield, NJ.  
Diana, as she was known to her family and friends was born in  
Ayer, MA and lived in Lorton, VA, Alexandria, VA and most  
recently Scotch Plains, NJ.  
She was the daughter of Walter and Margaret (Ryan) Vaugh-  
an, step-daughter of George Hare and sister to Walter Vaugh-  
an all of who predeceased her.  
Diana is survived by her sons, Tad (Jodi), Chris (Joanne) and  
Brian (Tracy). She will also be deeply missed by her grandchil-  
dren, Ryan, Katie, Garrett and Lyndsay. In lieu of flowers, the  
family requests that donations may be made to St.  
Jude Children's Hospital or the American Cancer Research  
Institute.  
Please visit www.dooleycolonialfuneralhome.com for her com-  
plete life story.

### 21 Announcements

### 21 Announcements

#### LEGAL NOTICE

State of Wisconsin Circuit Court – Kenosha County Publication  
Summons - Case No. 13-CV-0808 Branch 3 - The Honorable  
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Loan Servicing, LLC, 1100 Virginia Dr., Ste. 175, Ft. Washing-  
ton, PA 19034, Plaintiff vs. Joseph R. Avila a/k/a Joseph Ra-  
fael Avila & Jane Doe Avila, 5010 Eisenhower Ave., Apt. 302,  
Alexandria, VA 22304-4857 and Cornerstone Villas Condomin-  
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## ONGOING

**Summer Classes.** Art at the Center, 2804 Sherwood Hall Lane. Children ages 6-10 can participate. Register at [www.artatthecenter.org](http://www.artatthecenter.org) or 703-201-1250.

**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](http://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](mailto:mac.slover@alexandriava.gov).

**Art Exhibit.** Noon-4:30 p.m. at the Green Spring Garden Historic House, 4603 Green Spring Road. Grace Rooney's watercolor paintings on display through Aug. 25. Free. Call 703-642-5173 or visit [www.greenspring.org](http://www.greenspring.org).

**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](http://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](http://www.torpedofactory.org).

**Dog Days Dog Show.** July 18-Sept. 1 in the Athenaeum Gallery. The show includes a variety of photographs about dogdom, portraits are also included. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-683-5058.

**Art Exhibit.** Aug. 3- Sept. 1, at The Target Gallery in the Torpedo Factory Art Center, 105 N. Union Street. The exhibit is "Radio Sebastian: You, Me, and the Void". An opening reception for the exhibit will be held Aug. 8, 6-8 p.m. in the gallery. Visit [www.torpedofactory.org/target](http://www.torpedofactory.org/target) or call 703-838-4565.

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

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](http://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

## Irish Festival

The 28th annual Ballyshaners Irish Festival will take place Saturday, Aug. 10, 2013, from 11 a.m.-7 p.m. at Waterfront Park in Old Town Alexandria. This year's festival features Irish musical and cultural groups, including the City of Alexandria Pipes and Drums, the Washington Scottish Pipes and Drums, the Boyle School of Dance, the Culkin School of Dance, the Celtic Rhythm School of Dance and the O'Neill-James School of Dance. Local musical favorites include Mary Smith, Pat Garvey, Rocky Guttmann and Strutton/Glasgow.

Browse Irish goods as well as arts and crafts from a wide variety of vendors and community supporters. Numerous culinary vendors will be participating, with food and cold refreshments being served throughout the day.

Proceeds from the festival help cover the cost of staging the annual St. Patrick's Day Parade in Alexandria.

The Irish Festival is sponsored by the Ballyshaners. A not-for-profit 501(c)3, the Ballyshaners' mission is to promote and preserve Irish heritage through sponsorship of the Alexandria St. Patrick's Day Parade, held annually each March, and the Alexandria Irish Festival.

Festival organizers suggest using Metro (King Street Station) and the King Street Trolley to access the festival. Lawn chairs are welcome, but coolers are prohibited at the festival.



PHOTO BY LOUISE KRAFT/GAZETTE PACKET

Bella Miner applauds as the Irish dancers conclude their performance.



Harp and Guinness flow through the taps as customers line up for a taste of ale.



Brian Little watches the crowd in the A&B soft serve ice cream truck

through Saturday, 10 a.m.-5 p.m., and Sunday, 12-5 p.m. Visit [www.fortwaRoad.org](http://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.alexblackhistory.org](http://www.alexblackhistory.org) or call 703-746-4994.

### African American Activists

**Exhibition.** Living Legends of Alexandria is an ongoing 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](http://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](http://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.

**Summer Youth Programs.** Metro Fine Arts Center 6450 Landsdowne Centre Drive. Classes start July 8. Call 703-339-0444 or visit [www.metrofinearts.com](http://www.metrofinearts.com).

**Gallery.** 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. Call 703-683-1780 or visit [www.theartleague.org](http://www.theartleague.org).

**Book a Librarian.** At the Charles E. 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.

**Art Exhibit.** Friday, Aug. 2 to Sunday, Sept. 1 at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue. The exhibit features seven Del Ray Artisans following their own theme and inspirations to create their own artwork. The gallery is free and open to the public. Visit [www.thedelrayartisans.org](http://www.thedelrayartisans.org).

**Mobile Market.** Thursdays through October, 11 a.m.-1 p.m. in the Landmark Mall parking lot on the Duke Street side. The Arcadia Center for Sustainable Food and Agriculture Mobile Market is a refurbished school bus offering produce, meat, eggs and more from small farmers and food artisans within 100 miles of the area. EBT cards and WIC and Senior FMNP vouchers accepted. Visit

[arcadiafood.org](http://arcadiafood.org).

**Friday Affair Market.** 12-4 p.m. at historic Hollin Hall, 1909 Windmill Lane. Purchase baked goods, treats, flowers and crafts from local vendors. Held July 26, Aug. 9 and the first and third Fridays of every month through December. Call 202-256-5332.

**Encore Chorale.** Mondays 10:30 a.m.-noon at the George Washington Masonic National Memorial, 101 Callahan Dr. Register now for Encore Chorale's fall season. The group of singers, ages 55 and up, practice classical and holiday songs to prepare for December performances. \$150 tuition. Visit [encorecreativity.org](http://encorecreativity.org) or call 301-261-5747.

**Metro Club After-School Program.** Beginning Sept. 9 and running through June 2014, the Metropolitan School of Arts presents a new after-school program for grades 1-6. The program is located at both the Lorton studio at Workhouse Arts Center, 9517 Workhouse Way and in Alexandria at 5775 Barclay Drive. Programs offered will focus on the arts, including music, dance, theatre, yoga and academics, as well as designated homework time. The program will run after school on Mondays, 1-6 p.m., and Tuesday-Friday, 3-6 p.m. MetroClub offers MetroRide buses so students can be transported from certain area schools. Tuition runs from \$130-150. Call 703-339-0444 or visit [www.metropolitanarts.org](http://www.metropolitanarts.org).

## SUMMER CAMPS

The **American Backstage Company** is offering a variety of summer

classes and workshops, many which are free. Located at 5380 Eisenhower Ave. Visit [www.americanbackstage.com](http://www.americanbackstage.com) for a full listing.

**August Art Explorers.** Aug. 2-23, every Friday, 9:15 a.m. or 10:30 a.m. at 2804 Sherwood Hall Lane. Bring toddlers or preschoolers for guided exploration of clay, paint, collage, drawing and building in a supported studio environment. Visit [www.artatthecenter.org](http://www.artatthecenter.org).

The **Little Theatre of Alexandria** is offering a new camp for children ages 5-7 from Aug. 12-16. Children are able to learn about the world of acting by participating in movement games, improv activities and performances of skits. Full or half day sessions available. Call 703-683-5778 ext. 2 or visit [www.thelittletheatre.com](http://www.thelittletheatre.com).

## THURSDAY/AUG. 1

**Summer Quest: Dance Party.** 11 a.m. at Barrett Library, 717 Queen St. Children ages 2 and up can dance along to all kinds of music. Free. 703-746-1703.

**Paws to Read.** 5:30 p.m. at Beatley Library, 5005 Duke St. Children in grades 1-6 can read to friendly dogs. Registration required, 703-746-1702 x5.

## FRIDAY/AUG. 2

**Just Stories.** 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Children ages 2-6 can enjoy stories.

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# SUMMER FUN

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Free, registration required. 703-765-3645.

## SATURDAY/AUG. 3

**Family Dig Day.** At Alexandria Archaeology, 105 N. Union Street. Learn and assist City archaeologists as they examine soil and artifacts gathered from a real dig. The day begins with a lesson on the history and archaeology of Shuter's Hill and continues with a tour and an opportunity to sift through excavated soil in search of artifacts. \$5; children under 16 must be accompanied by an adult. Equipment provided. Reservations required. Call 703-746-4399 or visit [www.alexandriava.gov/Archaeology](http://www.alexandriava.gov/Archaeology).

**Friendship Firehouse Festival Birthday.** 9 a.m. in the 100 block of S. Alfred Street, between Prince and King Streets. The family friendly event will be free for everyone to celebrate the 239th birthday of the historic fire company. Enjoy a collection of antique fire equipment as well as other attractions such as craft booth, food vendors, and free birthday cake. Visit [www.friendshipfirehouse.net](http://www.friendshipfirehouse.net).

**Workshop.** 9:30 a.m.-12:30 p.m. Green Spring Gardens, 4603 Green Spring Road. Learn to make cold process soap with natural ingredients. Lessons include ways to safely handle and store lye, how to add fragrances and exfoliants and ideas for molding and packaging. Registration is \$62. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring).

**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.thedelrayartists.org/artmarket](http://www.thedelrayartists.org/artmarket) for more.

**Wag A Tale.** 10:30-11:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 5-12 can register to read aloud to a reading therapy dog. Registration required, 703-339-4610.

**Book Signing.** Noon at the Special Collections Branch, 717 Queen St. Join the authors of the new book, "African Americans of Alexandria Virginia: Beacons of Light in the Twentieth Century" for a discussion and book signing. The writers, Char McCargo Bah, Christa Watters, Audrey P. Davis, Gwendolyn Brown-Henderson and James E. Henson Sr. will all be present at the event. Copies available for purchase at the signing. Call 703-746-1770.

**Dog Days Adoption Event.** 1-4 p.m. at the Athenaeum Gallery, 201 Prince St. The Animal Welfare League of Alexandria presents this chance to find the perfect canine. Call 703-548-0035 or visit [nvfaa.org](http://nvfaa.org).

**Tavern Day.** 1 p.m. at Gadsby's Tavern Museum, 134 N. Royal Street. Learn how to dance like George Washington or partake in some scientific discussions and experience Alexandria's five-star hotel of the 18th century. Visit [www.gadsbystavernmuseum.us](http://www.gadsbystavernmuseum.us).

**Book Signing.** 2-5 p.m. Fort Ward Museum, 4301 West Braddock Road. Civil War historian B. Franklin Cooling III signs his book "The Day Lincoln Was Almost Shot: The Fort Stevens Story" about President Abraham Lincoln's role in the Battle of Fort Stevens in July 1864. For this event a special book price of \$40 will be offered. Call 703-746-4848.

**Crafts With Shannyn.** 2 p.m. at Beatley Library, 5005 Duke St. Transform a cigar box into a keepsake treasure trove. Free, but registration required. 703-746-1743.

**Tangle of Tales.** 2:30 p.m. at Sherwood Library, 2501 Sherwood



**Tom Koerner and Debra Sternberg hold dances and give lessons regularly in the area. Dances are preceded by classes for new and returning dancers. Visit [gottaswing.com](http://gottaswing.com).**



**Dance classes are followed by more time to practice or show off new skills to live music.**

Hall Lane. All ages can enjoy folk tales from around the world, presented by Grey Seal Puppets. Free. Registration required, 703-765-3645.

**Music Recital.** 7:30 p.m. at the Lyceum, 201 S. Washington St. Ava Oaxaca, alto saxophone, and Joe Broom, euphonium, perform "Summer Music." Free. Call 703-838-4994 or email [avaoaxaca@aol.com](mailto:avaoaxaca@aol.com).

**Concert.** 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. Come see Poco and Pure Prairie League. \$35. Visit [www.pocoonut.org](http://www.pocoonut.org) and [www.pureprairieleague.com](http://www.pureprairieleague.com).

## SATURDAY/AUG. 3-SUNDAY/SEPT. 1

**Art Gallery.** Radio Sebastian: You, Me, and the Void. Reception is Thursday 6-8 p.m. Target Gallery, Torpedo Factory, 105 N Union St. [www.torpedofactory.org/target](http://www.torpedofactory.org/target).

## SUNDAY/AUG. 4

**"Downton Abbey."** 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road. Characters from "Downton Abbey" enter the '20s and must adjust to the new society. Tickets are \$29. Call 703-941-7987.

**Concert.** 1-5 p.m. at Tim's Rivershore Restaurant and Crabhouse, 1510 Cherry Hill Rd. Alexandria's Fuse Box

performs. Visit [www.reverbnation.com/fuseboxbandrocks](http://www.reverbnation.com/fuseboxbandrocks).

**Film.** 2 p.m. at Charles E. Beatley Library, 5005 Duke St. The Summer Fun Sunday Film Fest presents "Mamma Mia." Free. Call 703-746-1702 or visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us).

**Annual Chamber Music Series.** 3 p.m. at The Lyceum, 201 S. Washington St. Presented by the Washington Metropolitan Philharmonic Association. Call 703-799-8229 or visit [www.wmpamusic.org](http://www.wmpamusic.org).

## MONDAY/AUG. 5

**Los Quetzales.** 2:30 p.m. at John Marshall Library, 6209 Rose Hill Drive. All ages welcomed to experience Mexican culture through music and dance. Registration Required. Call 703-971-0010.

## TUESDAY/AUG. 6

**Agriculture in the Classroom.** 9 a.m.-2 p.m. Green Spring Gardens, 4603 Green Spring Road. An interactive session of lesson ideas and resources designed for daily curriculums to engage students in hands-on learning. Free. Call 703-



PHOTOS BY CAROL E. WARD

**Ohio's Blair Carman and the Bellevue Boys play rock and roll just like Jerry Lee Lewis, Elvis Presley and Carl Perkins and have long been a favorite of the DC swing dance community.**

## Gotta Swing

Tom Koerner and Debra Sternberg have been teaching Jitterbug and Lindy Hop since 1987. Starting with a single class each week, their swing lessons are now taught at eight locations, with more than 500 students each week. Visit [gottaswing.com](http://gottaswing.com) to find dances and classes in the area.

More dances with Gottaswing:

**Sunday Nights:** After-class DJ dance 8-10 p.m., free. McGinty's at 911 Ellsworth Dr., Silver Spring, Md.

**Monday Nights:** After-class DJ dance 9-11 p.m., \$5 at the door. Chevy Chase Ballroom at 5207 Wisconsin Avenue, NW, Washington, D.C.

**Tuesday Nights:** After-class dance with live music 9-11 p.m., \$10 at the door. DJ dances 9-11 p.m. the first and third Tuesday of the month, free; live music 9-10:30 p.m. followed by DJ music 10:30-11 p.m. the second and fourth Tuesday, \$10 at the door. The Carlyle Club, 411 John Carlyle Street, Alexandria.

**Wednesday Nights:** DJ dances 9-11 p.m. second and fourth Wednesday of the month, \$6; live music 9-11 p.m. the first and third Wednesday, \$10 at the door. Nick's Nightclub, 642 South Pickett Street, Alexandria.

**Friday Nights:** Drop-in beginner swing lesson with Sue and Gary 8:30-9 p.m., dance 9 p.m.-midnight, \$15 at the door. Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon.

**Third Friday:** Drop-in beginner Balboa lesson 8:30-9 p.m., DJ dance 9-11:30 p.m., \$10 at the door. Backroom Annex at Glen Echo Park, 7300 MacArthur Boulevard, Glen Echo, Md. Visit [www.gottaswing.com](http://www.gottaswing.com) to confirm dates.

**Saturday Nights:** Drop-in beginner swing lesson with Tom and Debra 8-9 p.m., dance 9 p.m.-midnight. Admission \$18 for adults, \$12 ages 12-17 years old, \$10 children 11 and younger unless otherwise noted; admission may be higher for special events. All admission at the door. In the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, Md.

642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring).

## Fire Engine Association

**Fundraiser.** 9 a.m.-2 p.m. The Friendship Veterans Fire Engine Association will hold its annual Friendship Firehouse Festival. This family event will take place in the 100 block of South Alfred Street between Prince and King streets, which will be closed off to traffic for the festival. Free. Visit [www.friendshipfirehouse.net](http://www.friendshipfirehouse.net).

**Los Quetzales.** 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. All ages welcomed to experience Mexican culture through music and dance. Registration Required. Call 703-765-3645.

**Baby Lap Sits.** 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Literacy programs for parents and babies. Ages birth through 12 months. Registration required. Call 703-971-0010.

**Sherwood Poetry Read-Around.** 6:45 p.m. at Sherwood Library, 2501 Sherwood Hall Lane. Adults can share favorite poems, either original or by a favorite poet. Free. 703-765-3645.

**Evening Storytime.** 7 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Children of all

ages can wear pajamas and enjoy stories and activities about bedtime. Free. Registration required, 703-339-6700.

## WEDNESDAY/AUG. 7

**Puppet Show.** 10 a.m. at Green Spring Gardens, 4603 Green Spring Road. The "Time Capsule" puppet show will take place featuring The Three Billy Goats Gruff and Jack and the Beanstalk. The show is \$3 per person. Visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) and use event code 2903856301 or call 703-642-5173.

**Children's Science Center.** 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Hands-on science experiments for ages 6-12. Registration Required. Call 703-768-6700.

**Small Wonders.** 10:30 a.m. at Sherwood Library, 2501 Sherwood Hall Lane. Stories, songs and games for ages 12-23 months with an adult. Registration required. Call 703-765-3645.

**Toddler Time.** 10:30 a.m. at John Marshall Library, 6209 Rose Hill Drive. Stories and activities for children ages 13-23 months.

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# SUMMER FUN

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Registration required. Call 703-971-0010.

**Concert.** Noon-1 p.m. at Canal Center Plaza, 44 Canal Center Plaza. Music by Silver City. Free. 703-746-5592.

**Daytime Book Discussion.** 12:15 p.m. at Kingstowne Library, 6500 Landsdowne Centre. Call for title. 703-339-4610.

**Cool Yoga.** 6:30-7:30 p.m. Maureen Clyne of Prasad Yoga offers, outdoor yoga classes at 1900 Mt. Vernon Avenue in Del Ray. Open to all skill levels. Free. Call 703-967-8884 or visit [www.prasadayoga.com](http://www.prasadayoga.com).

## AUG. 7-SEPT. 2

**Art Exhibit.** At the Art League Gallery, 105 N. Union St. The annual August landscape exhibit "Scapes" features a variety of artwork from all media, inspired by the environment. Juried by Elizabeth Klimek. The opening reception will be held on Thursday, Aug. 8 from 6:30-8 p.m. Call 703-683-1780 or visit [www.theartleague.org](http://www.theartleague.org).

## THURSDAY/AUG. 8

**Doggie Happy Hour.** 4-7 p.m. at the Athenaeum, 201 Prince St. Bring your dogs for an evening in the Athenaeum garden. Lemonade and milkbones provided. Free. Call 703-548-0035 or visit [www.nvfaa.org](http://www.nvfaa.org).

**Blockbuster Thursday.** 6:30 p.m. at Beatley Library, 5005 Duke St. Free. Call 703-746-1702 for title.

**Performance.** 7 p.m. at The Athenaeum, 201 Prince St. Joe Peck and Friends with featured artist Mercedes Mill. All tickets are \$10 and available online and at the door. Visit [www.nvfaa.org](http://www.nvfaa.org) or call 703-548-0035.

**Movies at Martha.** 7 p.m. at Martha

Washington Library, 6614 Fort Hunt Road. Adults and teens age 13 and up can enjoy a movie. Call for title. 703-768-6700.

**Night Time Tales.** 7 p.m. at John Marshall Library, 6209 Rose Hill Drive. Children ages 3-5 can listen to stories. Registration required. Call 703-971-0010.

**Twilight Concert.** 7:30-8:30 p.m. at John Carlyle Park, 300 John Carlyle St. Concert by Jason Paul Curtis & Swing Lab. Free. 703-746-5592.

## AUG. 8-SEPT. 2

**Art Exhibit.** At the Art League Gallery, 105 N. Union St. "Shapes" features sculptures, forms and structures by Art League artists. Juried by Laura Roulet. The opening reception will be held Thursday, Aug. 8, 6:30-8 p.m. Call 703-683-1780 or visit [www.theartleague.org](http://www.theartleague.org).

## FRIDAY/AUG. 9

**Lori Williams.** Opening for Jose' James at The Birchmere 3701 Mt. Vernon Ave. Tickets on sale now. Visit <http://lorijazz.com/> or [www.Birchmere.com](http://www.Birchmere.com).

## FRIDAY-SATURDAY/AUG. 9-10

**Summer Sidewalk Sale.** 10 a.m.-2 p.m. at the Alexandria Black History Museum, 902 Wythe St. The sale includes books, exhibit catalogs, games, toys and DVDs. After visiting the sale, see the exhibitions within the museum's galleries. Proceeds go to museum programming. Visit [www.alexblackhistory.org](http://www.alexblackhistory.org).

## TUESDAY-THURSDAY/AUG. 9-11

**Theatre.** 10 a.m. Friday and Saturday;

10:30 a.m. Sunday at the Athenaeum, 201 Prince St. Arts on the Horizon presents "Under the Canopy" an interactive theatre performance designed for children 0-2 years old. \$3. Call 703-548-0035 or visit [www.ArtsOnTheHorizon.org](http://www.ArtsOnTheHorizon.org).

## SATURDAY/AUG. 10

**Workshop** 9:30 a.m.-12:30 p.m. Green Spring Gardens, 4603 Green Spring Road. Green Spring staff shares casting and painting techniques for decorating the home and garden. Program registration is \$45. Supply registration is \$20 and is due by Aug. 7. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring).

**Workshop.** 10 a.m.-noon Green Spring Gardens, 4603 Green Spring Road. Learn to create a tabletop terrarium from begonia enthusiast Johanna Zinn. Container, plants, soil and care instructions provided. Registration is \$45. Call 703-642-5173 or visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring).

**Book Sale.** 10 a.m. at Kingstowne Library, 6500 Landsdowne Center. Items for all ages. 703-339-4610.

**I Dig Sign Language.** 10:30 a.m. at Martha Washington Library, 6614 Fort Hunt Road. Children of all ages can enjoy songs and games introducing basic American Sign Language. Free. 703-768-6700.

**Wag A Tale.** 10:30-11:30 a.m. at Kingstowne Library, 6500 Landsdowne Centre. Children ages 5-12 can register to read aloud to a reading therapy dog. Registration required, 703-339-4610.

**28th Annual Ballyshaners Irish Festival.** 11 a.m.-7 p.m. at Waterfront Park in Old Town Alexandria. A day full of Irish culture

provided by the Ballyshaners features musical groups, dancers and vendors of authentic Irish foods and crafts. All proceeds go to pay the cost of Alexandria's annual St. Patrick's Day Parade. Visit <http://www.ballyshaners.org/festival/index.htm>.

**Free Meditation Workshop.** 11 a.m. at Burke Library, 4701 Seminary Road. Learn breathing technique and more. Free. 703-746-1704.

**How to Succeed at Iced Coffee.** 11 a.m. at Barrett Library, 717 Queen St. Learn how to make iced coffee and sample what is created. Reservations recommended, 703-746-1703.

**Concert.** 7:30 p.m. at the Birchmere Music Hall, 3701 Mount Vernon Ave. David Majerowicz opens for Marty Stuart. \$35. Visit [www.birchmere.com](http://www.birchmere.com) or call 703-549-7500.

**Jane Austen Ball.** 8 p.m. at Gadsby's Tavern 134 N. Royal Street. This evening in the 1790s will feature a variety of English country dances in the historic ballroom, live music, and iced refreshments. After-5 dress encouraged. Visit [www.shop.alexandria.gov](http://www.shop.alexandria.gov) or [www.alexandria.gov/gadsbystavern](http://www.alexandria.gov/gadsbystavern).

## SATURDAY-SUNDAY/AUG. 10-11

**4th Annual Alexandria Sidewalk Sale.** New this year, the sale is over two days in two neighborhoods, Old Town and Del Ray with more than 55 shops offering clearance deals, promotions and product demos. Parking is free at meters and city-owned garages. More details at [ShopLocalAlexandria.com](http://ShopLocalAlexandria.com) and [VisitAlexandriaVA.com](http://VisitAlexandriaVA.com).

## SUNDAY/AUG. 11

**Family Days** at Gadsby's Tavern Museum, 134 N. Royal St. Families can partake in tours by Junior Docents. The Museum is also offering a look at the newly restored Ice Well, which allows visitors to experience the science and history that goes along with the making of ice cream. \$5 for adults; \$3 for children age 5-12. Call 703-746-4242 or visit [www.gadsbystavern.org](http://www.gadsbystavern.org).

**Film.** 2 p.m. at Charles E. Beatley Library, 5005 Duke St. The Summer Fun Sunday Film Fest presents "Enchanted." Call 703-746-1702 or visit [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us).

**EOD Warrior Foundation BBQ Festival.** 2-8 p.m. at the American Legion/Gadsby's Tavern Complex, 400 Cameron St. The Explosive Ordinance Disposal (EOD) Warrior Foundation honors wounded and fallen EOD warriors and their families. Festivities include live music by Red Star. \$20; all proceeds go to charity. Call 540-554-4550 or email [info@eodwarriorfoundation.org](mailto:info@eodwarriorfoundation.org).

**Concert.** 3 p.m. at The Lyceum, 201 S. Washington St. Pianists Sylvia Hong and Michael Rector will perform. The event is presented by the Washington Metropolitan Philharmonic Association. Call 703-799-8229 or visit [www.wmpamusic.org](http://www.wmpamusic.org).

## MONDAY/AUG. 12

**Baby Lap Sits.** 1:15 p.m. at John Marshall Library, 6209 Rose Hill Drive. Literacy programs for parents and babies. Ages birth through 12 months. Registration required. Call 703-971-0010.

**Film Series.** 2 p.m. at Burke Branch Library, 4701 Seminary Road. Watch a political drama that takes a behind-the-scenes look at John McCain's 2008 presidential campaign. Free.

Put the ZIP  
on Homelessness  
ANNUAL JEANS DAY FAIRFAX

SAVE THE DATE

Fairfax Chamber, Connection Newspapers, Apple Federal Credit Union &  
Fairfax-Falls Church Community Partnership to End Homelessness Partner to Present  
The 3rd Annual "Jeans Day" October 18, 2013

Fairfax COUNTY  
Chamber OF COMMERCE  
The Voice of Business in Northern Virginia

THE CONNECTION  
Newspapers & Online  
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# MVHS Graduate Belanger To Play Goalie at American

**L**ucas Belanger was a standout goalkeeper early in his time at Mount Vernon High School. But during his junior season, Belanger left the program to focus on preparing for soccer at the collegiate level. The Majors won the National District title in his absence, but lost in the Northern Region quarterfinals in a penalty-kick shootout against Robinson.

One year later, Belanger returned to the Majors late in the 2013 regular season. Then a senior, Belanger helped Mount Vernon close the year on a magical run that concluded with a state championship. The Majors won 11 of their final 12 matches, including a 6-1 victory against Hayfield in the National District championship game. Along the way, Belanger made a huge impact during penalty-kick shootout victories against T.C. Williams in the region quarterfinals, Forest Park in the state quarterfinals and Cosby in the state championship match. Belanger will continue his soccer career at American University, where his sister, Charlene Belanger is a goalkeeper for the women's soccer team.

**Q:** What made American the right fit for you?

**Belanger:** Both the level of soccer as well as the location were the selling points for me. Very competitive Division I soccer, and close to home, but not so close at the same time.

**Q:** What is your favorite memory of playing soccer at Mount Vernon?

**Belanger:** Has to be winning the state tournament. To hear about all the other big name schools that have won it during my other three years in high school and now



**Goalkeeper Lucas Belanger, a 2013 Mount Vernon High School graduate, will play soccer at American University.**

for Mount Vernon to be on that list is incredible.

**Q:** If you could go back and change one thing about your high school athletic career, what would it be?

**Belanger:** I really wish I had taken coach Tony Garza up on a bet where he said he could score 8 out of 10 shots on me. He had no chance!

**Q:** At what age did you start playing soccer? At what age did you start playing goalkeeper? When did you realize playing college soccer was a possibility for you?

**Belanger:** I started playing soccer at age 4. I started to get some minutes in at goal-

keeper around age 7. I had always dreamed about playing college soccer, but it became a possibility when I guest-played for a 19-year-old team at 15. They were all high school seniors on their way to various Division I soccer schools.

**Q:** Your sister Charlene is a goalkeeper for the American women's soccer team. What role, if any, did that play in you choosing American?

**Belanger:** Her being there gave me the opportunity to become more familiar with both the academic and athletic programs at AU. In addition, I and my sister have always trained together and pushed each other to get better, and both of us going to

American will help us to continue this tradition.

**Q:** What are you most looking forward to about the transition from high school to college?

**Belanger:** I'm looking forward to the opportunity to play soccer at a higher level, as well furthering my education at AU.

**Q:** Who is your favorite music artist? Why?

**Belanger:** My favorite band is SOJA. They're a reggae band from Washington, D.C. Listening to them is a good change from some of the meaningless lyrics you hear in more popular songs today. They make great songs with meaningful lyrics.

**Q:** What's your favorite movie? Why?

**Belanger:** The Muppets Movie! Because who doesn't like the Muppets?

**Q:** What's your favorite food?

**Belanger:** My favorite food would have to be mac and cheese.

**Q:** What is your favorite hobby outside of soccer?

**Belanger:** I enjoy watching and playing other sports outside of soccer. It's a refreshing break from playing one sport all the time and it allows me to stay current on sports news.

**Q:** What location is the farthest you've traveled from the Washington, D.C. metro area?

**Belanger:** I have traveled to Arizona a couple times to visit family, but I'm not a big traveler.

— JON ROETMAN



**Fort Hunt rugby player Rachel Dacey competed in the Challenge Cup Regional All-Star Tournament in Pittsburgh, Pa.**



**Colleen Grady scored a go-ahead try during the Challenge Cup Regional All-Star Tournament in June.**



**Erin Conway played multiple positions during the Challenge Cup Regional All-Star Tournament in Pittsburgh, Pa.**

## Fort Hunt Girls' High School Rugby All-Stars Play in Regional Competition

**F**ort Hunt Gators players Carol Borkowski (Lee High School), Erin Conway (West Potomac), Rachel Dacey (West Potomac), and Colleen Grady (West Potomac) joined 14 other players from across the Commonwealth to participate in the Challenge Cup Regional All-Star Tournament held June 15 and 16 in Pitts-

burgh, Pa. The Challenge Cup is a player selection vehicle for USA Rugby High Performance and the Junior Eagle programs (boys' and girls' high school All-Americans). During the tournament, the Virginia All-Stars played against teams representing Minnesota, Indiana and Potomac. Pennsylvania and New York/New Jersey All-Star

teams also participated. Borkowski reinforced why she is the Gators' captain. Her fearless play and on-field leadership demonstrated her worthiness for distinction as one of Virginia's best high school rugby players. Grady's aggressive play was characterized during Virginia's match against Indiana when she scored a key go-ahead try.

Conway played a variety of positions and displayed her hallmark skills of hard running and sure tackling. Playing in the second row, Dacey demonstrated her strength and was a vital element of the Virginia All-Stars' successful forward play. Fort Hunt Gators Kylee Edwards and Sabrina Evans (Mount Vernon) were also selected to the team.





**Amilcar Martinez, 17, a West Potomac High School senior and member of the Supreme Teen Street Team.**



**Del. Ken Plum of Reston with Elsie Kirton of the 21st Century Grant parent engagement component.**

PHOTOS BY STEVE HIBBARD/THE GAZETTE

## Touring the Neighborhoods

FROM PAGE 7

proportionate numbers in the juvenile justice system or child welfare system.”

Katherine Morrison, interim executive director of Good Shepherd Housing and Family Services, called Opportunity Neighborhood “an important demonstration of the collaboration among different sectors, including the very important voice of the residents themselves.”

Del. Kenneth R. Plum (D-36th) of Reston, who attended the tour, added: “We’re going to use a similar thing at our end of the county. I appreciate seeing the cooperation that exists here among community groups. It’s heartening to see that people can work for a common goal.”

Toya Codjoe, who is leaving Opportunity Neighborhood to work for Reston Interfaith, added: “What I’ve learned is how much you can get done when people truly do work together. I think it’s evident in our accomplishments and all of the things we’ve been able to do in just one year.”

After the tour ended, students of the Supreme Teen Street Team shared stories on how they are helping. “One of our main goals is we help people who aren’t doing so well,” said Beatrice Asuaa, 18, vice president of her class at Mount Vernon High. “We’ll show the parents how to be more involved with their kids.” Beatrice moved here from Ghana in 2003, speaking

French and no English. She’ll be attending Old Dominion University in September to study nursing and psychology.

“Our aim is to influence kids who aren’t on the straight and narrow — to stay in school and remain positive,” said Desha Brown, 16, a rising senior at Mount Vernon High. “We want to inform them about programs that keep them off the streets and keep them positive.”

Eric Wanzer, 17, a rising senior at Mount Vernon High, held a workshop on motivation, goal setting and success.

“We speak to teams around our age bracket, encouraging them to stay in school and be productive to go further in life.” He plans to pursue counseling at Old Dominion University.

“We had an event where we went to summer school and talked about how education gets you far in life,” said Alexis Endicott, 16, of Mount Vernon, who wants to study law at Harvard.

Amilcar Martinez, 17, a senior at West Potomac High, added: “It’s been a great opportunity so far, helping out other youth in need who are struggling. If they need help with anything, they can come and talk to us.”

For more information or to volunteer with Opportunity Neighborhood, contact Karla Bruce at 703-324-5360, or [Karla.Bruce@fairfaxcounty.gov](mailto:Karla.Bruce@fairfaxcounty.gov).

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