



PHOTOS BY TIM PETERSON/THE GAZETTE

Monica Cayanong of Mount Vernon asked about the effect of the Army force drawdown on mental health services at the Jan. 23 listening session at Fort Belvoir.



Maj. Gen. Jeffrey Buchanan speaks at Fort Belvoir Jan. 23 about the importance of hearing feedback from the community regarding an Army force drawdown.

Army Force Reduction Coming

The Fort Belvoir community voices concerns at a listening session Jan. 23.

BY TIM PETERSON
THE GAZETTE

Members of the Fort Belvoir community — civilians, active duty, retirees of each military branch — gathered Jan. 23 to learn about the future of the garrison. The listening session titled “Army Force Structure and Stationing” was one stop on a 30-installation tour to gather community input for the Army senior leadership as it prepares to further reduce the size of the force.

Col. Karl Konzelman of the Department of the Army headquarters gave context for the drawdown, beginning with the Army’s 2013 announcement it would reduce its Active Component (AC) of troops from 570,000 to 490,000 as a result of the Budget Control Act of 2011 and 2012 Defense Guidance. That reduction also included bringing Brigade Combat Teams down from 45 to 32.

With the Army and Department of Defense facing a \$95 billion shortfall over the next 10 years, Konzelman explained, the force will continue to have to shrink.

The presentation referenced the 2014 Quadrennial Defense Review, forecasting the AC continuing to fall to 440- to 450,000 by FY2017. That drawdown would re-

quire “end strength reductions and structure adjustments” across the Army.

“We’re not doing high fives in the Pentagon,” said Konzelman. “That’s not where we think we should be.”

The listening tour is part of a Supplemental Programmatic Environmental Assessment aimed at helping Army leadership make strategic decisions about how it will move forward in late spring, early summer.

“We can’t predict the future, our potential adversaries, overall strength of the army,” said Buchanan. “But we know your concerns are important to us.”

“This is one of the most difficult military drop downs of our time,” said Deputy Secretary of Veterans and Defense Affairs of Virginia Jaime Areizaga-Soto, in his portion of the presentation. “It’s appropriate that we should guide the Army’s decisions in its ultimate mission to fight and win our nation’s wars.”

During the presentations, Fort Belvoir Garrison Commander Col. Michelle Mitchell began by noting a reduction in garrison staff over the last five years that’s resulted in a staff to customer ratio jump from 1/18 to 1/35.

She also highlighted how the base has “doubled in strength” over the same period, and listed plans for structural growth at the garrison, including: a commissary expansion opening tentatively in April 2016, a 141-room Staybridge Suites hotel across from the Belvoir Community Hospital to be completed in early summer 2015 and construction beginning on Fort Belvoir Elementary School to bring students back on post and give back capacity.



From left: Fort Belvoir Garrison Commander Col. Michelle Mitchell, Fort Belvoir Director of Public Affairs Joe Richard and Fairfax County Planning Commission Chairman Pete Murphy gather following the listening session at Fort Belvoir on Jan. 23.

SEE ARMY, PAGE 4

The Changing Face Of Mount Vernon

Land use (re)development highlights.

BY TIM PETERSON
THE GAZETTE

Look at land use changes and proposals targeting the Mount Vernon area:

❖ **Penn Daw area of U.S. Route 1:**

The former Penn Daw Plaza shopping center was rezoned as part of a 2012 Comprehensive Plan amendment for the Penn Daw area and is set to be demolished to make way for a mixed-use development called One Kings. According to the Southeast Fairfax Development Corporation (SFDC), One Kings will feature 400 apartments, between 30 and 50 townhouses, and ground-level retail. The project is in the site plan phase, according to Supervisor Jeff McKay’s (D-Lee) office.

“We’ve been trying to get the Huntington Metro station redevelopment happening at the same pace we see redevelopment happening around other transit stations,” said McKay. “So what’s happening in that Penn Daw area is big. That one’s been passed up for the longest time.”

❖ **Opening of Wegmans at Hill Top Village:** Though the new destination grocery-restau-

rant was previously slated for a late spring opening, McKay now says to expect an opening in the May-June timeframe — among other reasons, due to the substantial training employees must go through. The 350,000 square-foot facility will be an anchor at Hill-top Village Center (the corner of Telegraph Road and Beulah Street), which will also feature a gym and other retail.

“One thing we’ve experienced at the Springfield Town Center is its popularity is unbelievable,” said McKay. “The appetite, especially for restaurants, literally, is so big in that area, that the more we can build and provide services to people closer to where they live, the better.”

❖ **North Hill area:** Redevelopment proposals are coming in for mixed-income and affordable

housing, as well as park space, for this 33-acre piece of land along U.S. Route 1 and by Lockheed Boulevard. The proposals are being reviewed by the Fairfax County Redevelopment and Housing Authority (FCRHA) but no findings have been released yet, according to Supervisor Gerry Hyland (D-Mount Vernon).

❖ **Bus Rapid Transit Center:** As buses become more of a force providing mass transit on U.S. Route 1, county staff are looking for a transit center site that would facilitate

SEE WHAT, PAGE 9

NEIGHBORHOOD OUTLOOK

“The appetite, especially for restaurants, literally, is so big in that area, that the more we can build and provide services to people closer to where they live, the better.”

— Supervisor Jeff McKay (D-Lee)

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More than 200 Mount Vernon High School students and members of the community came out Jan. 19 to fill care packages for deployed soldiers with America's Adopt A Soldier.



PHOTOS COURTESY OF NARDOS KING

Mount Vernon principal Nardos King (center) and members of Delta Sigma Theta Sorority and Zeta Phi Beta Sorority, Inc. helped fill care packages for deployed soldiers on Jan. 19.

MVHS Hosts 'Care Packing' for Deployed Soldiers

There are all kinds of flash mobs. Instead of a marriage proposal or elaborate dance routine, more than 200 Mount Vernon High School students and members of the community descended on the school's cafeteria on Martin Luther King, Jr. Day to assemble care packages for deployed soldiers. "We decided we wanted to do something

on the national day of service," said Mount Vernon High School principal Nardos King, "so we emailed our community, sent out tweets and used our Facebook page."

The community responded by showing up with enough toiletries, snacks, socks and other comforts of home to fill about 200 boxes.

"People think the military has this supply

line, a Post Exchange everywhere, but they don't," said Mary Keeser, founder of America's Adopt A Soldier, who helped organize the event.

King and Keeser both said the most valuable items in the packages are hand-written notes from the volunteers. "It adds a special touch from the community," said Keeser.

With postage paid for by donations to

America's Adopt A Soldier, these boxes will go to soldiers who signed up at the group's website, located in Liberia, Kuwait, Afghanistan and Turkey.

For more information on getting involved with a care packing, visit www.americasadoptsoldier.org.

— TIM PETERSON

Creating Tapestries

BY SENITRA T. MCCOMBS
THE GAZETTE

At this year's Sugarloaf Craft Festival, Alexandria artist Michael Heilman will showcase his naturally dyed tapestries and rugs.

The Sugarloaf Crafts Festival will be from Jan. 30 to Feb. 1 at the Dulles Expo Center in Chantilly.

Although this is not his first time at the festival, Heilman was excited to have his work featured in this year's festival.

"It is always nice to have other people tell you that you do good work," he said.

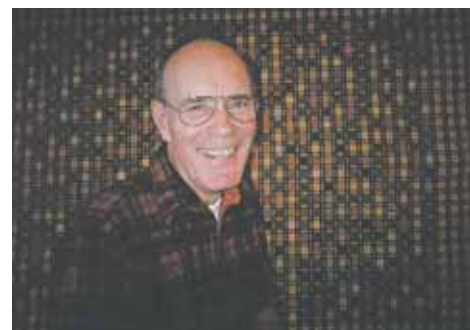
While working in Morocco, Heilman's interest in rug making and weaving was piqued after visiting a rug-making co-operative where they created a rug from one of his designs.

Fifteen years later, he was at an antique shop on the Eastern Shore, Md., when he came across a rug-making tool called a shuttle hook, which re-ignited his interest in weaving and rug making.

After investigating the shuttle hook's history and purpose, his next goal was to create his own rug using the tool.

"So I went out to a hardware store and got some burlap for a backing and then went to a craft store and got some yarn and made my first ugly rug," he said.

His success with making hooked rugs led him to look into learning how to



Michael Heilman

weave rugs. Soon after taking a weaving class, Heilman built a loom and began making his own woven rugs.

Since there are few weavers in the U.S. and the tools needed are mostly dated, he had to teach himself the craft. He is currently working on four or five projects in his home studio.

Heilman will be displaying both his woven rugs and hooked rugs at the festival. His hooked rugs are created with naturally dyed wool yarn. They start off with a cotton or linen backing on which he draws a design with magic marker and then pokes a needle through the backing with a shuttle hook to make a loop.

"Certain colors are just easier to make naturally. I use black walnut shells to make brown, onion skins and indigo for green dye, indigo for blue and I also use a small beetle that lives in cactus in Mexico for the

Local artist Michael Heilman to participate in Sugarloaf Craft Festival.

color red," he said.

Heilman finds inspiration for his designs from everyday things such as graffiti or fabric. Most of his recent patterns have centered on an animal theme.

"I'm really open to designs coming from everywhere. Once I was in a high rise building and I looked down at the parking lot and I realized that the markings would be really interesting for a rug. I did one pattern based on a computer circuit board," he said.

It usually takes him from up to 14 months to create a larger tapestry or woven rug and seven or eight months to create a hooked rug.

"Setting up the loom for the woven rugs and setting up the frame and fabric for the hooked rug is very time consuming. You're lucky if you can start and work consistently because usually you'll find there is something you need to change such as an issue with the design or maybe you can play with the colors in a different way," he said.

Unlike creating a hooked rug, making a woven rug or tapestry requires the artist to work slowly from the bottom up. This causes the artist to have to fight against the grid pattern that forms from weaving the yarn in the loom if they want to do any sort of curve. Therefore, the artist has to plan ahead more. In addition, it is also more challenging to go back an "unweave" a mistake.

"You have to be more discipline when doing a weaving and it is much slower than doing a hooked rug. And you don't really know how it is going to turn out," he said.

His favorite piece is a 5-by-8 foot colorful abstract rug that he made four years ago and decided that he never wanted to part with it. "It was sort of a personal challenge to see if I could incorporate all sorts of geometric and curved shapes into one rug. I hope that one of my daughters will want to have it when I'm gone," he said.

Although he grew up in Wisconsin, he has been in the Northern Virginia area for over 30 years after living overseas. Currently, he lives just south of Alexandria. He enjoys visiting the Torpedo Factory in Old Town and walking his dog along the Dyke Marsh.

Prior to becoming an artist, Heilman graduated from University of Wisconsin with a degree in law. After graduating, he worked for the U.S. State Department in Morocco, Greece and Lebanon. When he returned to D.C., he was an attorney with the Department of Justice working on refugee and asylum issues. He retired more than 15 years ago and has since been dedicated to his craftwork. He teaches a hooked rug-making class at the Art League of Alexandria.

Army Force Reduction Coming

FROM PAGE 1
ity to Woodlawn Elementary School.

In addition, Mitchell addressed the garrison's new automated entry system that will be going through testing in February.

Following the presentations in the question and answer session, members of the community voiced concerns over the scope of the force draw-down, including the impact on civilian workers. Over half the workers on the garrison are civilians.

In a worst-case scenario, Buchanan and Konzelman said, the worldwide force of over 260,000 Army civilians could see cuts of up to 26,000. But, they reiterated, a number of factors including community input on structuring, future Sequester cuts and

Army strategy decisions will continue to play out before any major decisions come to pass.

"There's a lot of angst," said Mitchell, following the listening session. "I think that's always the

"What we do know is the reduction is coming. But we're just at a point of uncertainty."

— Col. Michelle Mitchell

case when there's not a lot of information and people don't know what's next. But I also felt a lot of community in the room. A lot of individuals shared the importance of Fort Belvoir and

I would just say from Belvoir's perspective, it's very mutual, because we depend very heavily on the community.

"What we do know is the reduction is coming," Mitchell continued. "But we're just at a point of uncertainty. Fort Belvoir is going to do what we need to do to be in compliance."

VIEWPOINTS

What are your major concerns in coming out this morning?

PHOTOS BY TIM PETERSON/THE GAZETTE



Sasha Cinthia Figueroa of Woodbridge. I work on the garrison, in the Directorate of Human Resources (DHR) staff action office. I'm concerned over the possible changes, the reduction in personnel. The information they gave was more about high headquarters, so I'm good today but still have concerns. If Fort Belvoir is still growing, how can you reduce personnel?



Gerald Musarra (left), retired Army, of Mount Vernon and Sean McCarthy, retired Marine Corps, of Woodbridge.

Musarra: I'm concerned about our national defense, the security of our country. This is about drawing down our force and that's not good. Why are we reducing when no one else is? How are we going to protect the United States, knowing the numbers are against us?

McCarthy: I came to find out the impact of the new structure and stationing, and how that affects the retiree community, disabled veterans especially. My questions were answered.



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BULLETIN

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SATURDAYS/THROUGH FEB. 15

Affordable Care Act Registration.
10:30 a.m.-4 p.m. at South County Government Center, 8350 Richmond Highway. Meet with a certified application counselor to learn about financial assistance, select the best plan and enroll. Call 571-748-2584 for an appointment or schedule online at www.getcoveredamerica.org/connector/.

SATURDAY/JAN. 31

Garden Design Workshops at Green Spring Gardens, 9:30 a.m.-3 p.m. at 4603 Green Spring Road, Alexandria. Participants will learn do-it yourself garden design. This three-session workshop includes morning lectures on landscape design basics, followed by an afternoon of individualized help on planning and putting ideas on paper. \$185 for Fairfax County residents, \$200 for out-of-county. The two-hour morning lectures are available separately for \$36/\$38, 9:30-11:30 a.m. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/greenspring.

SUNDAY/FEB. 1

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SEE BULLETIN BOARD, PAGE 9

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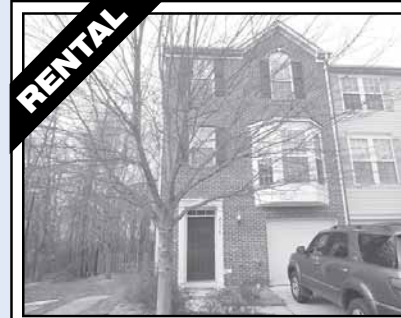
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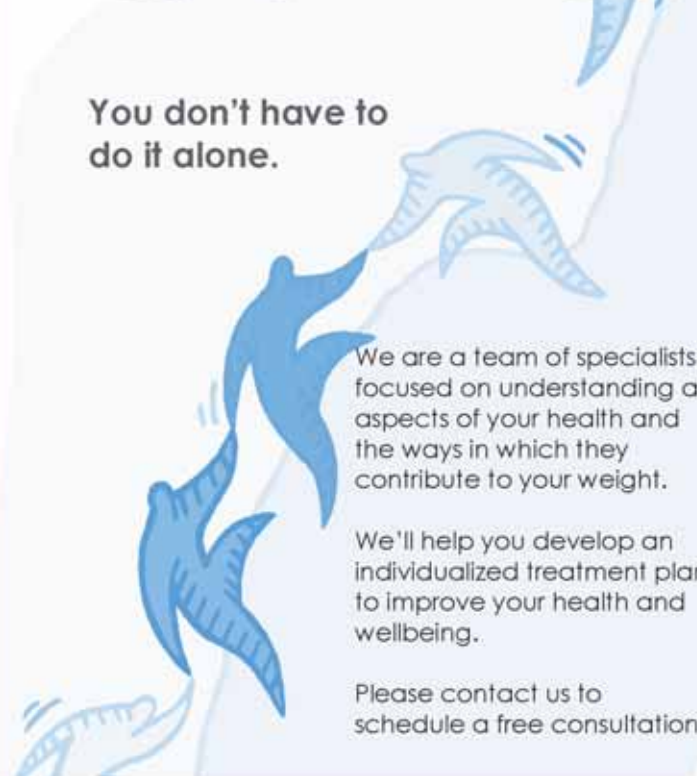
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- 9:15 - 9:45 **Welcome, Introductions & Presentations**
- 9:45 - 10:00 **County Priorities**
Sharon Bulova, Chairman, Fairfax County Board of Supervisors
- 10:00 - 10:15 **Fairfax County Issues and Budget**
Ed Long, Fairfax County Executive
- 10:15 - 10:45 **Q/A Session**
- 10:45 - 11:15 **Mount Vernon School Current Issues and Challenges**
Dan Storck, School Board Representative, Mount Vernon District
- 11:15 - 12:30 **Virtual Bus Tour**
Gerry Hyland, Supervisor, Mount Vernon District
- 12:00 - 12:15 **Fort Belvoir Update (during Bus Tour)**
Colonel Michelle D. Mitchell, Garrison Commander, Fort Belvoir
- 12:30 - 1:00 **Final Question and Answer Session & Conclusion**

Gerald W. "Gerry" Hyland
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OPINION

Outlook Many bright spots will be overshadowed in the coming budget season.

Long awaited, the opening of the Silver Line promises to bring transformation to Tysons and around the current station in Reston, with another Reston station and Herndon to come.

The opening of Springfield Town Center has been greeted by enthusiastic shoppers, showing plenty of demand for retail and restaurants.

EDITORIAL

Housing prices are up, although so is the number of houses on the market, while the number of houses sold is down from last year.

But from local government, current economic conditions overall look more like this:

Job growth has slowed, and the jobs that are being created are lower paying. There is a decline in federal and business services employment, while the job growth that the region is experiencing is dominated by gains in hospitality and retail sectors. Slowing job growth and lower wages mean lower demand for home purchases and retail spending, while declines in federal jobs and government contractors mean lower demand for office space. The region is growing, but it is growing at a slower

rate than projected one or two years ago.

Lower demand for office space translates into 19 million square feet of vacant office space in Fairfax County alone. Just for some sense of scale, that is like having eight malls the size of Tysons Corner Center (2.4 million square feet) completely empty. Arlington County has an office vacancy rate of more than 20 percent; in Rosslyn, the rate is approaching 30 percent (27.7). Overall, Northern Virginia has an office vacancy rate of more than 17 percent.

Not only are companies moving their offices from older office space to newer space, more transit-oriented space, but as they do so, they are downsizing the amount of space, leaving more less modern space vacant in the process.

The result will be a very difficult budget year in Northern Virginia. It's also a call to do things differently.

Critical to a successful economy will be to create housing that service and hospitality workers can afford. We have a massive shortage of affordable housing, and the opportunity to transform some of the massive quantities of vacant office space into thoughtful, well-designed housing.

Pregnancy Discrimination and Firearms Safety

BY SCOTT A. SUROVELL
STATE DELEGATE (D-44)
44TH DISTRICT



COMMENTARY

The first 10 days of the General Assembly session are usually slow, but were full of surprises this year.

First, while on my way to Gov. Terry McAuliffe's State of the Commonwealth Address, I learned that Sen. Toddy Puller had announced her retirement. After digesting the shock and speaking to Toddy, I walked into the House of Delegates chamber to hear the governor's address.

Most of the first week was focused on organizing committees, passing non-controversial bills developed over the summer and putting the finishing touches on our own bills.

I introduced several bills that I did not cover in my prior columns. First, I introduced legis-

lation prohibiting a Virginia employer with more than 15 employees from either discriminating against or firing a woman because she is pregnant. This issue, as it is addressed in federal law, is currently pending before the U.S. Supreme Court. However, Maryland adopted similar legislation last year and nothing prohibits Virginia from strengthening its own laws.

Second, I introduced a bill to bring some "sunlight" to the State Corporation Commission (SCC), a state agency with broad regulatory power over many industries. Recently, the SCC issued comments criticizing President Barack Obama's proposed carbon dioxide, greenhouse gas regulations. The SCC is not subject to the Freedom of Information Act (FOIA) so no one can learn from the public record the information, people and other in-

Be Part of Pet Gazette

The Pet Gazette, a bi-annual themed edition, will publish Feb. 25, 2015.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

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fluences that led to the SCC's conclusions. I introduced legislation requiring the SCC to provide complete disclosure of records and communications any time they issue agency comments on public policy matters.

Third, a fellow attorney told me about his client who had been involuntarily committed for mental health treatment. The client owned large stockpiles of ammunition. State law prohibits people who have been ordered into mental health treatment from possessing a firearm, but they are still allowed to possess unlimited amounts of ammunition. My bill would prohibit that.

I also introduced a study resolution requesting Virginia's non-partisan government auditor to conduct a study addressing methods to stabilize and improve our transportation revenue sources. We actually collect less in gas taxes today than we did in 2007 due to more energy-efficient, higher-mileage cars, shorter commutes, fewer drivers and less travel. Gas tax revenue is declining. Virginia is still at least \$100 billion short in transportation funds over the next 20 years and projects like the Yellow Line Metro extension will not be cheap. My bill was tabled mainly because committee members said we were not ready for more transportation funding discussions.

I also presented three constitutional amendments. One would repeal the ban on marriage equality. The second amendment would allow a two-term governor — that is only common sense.

The third amendment would remove the requirement that voters provide a social security number when registering to vote. The General Assembly could still require the number or the last four digits by statute, but this requirement does not belong in the Constitu-

SEE PREGNANCY, PAGE 18

Mount Vernon Gazette

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A Connection Newspaper



Snapshot

Marilyn Bruno, 6, who lives in Mount Vernon, took this photo of seagulls along the Potomac River in Old Town Alexandria as her brother Thomas, 12, was feeding them.



PHOTO BY MARILYN BRUNO

PEOPLE

Celebrating a Century

Barbara Birra, charter member of Yacht Haven Garden Club, turns 100.

At 100, longtime Yacht Haven resident Barbara “Bobbie” Birra still lives independently, enjoys gardening, playing bridge, being part of her church community and exercising.

Birra is also a charter member of the Yacht Haven Garden Club, formed in 1963. Members of the club threw a ladies’ tea to celebrate her centennial at the Mount Vernon Yacht Club Jan. 8. Her actual birthday was on Jan. 19.

The floral and landscape designer is described by garden club members as a “human encyclopedia of horticulture” and a “generous, warm-hearted individual” with a “zest for life.”

In addition to gardening, Birra has spent time volunteering at the White House, Fort Belvoir, Woodlawn Plantation, Gunston Hall, Mount Vernon and River Farm.

She’s lent her horticultural expertise to the community as a landscape designer and supervisor of garden plantings at the Pope-



PHOTO COURTESY OF WANDA RAGLAND

Barbara Birra of Mount Vernon celebrates her 100th birthday Jan. 8 at the Mount Vernon Yacht Club.

Leighey House, Good Shepherd Catholic Church, Memory Gardens at Paul Spring Community Senior Center, Friendship Garden at Woodley Hills Elementary School, Fort Belvoir, the Yacht Haven Recreation area and the front entrance of the Westgate Community.

Birra is the widow of U.S. Army Lieutenant Colonel Alfred Birra and mother of two children living in Belgium and Virginia’s Hunt Country.

— TIM PETERSON

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This upgraded 3-level town house is move-in ready with space and plumbed for second full bath. Wonderful starter or retirement home. The spacious eat-in kitchen features custom cabinets, granite countertops, recessed lighting, and a bay window. Dining room, living room and all bedrooms have gleaming hardwood floors. Both bathrooms are light and bright; upstairs bathroom features an extra-deep soaker tub. The basement has a finished, extra-large rec/media room with custom built-ins and is wired for surround sound. Living room opens to fenced backyard backing to trees and a stone patio perfect for outdoor dining and/or garden. Low yard maintenance. Home has two assigned parking spots, and community amenities include playground, pool, and club house. Recently updated roof and HVAC. Ideal access to I-95, Fairfax County Parkway and bike trails, Springfield Metro and Town Center, Fort Belvoir, Kingstowne shopping, and the new Wegman’s grocery store.

Search zillow.com, 8311 Stationhouse Court, 22079 for more details and photographs, and/or call Michael 239-565-1456



Family Matters

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Mount Vernon REAL ESTATE

2014 Top Sales

PHOTOS BY VERONICA BRUNO/THE GAZETTE



1 7979 Boulevard Drive East — \$18,600,000



2 833 Herbert Springs Road — \$2,970,000



3 9326 Old Mansion Road — \$2,315,000



4 7723 Southdown Road — \$2,300,000



7 6236 Radcliff Road — \$2,050,000



8 2106 Wakefield Court — \$1,725,000

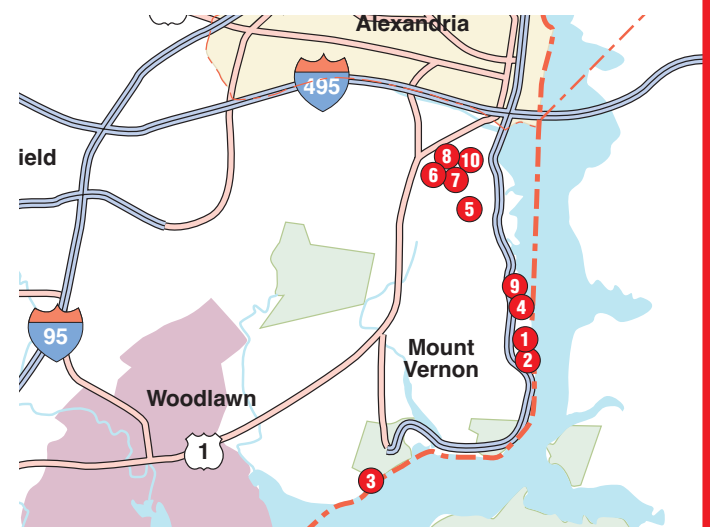


10 1806 Edgehill Drive — \$1,599,000

Address BR FB HB ... Postal City .. Sold Price Type Lot AC . PostalCode Subdivision Date Sold

1	7979 BOULEVARD DR E	6	.6	0	ALEXANDRIA	\$18,600,000	Detached	16.50	22308	ARCTURUS ON THE POTOMAC	03/10/14
2	833 HERBERT SPRINGS RD	7	.6	2	ALEXANDRIA	\$2,970,000	Detached	1.31	22308	WELLINGTON	07/01/14
3	9326 OLD MANSION RD	5	.5	1	ALEXANDRIA	\$2,315,000	Detached	0.85	22309	RIVERWOOD	07/29/14
4	7723 SOUTHDOWN RD	6	.4	1	ALEXANDRIA	\$2,300,000	Detached	0.74	22308	WELLINGTON	10/29/14
5	6215 BERKELEY ROAD	6	.6	1	ALEXANDRIA	\$2,050,000	Detached	0.23	22307	BELLE HAVEN	06/30/14
6	2204 FORESTHILL RD	6	.6	1	ALEXANDRIA	\$1,890,000	Detached	0.23	22307	BELLE HAVEN	11/20/14
7	6236 RADCLIFF RD	4	.5	1	ALEXANDRIA	\$1,785,000	Detached	0.30	22307	BELLE HAVEN	01/30/14
8	2106 WAKEFIELD CT	6	.3	2	ALEXANDRIA	\$1,725,000	Detached	0.15	22307	BELLE HAVEN	05/15/14
9	7608 SOUTHDOWN RD	3	.4	1	ALEXANDRIA	\$1,675,000	Detached	0.42	22308	ARCTURUS ON THE POTOMAC	06/30/14
10	1806 EDGEHILL DR	4	.3	1	ALEXANDRIA	\$1,599,000	Detached	0.39	22307	BELLE HAVEN	08/27/14

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OUTLOOK

What To Expect

FROM PAGE 1

change of direction for the increased fleet. One area currently under consideration is a site just off the highway, south of Buckman Road.

❖ **New Fairfield Inn & Suites at 6421 Richmond Highway:** The Hersha Group is finished with demolition of the Fairview Motel and has construction permits to move forward with a new 108-room Fairfield Inn & Suites.

❖ **Ross Dress for Less at Mount Vernon Crossroads:** The discount clothing retailer is expected to move in this year, and is going through a building permit phase.

❖ **Buffalo Wild Wings:** The popular chicken wings, beer and sports restaurant is expected to open a corporate restaurant this year in Mount Vernon Plaza, in the building that formerly housed Chevys Fresh Mex restaurant (7732 Richmond Highway).

❖ **Habitat for Humanity's ReStore closed:** Gold's Gym is planning to expand

the space at 7770 Richmond Highway.

❖ **Widening of Richmond Highway Still Underway:** The \$180 million project to widen 3.5 miles of U.S. Route 1 from four to six lanes and also accommodate mass transit, bicycles and walking is expected to be completed in 2016.

❖ **The Parker at Huntington Station:** The decades-old VSE office building situated by the Huntington Metro was torn down and is set to be replaced a 390-unit, four-to-six-story residential development, as well as a 15-story, 260,000 square foot of office-retail building and a 150-room hotel. Rezoning and a site plan were approved in 2012, and apartments and a parking garage are under construction.

❖ **Starbucks:** 7511 Richmond Highway, formerly a Checkers restaurant, is the site of a new Starbucks Coffee (complete with drive-through service) set to open soon.

Sources: Supervisor Gerry Hyland (D-Mount Vernon) and land use aide, Supervisor Jeff McKay (D-Lee) and land use aide, and Southeast Fairfax Development Corporation.

BULLETIN BOARD

FROM PAGE 5

Fireplace Room, Hollin Hall, Mt. Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. Participate in an honest talk about the choices people face with difficult end-of-life decisions. A presenter from Compassion & Choices of the National Capital Area will lead a

discussion about rights and how communicating end-of-life preferences and goals using legal documents and ongoing conversation with family. Supporting materials will help each person think about his or her own values and goals. This program is designed for people of all ages. Visit mvuc.org/ for more.

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The Summit 704 Kings Court, Alexandria, VA
Stately & sophisticated 4BR + 3 1/2 BA brick Georgian center-hall colonial with gracious room sizes, high ceilings, fine moldings & 2 FP's. Only a short stroll to the King St. Metro. **\$1,200,000**
Donnan C. Wintermute CBmove.com/AX8540924



SE Quadrant-OT 600 South Lee Street, Alexandria, VA
Amazing \$100,000 price reduction; a great value for an end townhome with 4 bedrooms, 3.5 baths, views of the River on 3 levels, gourmet kitchen, hardwoods and more. Welcome Home! **\$1,199,000**
Bonnie Rivkin CBmove.com/AX8496964



Del Ray 313 E. Monroe Ave., Alexandria, VA
Charming multi-family 4 unit building in the heart of Del Ray. Many recent upgrades, walk to restaurants & shops. Ample off street parking in rear. Fully leased grossing \$80k+. **\$1,175,000**
Charles York CBmove.com/AX8507567



Wilson Woods 5900 Ashby Manor Place, Alexandria, VA
This charming 5BR + 5 1/2BA New England cape cod is perfect for gracious entertaining & comfortable family living. Spacious kitchen w/adjoining FR, exercise room + 2 car garage! **\$1,095,000**
Donnan C. Wintermute CBmove.com/FX8534851



Villamay 1211 Tatum Dr., Alexandria, VA
Custom-built house on a 1.6 acre hillside lot covered with trees. A most private setting. Skylights, exposed ceiling beams, brick walls, hot tub next to master suite. **\$899,000**
Bob Hamilton CBmove.com/FX8537770



The Prescott 1115 Cameron Station #115, Alexandria, VA
New price! Boutique condo building with rare street-level entrance 1 block from King Street! 2 bed/2 bath, hardwoods, granite, stainless, 2 garage parking spaces, storage bin. **\$579,000**
Lyssa Seward CBmove.com/AX8496334



Overlook 5439 Summer Leaf Lane, Alexandria, VA
Inside Beltway - great opportunity to own 3 BR, 3.5 bath townhome w/1-car garage facing parkland, 3 levels, near I-395, I-495, I-95, all major commuter routes, open floor plan. **\$519,900**
Bonnie Rivkin CBmove.com/FX8539652



Templeton 250 Reynolds St. #1411, Alexandria, VA
Stunning views from 14th floor balcony. Spacious, renovated 1 bed, 1.5 bath condo under 200k. SS Appliances, tile backsplash, tile flooring. Security Door. Garage parking. **\$198,000**
Fred Marcellus CBmove.com/AX8486778



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OUTLOOK

Schools to Expand by \$856 Million

Capital Improvement Plan approved, rising enrollment causes concerns about classroom space.

BY REENA SINGH
THE GAZETTE

Five more school buildings and renovations for several existing ones may be approved by 2020. The Fairfax County School Board approved the \$856 million Capital Improvement Program (CIP) at the Jan. 22 meeting to set priority on the projects the school system wants done in the next five years. “We’re developing a long view, because we have significant capital concerns,” said Superintendent Karen Garza.

During the meeting, she and several board members said the projects will have to have separate public hearings and votes. The CIP was approved unanimously.

THE PLAN calls for the addition of five elementary schools and one high school. Both South Lakes High School and Westbriar Elementary School will have additions with construction expected in 2021. Additionally, capacity enhancements at Langley, West Springfield, Herndon and Oakton high schools are proposed.

“Construction funds for renovations at nine elementary schools and one middle school, a renovation at one high school, and planning funds for renovations at eight elementary, one middle, and two high schools are also included and were part of the 2013 bond referendum,” according to a press release.

The majority of the projects in the plan are expected to be completed between 2016 and 2020. The only renovation planned in the CIP that will begin after are at North West County Elementary, Fairfax-Oakton area elementary, Silverbrook Elementary, Hughes Middle, Cooper Middle, Frost Middle, Oakton High School and Falls Church High School. Light renovations at 10 unidentified elementary schools will also begin construction after 2021.

The plan, which is reviewed annually, is preparing the school system for nearly 198,000 enrolled students projected in the next five years.

\$220 million of the projects are funded through previous school bonds. Another bond referendum will take place in the fall.

The county Board of Supervisors also recently approved to provide FCPS an additional \$16.1 million to offset infrastructure replacement so bigger projects can begin taking priority. Typically, the funding is limited to \$155 million.

The Department of Defense is funding 80 percent of the build cost of a new elementary school on Fort Belvoir - with the rest of the balance funded by the county.

“This is a plan,” said Springfield School Board member Elizabeth Schultz. “What’s being executed now, how it will be done - that we don’t know. We do have to have some very real conversations, especially with our peers at the Board of Supervisors, because they

don’t manage 2.6 million square feet. It’s something quite less than that.”

She said that during her visit to a local school that morning, she was concerned that parents were still having trouble getting into the parking lot to drop off their children six minutes after the bell had rung - a reason she said these capital improvement plans are important.

“How do you materialize visually or understanding 2.6 million square feet?” she asked. “The NASA Assembly building in Florida is one of the largest buildings that I looked up. That’s eight of them. If you’ve ever been to the



BY REENA SINGH / THE GAZETTE

Fairfax County Schools Superintendent Karen Garza answers questions from the School Board about the Capital Improvement Program.

Louvre, it’s four Louvre museums.”

MEMBER AT LARGE Ryan McElveen said board members are not the only one’s excited about the CIP. “This is the first year I have ever had someone come up to me

on the streets of Washington, D.C. and ask me about the CIP just randomly,” he said. “We always question as a board whether the community reads these documents, and I think it’s become quite clear this year that they do.”

HOME SALES

In December 2014, 114 homes sold between \$2,495,000-\$79,000 in the Mount Vernon area.

This week’s list represents those homes sold in the \$2,495,000-\$157,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code
8228 WEST BOULEVARD DR	5	5	1	ALEXANDRIA	\$2,495,000	Detached	1.28	22308
8704 PLYMOUTH RD	5	4	1	ALEXANDRIA	\$1,744,464	Detached	0.54	22308
2203 FORESTHILL RD	5	4	1	ALEXANDRIA	\$1,125,000	Detached	0.17	22307
1907 BELFIELD RD	4	3	1	ALEXANDRIA	\$975,000	Detached	0.17	22307
8046 WASHINGTON RD	6	5	0	ALEXANDRIA	\$950,000	Detached	0.30	22308
9308 LUDGATE DR	4	4	1	ALEXANDRIA	\$935,000	Detached	0.47	22309
6023 WOODMONT RD	3	3	1	ALEXANDRIA	\$905,000	Detached	0.14	22307
4713 DOLPHIN LN	4	4	0	ALEXANDRIA	\$900,000	Detached	0.51	22309
1502 RIVER FARM DR	6	5	0	ALEXANDRIA	\$870,000	Detached	0.74	22308
1014 POTOMAC LN	5	3	0	ALEXANDRIA	\$790,000	Detached	0.34	22308
3716 CARRIAGE HOUSE CT	6	3	1	ALEXANDRIA	\$775,000	Detached	0.51	22309
2411 BRENTWOOD PL	4	2	1	ALEXANDRIA	\$725,000	Detached	0.38	22306
9024 BEATTY DR	5	3	0	ALEXANDRIA	\$725,000	Detached	0.50	22308
2104 WINDSOR RD	4	2	0	ALEXANDRIA	\$715,000	Detached	0.19	22307
918 DARTON DR	4	3	0	ALEXANDRIA	\$715,000	Detached	0.30	22308
1801 OLD STAGE RD	3	3	0	ALEXANDRIA	\$712,800	Detached	0.24	22308
8109 WINGFIELD PL	4	3	1	ALEXANDRIA	\$705,600	Detached	0.24	22308
3618 SOUTH PL #10	5	3	0	ALEXANDRIA	\$704,000	Detached		22309
7411 REBECCA DR	4	3	0	ALEXANDRIA	\$701,000	Detached	0.58	22307
6407 13TH ST	3	2	1	ALEXANDRIA	\$690,000	Detached	0.24	22307
9000 BEATTY DR	4	3	1	ALEXANDRIA	\$690,000	Detached	0.51	22308
1214 BELLE VISTA DR	5	3	0	ALEXANDRIA	\$655,000	Detached	0.35	22307
2006 RAMPART DR	4	3	0	ALEXANDRIA	\$650,000	Detached	0.28	22308
9227 CRAIG AVE N	5	4	1	ALEXANDRIA	\$630,000	Detached	0.34	22309
2434 HUNTINGTON PARK DR	4	3	1	ALEXANDRIA	\$622,500	Townhouse	0.04	22303

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COUNTY DEVELOPMENT

Submarket	Name	Acreage	Total Sq Ft	Office	Residential	Hotel	Retail	Where it is in development process
Chantilly	Dulles Discovery	123 acres	2.3 million sq ft	2.3 million sq ft				Three buildings delivered totaling 1.18 million s.f. of office. There is an additional 1.15 million in the pipeline
Chantilly	Preserve at Westfields	50 acres	1.2 million sq ft	280k sq ft	925k sq ft		15k sq ft	This plan is submitted and awaiting approval
Chantilly	Executive Plaza at Westfields	20 acres	390,000	390k sq ft				This plan is submitted and awaiting approval
Herndon	Arrowbrook Center	40 acres	2.2 million sq ft	800k sq ft	1M s.f.	240k sq ft	187k sq ft	Recreational facilities that were proffered to the county are complete.
Herndon	Dulles Station	37 acres	2.7 million sq ft	1.5 million sq ft	1,506 units	180k sq ft	73k sq ft	Phase one completed: 710k s.f. Office, 933k s.f. residential and 34k s.f. retail planned.
Herndon	Innovation Center/ Dulles Rocks (14.68 Including County Site)	11.65 acres	1.6 million sq ft	500k sq ft	1,005 multi family units	90k sq ft	104k sq ft	site approved
Mt.Vernon/Lee	Liberty View	11 acres	875k sq ft	750k sq ft		125k sq ft		Site plan approved, waiting on tenant. Will break ground 4-5 months after lease signed
Mt.Vernon/Lee	Patriot Ridge	15 acres	978k sq ft	978k sq ft				The first building is complete delivering 244,000 s.f. of space. There are 3 more office buildings planned on this site
Mt.Vernon/Lee	Loisdale Business Center	12 acres	144k sq ft	144k sq ft				2 buildings planned. Waiting on tenant to break ground
Reston	Reston Spectrum	24 acres	1.5 million sq ft	521k sq ft	1,422 units	2 250+ room hotels	246k sq ft	site approved
Reston	Reston Station	12.47 acres	1.3 million sq ft	550k sq ft	500k sq ft	125k sq ft	120k sq ft	390k s.f. Office Building (16 stories), 21-story BLVD apartments (6 stories in place so far) current under construction
Reston	1760 Reston Parkway	2.4 acres	401k sq ft	390k sq ft			11k sq ft	plan approved, waiting on lead tenant to break ground
Springfield	Springfield Town Center	78.89 acres	5.7 million sq ft	1 million sq ft	2.4m sq ft	360k sq ft	1.95m sq ft	Existing: 1.78 million sq ft retail, mall delivered in october 2014
Springfield	Springfield Metro Center	16 acres	1.1 million sq ft	Phase I - 543k sq ft, Phase II - 517k sq ft				PCA approved, site and building permit approved
Springfield	Springfield Center	25 acres	550k sq ft	550k sq ft				waiting on market conditions to determine construction
Tysons Corner	Scotts Run	44 acres	8.5 million sq ft	5 million sq ft	3.1m sq ft	218k sq ft	169k sq ft	15 Story 425 Unit Residential tower by JLB. Expected to be completed 2016.
Tysons Corner	Capital One	26 acres	4.97 million sq ft	3.16 million sq ft	1.23m sq ft	407k sq ft	123k sq ft	940k sq ft HQ under construction
Tysons Corner	Tysons Corner Center	78.65 acres	4.7 million sq ft	1.6 million sq ft	2.4m sq ft	267k sq ft	408k sq ft	Tysons Tower delivered 525k s.f. of office space, Hotel and Residential delivery expected first quarter 2015

COMPILED BY FAIRFAX COUNTY ECONOMIC DEVELOPMENT AUTHORITY



CHRIS WHITE

*Planning to sell in 2015?
Now is the time to call Chris & Peggy White!
Leading the Area in Real Estate. SOLD!!!*



9413 Brambly Lane
\$949,000
Custom Home with Main Level Master Suite!
Custom built by Wakefield Homes in 2010. Fabulous "new home" amenities including high ceilings, open floor plan and energy conserving package. Upgrades include: 4 luxury baths, 5 BR including two master suites, hardwood floors, chef's kitchen and finished walk-out lower level. Many features the builder is utilizing in \$1.5+ homes! **OPEN SUN 2/1, 1-4! GW Pky S, L-Old Mt Vernon Rd; R-Brambly Ln.**



4720 Dolphin Lane
\$829,900
Southern Charm Abounds!
Stately Virginia Colonial in gorgeous setting near river and Yacht Club. Distinctive two level Columned Veranda. Fabulous floor plan and exceptionally large room sizes. Features include 3 finished levels, 4BR, 3.5BA, 2 FP, custom master suite, gorgeous hardwood floors on two levels and side load 2 car garage. Home is in exceptionally pristine condition — a uniquely attractive property!



4712 Ferry Landing Rd
\$480,000
Estate Sale— Great Opportunity!
Estate sale presents opportunity to acquire spacious home in prime Mt. Vernon location for under \$500,000! A truly unique opportunity! All the fundamentals are here just waiting for your finishing touches: open floor plan, cathedral ceilings, large eat-in kitchen, 4 bedrooms, finished lower level, and amazing oversize 2 car garage. Gorgeous setting on level 1/2 acre lots. **OPEN SUN 2/1, 1-4! GW Pky S, L-Ferry Landing Rd, house on left.**



3810 Westgate Drive
\$689,900
Top Quality Renovation!
Remarkably attractive price for totally updated spacious Colonial in wonderful Westgate, one of area's premier communities. Fabulous features: open floor plan, sun room, amazing custom kitchen, 4 bedrooms, 3.5 updated baths, 4 fireplaces, finished lower level and side load 2 car garage. Magnificent grounds with patio & large level open spaces. Impossible to duplicate this incredible property at even close to this price!



9409 Ludgate Drive
\$1,890,000
Dramatic Water Views!
Stately Colonial Estate in the Virginia plantation tradition. Magnificent setting overlooking Potomac at its widest point. Truly spectacular home with area's best river views. Stunning river view master suite, 3 additional bedrooms each with a private bath; gourmet kitchen any chef would envy opens to family room. Formal dining room and cozy library. Lower level great room, wine cellar and full bath. Three car garage. Gorgeous setting. House and location cannot be duplicated!



8826 Black Alder Dr
\$598,500
Stunning Value— Seems Too Good To Be True!
Stunning Value—seems too good to be true! Spacious three level Colonial in beautiful neighborhood for under \$600,000! Features inc: 3 fin levels, 5 bedrooms including main level master suite, 3.5 baths, 2 fireplaces. Open kitchen to family room and oversize 2 car garage. Large deck overlooks gorgeous yard. Thousands below comps—move quickly!



1804 Rampart Drive
\$599,000
Expanded and Updated!
Exceptional opportunity—true custom home with many recent updates at remarkably reasonable price! Special features include dramatic open floor plan, stunning entry foyer, refinished hwdw flrs, 4 bedrooms, 2.5 baths, spacious kitchen with brand new granite counters and stainless appliances, large storage area and garage. Sunroom and large deck overlook gorgeous lot. Walk to nearby Stratford Landing Elem & Sandburg Middle. Truly astounding value!



8720 Plymouth Road
\$1,719,000
Spectacular Wakefield Home!
Brand new home in fabulous Plymouth Haven—buy now & be in by end of year! Spectacular Wakefield home loaded with virtually every custom upgrade & amenity. 3 levels of luxury! Fabulous features include striking open floor plan, high ceilings, designer kitchen, luxury baths, hardwood floors, sumptuous master suite, fabulous screen porch and 3 car gar. Prime location on large lot—walk to Wayneswood School!



9201 Cherrytree Drive
\$579,500
Huge House— Small Price!
Most home for the \$\$ in premier Mt. Vernon neighborhood! Exceptionally spacious 5 bedroom, 3 bath home with bright, open floor plan in pristine "move-in" condition! Major updates include roof, windows, HVAC, kitchen & more! Other features: hardwood floors, chef's kitchen, gas cooking, heat & hot water heater. Sunroom and custom deck overlook magnificent grounds. We invite comparison—nothing like it on market for close to this price!



8704 Plymouth Road
\$1,744,464
Another Luxury Home Sold!
Fabulous
Wakefield custom home **SOLD** as a direct result of Chris and Peggy's uniquely intensive marketing program!



9200 Cherrytree Drive
\$425,000
Mt Vernon Opportunity!
Incredible opportunity! Best price for 3 level Colonial in area! 4 BR, 2 full bath & 2 half bath home on wooded half acre corner lot in the heart of Mt. Vernon. Living room with FP; library with built-ins; eat in kitchen, 2 zone HVAC; garage parking; large deck; walk to nearby elem school. Must be able to close quickly



4416 Tarpon Lane
\$549,900
Contemporary Rambler!
Walk to Yacht Club from this fabulous home. Glass window walls make for exceptionally bright, airy atmosphere & capture natural beauty of grounds. Spacious home with numerous special features include: bright, open floor plan, large glass walled great room with fireplace, bedrooms on main level, hardwood floors, 3 updated baths, finished walk-out LL with FP & large windows. Gorgeous setting on 1/2 acre lot near river!



CHRIS WHITE 703.283.9028

www.chrisandpeggywhite.com
chris.white@longandfoster.com

Alexandria/Old Town Historic - 400 King Street, Alexandria, VA 22314



WINTER FUN

'Bessie's Blues' At MetroStage

BY CAROLYN GRIFFIN
METROSTAGE
PRODUCING ARTISTIC DIRECTOR

"Bessie's Blues" is probably the biggest show we have ever done — certainly the biggest set. And with eight on stage (seven actors and one dancer) and five musicians — probably the biggest cast. And did I mention the projections and the eight foot tall letters that spell BLUES? With LED lights and video projected on the surface of the letters. Don't want to give it all away before you see it, but honestly it's going to be amazing.

Not to mention the incredible cast. Bernardine Mitchell returns after a triumphant fall production of "Three Sistahs," along with Roz White (always the middle sistah), both of whom were in the original production of "Bessie's Blues" at Studio Theatre 20 years ago. Lori Williams (the stunning Ella in "Ladies Swing the Blues" — her performance recognized with a Helen Hayes Nomination), and the incredible TC Carson (remember that sexy lover in "Two

Queens One Castle" at MetroStage a few years ago? and of course he can still be seen on television as Kyle in reruns of "Living Single") — both return to MetroStage. Actors debuting on our stage in this production are LC Harden Jr, Djob Lyons, and Stephawn Stephens all triple treats as actors, singers and dancers. Dancer Nia Harris joins the cast as well.

"Bessie's Blues" is written, directed and choreographed by Thomas W. Jones II, who has been associated with MetroStage (in spite of living in Atlanta) for the past 14 years. Speaking of a triple treat (maybe quadruple since he is also an actor), he brings a unique, original voice to all of his scripts, characters, themes and music. His "Three Sistahs" last fall touched the hearts and souls and had audiences rushing home to call their sisters. His direction of "Gee's Bend" garnered a Helen Hayes Nomination for outstanding direction among other things, bringing the lives and music of the women quilters of Gee's Bend into the lives of our audiences. Witness musicians "chasing the music" in "Ladies Swing the Blues" or in the words of Cool Papa "keep traveling...inventing...sweating...stealing seconds from destiny...tracing new foot-



"Bessie's Blues" writer, director and choreographer Thomas W. Jones II with MetroStage Producing Artistic Director Carolyn Griffin.

steps..." from "Cool Papa's Party."

Tom Jones writes about themes, values and circumstances that all can relate to because they are timeless and universal. Specific stories, yet universal, timeless themes. MetroStage is proud to present this body of work that touches our audiences, leaving a memorable impression well into the future. It is what theatre is meant to be and what we at MetroStage intend to keep doing for

the next 30 years.

Happy anniversary MetroStage and here's to the future.

Performances, through March 15, are Wednesday-Friday, 8 p.m.; Saturday, 3 and 8 p.m.; and Sunday, 3 and 7 p.m.

MetroStage is located at 1201 North Royal St., Alexandria. Tickets \$55-60. Visit www.metrostage.org or call 800-494-8497.

CALENDAR

Email announcements to gazette@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Girls in SOHO Outreach Program Exhibit Their Photography.

Through Feb. 2 at The Art League Gallery, 105 North Union St., Studio 21, Torpedo Factory Art Center, Alexandria. Each of the 12 girls in the 2014-2015 Space of Her Own (SOHO) class was given a film camera and the opportunity to create a series of narrative-based photographs. At the completion of the program, the teams remodel each of the girls' bedrooms, incorporating all of their artwork, to truly give each girl a "space of her own." Visit www.theartleague.org or call 703-683-1780.

"The Space Between." Through Feb. 2 at the Multiple Exposures Gallery, The Torpedo Factory Art Center, 105 N Union St., Studio 312.

Photographer Janet Matthews presents a portfolio of new work in this solo exhibit at the Multiple Exposures Gallery, looking beyond the literal representation of objects to explore their edges and the space that surrounds them. Visit www.multipleexposuresgallery.com or call 703-683-2205 for more.

Signature Tour. 2 p.m. or various other availability. Through Thursday, Feb. 12 at Mount Vernon Mansion, 3200 Mount Vernon Highway, Mount Vernon. During a guided exploration

tour of the Mansion, visit areas not normally open to guests, including the basement and the third floor where Martha Washington retired after the death of her husband in 1799. \$5/per person in addition to general admission. Hours vary. Visit mountvernon.org for more.

Exhibition "Unearthed | Unleashed."

Through Sunday, Feb. 22 in the Athenaeum Gallery 201 Prince St., Alexandria. An exhibition of the works of Michael Gessner and Joanne Kent. Gessner's mixed media sculptures reference a variety of natural forms. Kent's minimal works with thickly applied paint and wax appear to be a reflection on organic elements and artifacts. Free. Visit www.nvfaa.org.

"Beyond the Board" Art Exhibit.

Through Feb. 22. Prudential PenFed Realty, 4900 Seminary Road, Alexandria. Del Ray Artisans' presents "Beyond the Board." A portion of artists' sales go to the PenFed Foundation, supporting active military families, veterans and their families. Visit www.thedelrayartisans.org/shows/gww/ for more.

"Front and Back."

Feb. 11- March 15, 10 a.m.-5 p.m. daily; 10 a.m.- 9 p.m. second Thursday of the month at Potomac Fiber Arts Gallery in Studio 18 of the Torpedo Factory Art Center at 105 North Union Street, Alexandria. Artists' imagination plays with Items that are different front vs back; right vs left; top vs bottom; inside vs outside; right side up vs up side down; positive space vs negative space. Anything that has two or more sides can be used to show two different visuals. Free admission. See

www.potomacfiberartsgallery.com.

Alexandria Cars & Coffee invites car enthusiasts to meet for coffee at Hollin Hall Shopping Center in front of Roseina's, 1307 Shenandoah Road. Owners of classic cars, hot rods, exotic cars, motorcycles and more meet to share car stories and drink coffee. Group meets the first Sunday of every month. 8:30-11 a.m.

Fifty Years of Collecting. Tuesday-Saturday 10 a.m. to 5 p.m., Sundays noon to 5 p.m. Fort Ward Museum 4301 West Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-4848.

Dinner for the Washingtons. Noon at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. A walking tour that goes behind the scenes to find out how food was prepared and served before the era of microwaves and TV dinners. \$5 in addition to estate admission. Visit www.mountvernon.org/ for more.

Second Thursday Music.

Athenaeum, 201 Prince St. 7 pm. Second Thursday of every month. Visit nvfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Monday Morning Birdwalk has been a weekly event at Huntley Meadows since 1985. It takes place every week, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free of charge, requires no reservation, and is open to all. Birders meet in the parking lot at the park's entrance at 3701 Lockheed Blvd. Direct questions

to Park staff during normal business hours at 703-768-2525.

THURSDAY/JAN. 29

Bob Hume and Martha Capone. 7-9 p.m. at John Strongbow's Tavern, 710 King St., Alexandria. Visit www.johnstrongbows.com or call 703-329-3075.

FRIDAY/JAN. 30

"Smellin' Up the Den." At Port City Playhouse, 1819 Quaker Lane, Alexandria. The classiest potty humor in the DMV. Audiences will be treated to an hour-long whirlwind of hysterical vignettes. \$18-\$24. Visit www.redknightproductions.com or www.portcityplayhouse.com.

SATURDAY/JAN. 31

Tea with Martha Washington, 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Listen to Martha Washington's stories about life at Mount Vernon while enjoying a selection of lite fare prepared by the Mount Vernon Inn. Following tea, enjoy a self-guided exploration of the estate and decorative arts found in the Donald W. Reynolds Museum and Education Center. \$30 for adults, \$20 for youth (12 and under), includes tea, lite fare, and general estate admission. Visit www.mountvernon.org.

FRIDAY/JAN. 31-SATURDAY/FEB. 1

The Taste & Style of George Washington. 2 p.m. Mount Vernon's first fine arts tour offers

guests the chance to appreciate a lesser known quality of George Washington — his keen eye. This tour, which includes the mansion as well as the museum, explores Washington's tastes and his selection of decorative fine arts for his home. This tour is included in admission, visitors must register for a tour ticket online or at the ticket window. Limited capacity. Visit www.mountvernon.org for more.

SUNDAY/FEB. 1

Wonders of Science. 1-4 p.m. at The Stabler-Leadbeater Apothecary Museum, 105-107 South Fairfax St., Old Town, Alexandria. The Apothecary Museum hosts a day of 18th-century natural and medical science exploration and demonstrations. Discover curious objects, from poison bottles to dragon's blood, and find out how they were used — and if they worked. This hour-long program includes a tour of the museum, with new groups beginning every 30 minutes. Recommended for 3rd grade and older. \$6, children and adults. Reservations recommended, space is limited. Visit www.apothecarymuseum.org or call 703-746-3852.

Walk with Washington Tour. 2 p.m., at Alexandria Convention and Visitors Bureau, 221 King Street, Alexandria. The walk focuses on important Old Towne sites associated with George Washington. 60-90 minutes. Free. Call 703-746-3301.

Philharmonic Performance. 3 p.m. at The George Washington Masonic Memorial, 101 Callahan Drive,

WINTER FUN

Alexandria. The Washington Metropolitan Philharmonic welcomes pianist Thomas Pandolfi along with trombonist Brian Bourne as featured musicians for their February performances of Franz Liszt's Les Preludes, Brahms' Piano Concerto and the world premiere of Sparkling Dialogue for trombone and strings. Adults, \$20; 18 and younger, free. Visit www.wmpamusic.org or call 703-799-8229.

MONDAY/FEB. 2

History Lecture. 7 p.m. at the Athanaeum, 201 Prince St., Alexandria. As Saint Valentine's Day approaches come learn about love, lust, and magic in the ancient world from Egyptian love poems to the origins of our Valentine's Day in the Roman Empire. Adult content: not appropriate for children. Free. Visit nvfaa.org or call 703-548-0035.

WEDNESDAY/FEB. 4

Bob Hume and Martha Capone. 7-9 p.m. at John Strongbow's Tavern, 710 King St., Alexandria. Visit www.johnstrongbows.com or call 703-329-3075.

THURSDAY/FEB. 5

Larry Calvert Cookie Class. 6-8 p.m. at the Athanaeum, 201 Prince St., Alexandria. Join cookie artisan Larry Calvert as he makes hand-decorated sugar cookies. Six different cookies per student will be supplied for creating and taking home. This class is hands-on training with all supplies included. \$45. Visit nvfaa.org or call 703-548-0035.

City of Alexandria Pipes & Drums. SEE WINTER FUN, PAGE 15



PHOTO BY MATT LIPTAK

The Game's Afoot

With inflated egos, boundless bitchiness and great camaraderie, The Little Theatre of Alexandria presents "The Game's Afoot." Starring Simon Bright (Joe Quinn), Aggie Wheeler (Maureen R. Goldman), William Gillette (John Henderson), Felix Geisel (Chuck Leonard), and Madge Geisel (Pam Kasenetz), the Ken Ludwig farce turns an Agatha Christie--like murder mystery into melodramatic mayhem and a fun piece of whodunit nonsense. Playing through Feb. 7 at The Little Theatre of Alexandria, 600 Wolfe St. For tickets or more information, call 703--683--0496 or visit www.thelittletheatre.com.

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

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WINTER FUN

'Dare to...Follow Your Heart' for Valentine's Day

BY KIM ALLEN KLUGE
MUSIC DIRECTOR,
ALEXANDRIA SYMPHONY ORCHESTRA

I am very excited about the Alexandria Symphony Orchestra's upcoming Valentine's weekend concerts. They will take place on Saturday, Feb. 14, 8 p.m., at the Rachel M. Schlesinger Concert Hall & Arts Center, and on Feb. 15, 3:30 p.m., at the George Washington Masonic Memorial. The Feb. 15 performance will be the second concert in our new Sunday matinee series at the Memorial. The George Washington Masonic Memorial provides a wonderful concert venue in an iconic Alexandria setting at the vortex of Old Town, Rosemont and Del Ray, making the ASO concerts Metro-accessible.

MAESTRO'S MUSINGS

"Dare to...Follow Your Heart" is the title of this fun and romance-filled concert—the third in our 2014-2015 "Dare to..." Season. I am looking forward to sharing the music from three light classic romances. These delightful and whimsical stories all involve multiple love interests, often fraught with misadventure. Happily, all end with exuberant and joyful unions and celebrations.

These are truly Valentine's weekend concerts.

The music from these enchanting love stories represents some of the freshest sounding music ever written—as if they were written in a blaze of inspiration. And indeed they were.

I still vividly remember the very first time I heard Mozart's "The Magic Flute," it was revelatory and had a profound influence on me. As a child I was far too young to fully appreciate the romances, and certainly too unsophisticated to completely fathom the more serious undertones of the storyline. I simply was mesmerized by the sheer magic and whimsy of it all. Such is the power of masterpieces such as "The Magic Flute"—they speak to audiences on so many different levels.

Guest vocalist Elizabeth Overmann will display astonishing versatility in two Queen of the Night arias from "The Magic Flute," music that shows off almost superhuman vocal fireworks. Ms. Overmann will also sing "Weep You No More, Sad Fountains." This languid melody was penned by Patrick Doyle for his film score to Jane Austen's "Sense and Sensibility" (1995). It's deliciously full of sensuality and longing.

These Valentine's weekend concerts will also feature the beautifully lyrical and beguiling melodies of the cello symphony by Villa Lobos, "Bachianas Brasileiras #1."

The concerts will conclude with Felix Mendelssohn's delightfully evocative incidental music to Shakespeare's "A Midsummer Night's Dream." It contains one of the most often played pieces of music ever written—the rousing Wedding March that is played at the end of practically every wedding ceremony. I never cease to marvel at how Mendelssohn is able to tell Shakespeare's story in music. All of the drama is in the music itself, contained in its very notes.

I can't wait to make music again in the incredibly unique and intimate setting at the George Washington Masonic Memorial. The very special feeling that is created between the orchestra and audience in that remarkable hall is palpable. The semi-in-the-round setting allows the audience to wrap around the orchestra, as if embracing

the musicians...and the music itself. It's a beautiful thing to experience, and especially appropriate for these intimate Valentine's Day stories and music.

During these concerts we will unveil the ASO's 2015-16 Season—a program that I sincerely believe will be the most enthusiastically talked-about season of my long career with the Alexandria Symphony Orchestra.

I am truly looking forward to these Valentine's weekend concerts. Presenting the music to these fantastic and enchanting romances should make for a really

"The course of true love never did run smooth..."

— Lysander from "A Midsummer Night's Dream" by William Shakespeare

fun concert for the orchestra, audience and me.

See the Alexandria Symphony Orchestra Saturday, Feb. 14, 8 p.m. at Schlesinger Concert Hall and Arts Center, 3001 N. Beauregard St. and Sunday, Feb. 15, 3:30 p.m. at the George Washington Masonic Memorial, 101 Callahan Drive. Visit www.alexsym.org or call 703-548-0885.

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WINTER FUN

FROM PAGE 15

9:30-10:30 p.m., at John Strongbow's Tavern, 710 King St., Alexandria. Visit www.johnstrongbows.com or call 703-329-3075.

FRIDAY/FEB. 6

"Elements" Art Exhibit Opening Reception. 7-9 p.m. at Del Ray Artisans Gallery, 2704 Mount Vernon Ave., Alexandria. John Bordner, Kathryn Brown, Michele Reday Cook, Linda Elliff, Kim S. Joy, Marlin Lord and Tamara Wilkerson present artworks which incorporate elements of earth, water, air and fire in materials, media and subject matter. Gallery hours are Thursdays 12-6 p.m.; Fridays-Saturdays 12-9 p.m.; Sundays 12-6 p.m. Visit www.TheDelRayArtisans.org.

SATURDAY/FEB. 7

Coin Show. 9 a.m.-5 p.m. at the Springfield American Legion Post 176, 6520 Amherst Ave., Springfield. The coin show features 50 tables with a variety of coins, currency and numismatic collectables. Prizes to the first 500 visitors. An instruction period is included for those new to collecting. Additionally, there is a raffle for Gold & Silver coins. Visit www.alexandriacoinclub.com or email boots.barnes1@verizon.net.

Carlyle's Birthday Celebration. noon-4 p.m. at 121 N. Fairfax Street in Old Town Alexandria. Step back in time to the 1770's at one of Alexandria's finest and oldest houses to commemorate the 295th birthday of Alexandria town founder, Col. John Carlyle. Call 703-549-2997 or visit www.novaparks.com.

Tea with Martha Washington. 2-3 p.m. at Mount Vernon, 3200 Mount Vernon Highway, Mount Vernon. Listen to Martha Washington's stories about life at Mount Vernon while enjoying a selection of lite fare prepared by the Mount Vernon Inn. \$30 for adults, \$20 for youth (12 and under), includes tea, lite fare, and general estate admission. Visit www.mountvernon.org.

The Beverly Hillbillies. 7:30 p.m. at MVCCT, Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. After accidentally striking it rich with oil, watch the whole Clampett family find their way in this new land inhabited by movie stars and the fabulously wealthy. \$12. Purchase tickets at www.mvcct.org.

SATURDAY-SUNDAY/FEB. 7-8

The Taste & Style of George Washington. 2 p.m. Mount Vernon's first fine arts tour offers guests the chance to appreciate a lesser known quality of George

Washington – his keen eye. This tour, which includes the mansion as well as the museum, explores Washington's tastes and his selection of decorative fine arts for his home. This tour is included in admission, visitors must register for a tour ticket online or at the ticket window. Limited capacity. Visit www.mountvernon.org for more.

Alice's Restaurant 50th Anniversary Tour. 7:30 p.m. at the Birchmere, 3701 Mt. Vernon Ave. Arlo Guthrie celebrates the event that inspired the song "Alice's Restaurant Massacre." Call 703-549-7500 or visit www.Birchmere.com for more.

SUNDAY/FEB. 8

The Navy Concert Band. 2 p.m. at the Athanaeum, 201 Prince St., Alexandria. The Navy Band Chamber Music Series features musicians from the U.S. Navy Band. This chamber music recital will feature traditional and modern music for woodwinds and brass. Free. Visit nvfaa.org for more.

Walk with Washington Tour. 2 p.m., at Alexandria Convention and Visitors Bureau, 221 King St., Alexandria. The walk focuses on important Old Towne sites associated with George Washington. 60-90 minutes. Free. Call 703-746-3301.

The Beverly Hillbillies. 3 p.m. at MVCCT, Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. \$12. Purchase tickets at www.mvcct.org.

Winter Warmer Tea with Martha Washington. 3-4:30 p.m. at Gadsby's Tavern Restaurant, 138 North Royal St., Alexandria. Sip a special blend of tea from Gadsby's Tavern Museum, "take" a cup of American Heritage Chocolate, and eat period-inspired delicacies, both sweet and savory, with your 21st-century friends. A historic guest who will be visit during each tea. \$35 per person all inclusive. Reservations are required. To make reservations and purchase tickets, call 703-746-4242 or visit shop.alexandriava.gov. Ticket also includes a tour at 2:15 or 2:45 prior to the tea.

Philharmonic Performance. 3 p.m. at The Church of the Epiphany, 1317 G. St. NW, Washington, D.C. The Washington Metropolitan Philharmonic welcomes pianist Thomas Pandolfi along with trombonist Brian Bourne as featured musicians for their February performances of Franz Liszt's Les Preludes, Brahms' Piano Concerto and the world premiere of Sparkling Dialogue for trombone and strings. Adults, \$20; 18 and younger, free. Visit www.wmpamusic.org or call 703-799-8229.

MONDAYS/FEB. 9 & 23

The Art of Ballroom Dance. 7-7:45 and 7:45-8:30 p.m. at the Athanaeum, 201 Prince St., Alexandria. Learn the Fox Trot, Waltz, Tango, Swing, Salsa, Meringue, Rumba, Cha-Cha, and Samba, taught by Gary Stephans. Come with or without a partner. Beginning and advanced dancers welcome. Both classes are invited to practice from 8:30-9 p.m. \$15. Visit nvfaa.org for more or email garystephans@me.com or call 703-505-5998.

THURSDAY/FEB. 12

Second Thursday Live. 7 p.m. at the Athanaeum, 201 Prince St., Alexandria. "The Course of True Love Ne'er Did Run Smooth" — Shakespeare's unhappy love scenes. Just in time for St. Valentine's Day: A reminder that dysfunctional love is eternal. DC-area theatre actors will read scenes of love and discord. Dessert reception follows the reading. \$15. Visit nvfaa.org or call 703-548-0035.

Andrew O'Day. 8-11 p.m., at John Strongbow's Tavern, 710 King St., Alexandria. Visit www.johnstrongbows.com or call 703-329-3075.

FRIDAY/FEB. 13

Eric Benet. 7:30 p.m. at The Birchmere, 3701 Mount Vernon Ave. Tickets \$59.50. Visit birchmere.com or call 703-549-7500.

The Beverly Hillbillies. 7:30 p.m. at MVCCT, Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. \$12. Purchase tickets at www.mvcct.org.

SATURDAY/FEB. 14

"Blues Babies." 12:30-2 p.m. at Alexandria Black History Museum, 902 Wythe Street, Alexandria. Enjoy an afternoon of live music interwoven with multi-media and storytelling, exploring the modernization of the Blues and its influence upon Jazz, Gospel, Rhythm & Blues, Rock & Roll, Soul, Soul Blues, and other related music genre. Free. Call 703-746-4356.

Burlesque-A-Pades in Loveland. 6 p.m. doors, 7:30 p.m. show, at The Birchmere, 3701 Mount Vernon Ave. In this Valentine's Day production, Burlesque-A-Pades is serving up an evening jam packed with entertainment, including among others, award winning Burlesque Queen Angie Pontani. Full dinner and cocktail service is offered at the show. Visit www.birchmere.com.

The Beverly Hillbillies. 7:30 p.m. at MVCCT, Heritage Presbyterian Church, 8503 Fort Hunt Road, Alexandria. \$12. Purchase tickets at www.mvcct.org.

FOOD & DRINK

Take the Cherry Challenge

The George Washington Birthday Celebration Committee in Alexandria presents the seventh annual Cherry Challenge. In the spirit of the old cherry tree tale, celebrate with the restaurants participating in this culinary contest through Feb. 10. Vote for favorite drinks, starters, entrees and desserts which include cherries. Each patron who orders a cherry item will have the opportunity to rate the item on taste, creativity, and presentation. At the end, the ballots will be collected, and tallied. Visit www.washingtonbirthday.net/cherry-challenge. Restaurants include:

- ❖ **Bilbo Baggins** — 208 Queen St., www.bilbobaggins.net
- ❖ **Café Pizzaiolo** — 1623 Fern St., www.cafepizzaiolo.com/
- ❖ **Casa Rosada Gelato** — 111 South Payne St., www.crgelato.com/
- ❖ **Chadwick's** — 203 Strand St., www.chadwicksrestaurants.com/
- ❖ **Chart House** — 1 Cameron St., www.chart-house.com
- ❖ **Del Ray Café** — 205 E. Howell Ave., www.delraycafe.com/
- ❖ **Dishes of India** — 1510 Belle View Blvd., www.dishesofindia.com/
- ❖ **Fire Flies** — 1501 Mt Vernon Ave., www.firefliesdelray.com/
- ❖ **Gadsby's Tavern** — 138 North Royal St., www.gadsbystavernrestaurant.com
- ❖ **The Grille at Morrison House** — 116 South Alfred St., www.morrisonhouse.com/alexandria-restaurant/the-grille.html
- ❖ **Haute Dogs** — 610 Montgomery St., www.hautedogsandfries.com/
- ❖ **Indigo Landing** — One Marina Drive, www.indigoland.com/
- ❖ **John Strongbow** — 710 King St., johnstrongbows.com/
- ❖ **Killer E.S.P.** — 1012 King St., killeresp.com/
- ❖ **King Street Blues** — 112 North Saint Asaph St., www.kingstreetblues.com/
- ❖ **La Bergerie** — 218 North Lee St., www.labergerie.com/
- ❖ **Laporta's** — 1600 Duke St., www.laportas.net/
- ❖ **Le Refuge** — 127 North Washington St., www.lerefugealexandria.com/
- ❖ **Mackie's Bar and Grill** — 907 King St., www.mackiesbarandgrill.com
- ❖ **Mount Vernon Inn** — 3200 Mount Vernon Memorial Highway, www.mountvernon.org/inn
- ❖ **Murphy's** — 713 King St., murphyspub.com/murphys/alexandria/
- ❖ **Daniel O'Connell's Bar & Restaurant** — 112 King St., www.danieloconnells.com/
- ❖ **Olea** — 703 King St., olearestaurantinc.com/
- ❖ **Pizza Paradiso** — 124 King St., www.eatyourpizza.com/tag/pizzeria-old-town/
- ❖ **RedRocks** — 904 King St., www.redrocksd.com/old-town/
- ❖ **Tempo** — 4231 Duke St., www.temporestaurant.com/
- ❖ **TJ Stone's** — 608 Montgomery St., tjstones.com/
- ❖ **Trademark** — 2080 Jamieson Ave., trademarkdrinkandeat.com/
- ❖ **Vaso's** — 1118 King St., www.vasonking.com/
- ❖ **Waterfront Market and Café** — 7 King St., www.thewaterfrontmarket.com

Alexandria Winter Restaurant Week, Jan. 23-Feb. 1. First-time participants include BRABO Tasting Room, with its casual Belgian fare, alongside Alexandria newcomers City Kitchen and Mackie's Bar & Grill, as well as Old Town favorite Taverna Cretekou. Restaurants in neighborhoods throughout Alexandria, including Old Town, Del Ray and the West End offer a \$35 three-course dinner or \$35 dinner for two; select locations offering lunch from \$10-20 per person. Visit www.AlexandriaRestaurantWeek.com for a menu flip-book or reservations.

Port City celebrates it's fourth anniversary with a week of events starting with Port City Brewing Company's Colossal Fourth Anniversary Party on Friday, Jan. 30; Colossal Four Saturday at Port City Brewing Company and a pub crawl in Dupont on Saturday, Jan. 31; Colossal Sunday in the Tasting Room, Feb. 1; Colossal Joggers & Lagers with Pacers Running, Monday, Feb. 2; Colossal Tap Takeover & BeerYoga, Tuesday, Feb. 3; Beer Science with Doctor Lange and Fourth Anniversary on the Fourth at Jackson 20, Wednesday, Feb. 4; DC101 FeBREWary Live on Colossal Thursday and Colossal Port City Pizza Night at RedRocks Old Town, Thursday, Feb. 5; and Firkin Friday: Colossal Edition, Feb. 6. Visit www.portcitybrewing.com for a complete list of events.

Good Shepherd Catholic Church

Mass Schedule

<p>Monday 6:30 pm Mass (Español)</p> <p>Saturday Evening 5:00 pm Vigil Mass 6:30 pm Vigil Mass (en Español)</p> <p>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</p>	<p>(en Español); 6:30 pm</p> <p>Weekday & Saturday Mornings: 9:00 am Mass, preceded by Rosary (on First Friday, Mass followed by Eucharistic Adoration)</p> <p>Thursday & First Friday of the Month: 7:30 pm Mass (Español) preceded by 7:00 pm Eucharistic Adoration</p>
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Mar 13, 5:30-7:00 pm @ Good Shepherd Housing

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WINTER FUN

Learn to make music. Michael Page teaches “Let’s Make Music” at the Mount Vernon Rec Center. Fairfax County Parks Department offers music learning opportunities for children of all ages.



Go ice skating. Instructors Liz Conley (right) and Madeline Stallworth (left) demonstrate a new position for their Basic 1 Skating Class. Mount Vernon Rec Center has an ice rink that offers free skate time, ice hockey, and lessons for all ages.

Some Ideas for Fun Things To Do



Take a class about nature. Meagan Keefe, program manager for Huntley Meadows, teaches a class on the Night Sky to a group of Virginia master naturalists. Huntley Meadows offers classes, to the public, for all ages. They also offer merit badge opportunities.



Visit our many local parks. Bethany Ruyle’s family came out to enjoy the sunshine at Huntley Meadows Park. Young John Elliot enjoys playing with the leaves and branches, around him.



PHOTOS BY RENÉE RUGGLES/THE GAZETTE

Visit your library. Storyteller, Gary Lloyd, presents a pictorial history of the Martha Washington Library, for its recent 75th Anniversary. Both Martha Washington and Sherwood Library branches have many events coming up, including Read to the Dog, Book Discussion Groups, Small Wonders, and Family Movie.

New Health Club Offers ‘Judgment Free Zone’

“Biggest Loser” finalist attends ribbon-cutting.

BY EDEN BROWN
THE GAZETTE

Planet Fitness, the health club franchise known for its “judgement free zone” opened its second club in in December. Located at 5960 Richmond Highway, the club celebrated with a ribbon-cutting party on Jan. 14. Special guest, “The Biggest Loser” finalist, David Brown, was available to talk about fitness tips, and his own fitness philosophy.

Brown was an inspiration for at least one of the attendees at the opening; Madonna McGovern, an Alexandrian resident who just joined the Planet Fitness gym, said she loves it. She is also a member at another gym in the area, but they aren’t open 24 hours a day like Planet Fitness. She also likes that the trainers are free of charge and they are a lot more focused on her. “The customer focus at Planet Fitness is amazing”, she said. “They really seem like they care.”

McGovern, who had been in an accident that left one side weaker than the other, said she got “routine” training advice from the other gym, and the trainer seemed bored. At Planet Fitness, “the trainer was much



PHOTOS BY EDEN BROWN/THE GAZETTE

Trainer Manny Danso works with a client at Planet Fitness.

more aware of my situation; he told me I had a weak side and that he would be developing a regimen for me that helped me get that side stronger.” The “no judgement zone” philosophy is important for McGovern. Success stories like Brown’s are also important.

Brown weighed 409 lbs when he started his fitness effort; he put on the weight caring for his brain cancer-stricken wife and children for 10 years. When she died, Brown looked at himself and realized he was all his children had left; he applied to the Biggest Loser program but as he told them: “I’m going to do this, with or without a TV program.” Brown has five “keystone habits” in his daily routine: working out, praying,



“Biggest Loser” David Brown greets new Planet Fitness member Madonna McGovern.

serving in some way, connecting with family, and reading/writing. He dropped 222 lbs on the show. Although he doesn’t work out 7-8 hours a day the way he did on “The Biggest Loser,” he puts in 2-3 hours.

Mario Ballestros, the general manager at the new gym, said one of the things he does at Planet Fitness is “walk-arounds” every 15 minutes. He is looking for cleanliness (“just because it looks clean doesn’t mean it is clean”) and he asks clients when he does the walkaround: “What do you like? What don’t you like?” He wants his clients happy. He doesn’t want to see anyone waiting in line, and with 81 fitness machines, that shouldn’t be a problem. Ballestros was plucked by owner Kevin Fagan from his job

at another gym to take over the new location because of his belief in Planet Fitness as a concept. One of the features that looked particularly helpful is the QR code on the machines: hold a phone up to it and it will say what seat position to use. Another feature, for Black Card holders, is the Hydro massage bed: 92 degrees of water goes up and down your spine for five minutes, and you can tell the machine where it hurts the most.

The gym also offers the 30 minute workout: Thirty minutes, 20 stations.

The more than 15,000-square-foot gym offers state of the art cardio machines and strength equipment, fully equipped locker rooms with day lockers and showers, flat screen televisions, HydroMassage beds, massage chairs, tanning beds, and Total Body Enhancement booths. The club will be open and staffed 24 hours a day, seven days a week. The other Planet Fitness in Alexandria, which opened in 2010, located at 4620 Kenmore Ave., is also open and staffed 24 hours a day, seven days a week.

“We’re thrilled to be opening our second club in Alexandria,” said Planet Fitness franchisee Kevin Fagan. “We look forward to providing even more Alexandria residents with a high quality, judgement free fitness experience at an extremely affordable cost.” For more information or to join online, visit www.planetfitness.com.

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21 Announcements

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21 Announcements

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the City of Alexandria, the
Alexandria Police Department
located at 3600 Wheeler Ave-
nue, Alexandria, VA 22304 is
now in possession of un-
claimed 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 reason-
able proof of ownership or the
items will be sold, destroyed,
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21 Announcements

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21 Announcements

ALEXANDRIA CITY PUBLIC SCHOOLS
REQUEST FOR INFORMATION NUMBER 15-01-03

The Alexandria City School Board dba Alexandria City Public
Schools is seeking information on a web based Individualized
Education Program System.

Sealed Proposals with the notation RFI # 15-01-03 Individual-
ized Education Program, will be received in the Central Pro-
curement Office, 1340 Braddock Place, Suite 620,
Alexandria, Virginia 22314, on or before 3:00 pm, February 18,
2015. The time of receipt shall be determined by the time clock
stamp in the Procurement office. Proposals appropriately re-
ceived will be opened and the names of the firms responding
will be read aloud. RFI documents may be obtained at the
above Procurement Office or by calling 703- 619-8162, or by
downloading the RFI from the ACPS website at
www.acps.k12.va.us, Administration, Financial Services, Pro-
curement and General Services - Current Bids and Request for
Information.

All questions must be submitted before 1:00 p.m., February 11,
2015. If necessary, an addendum will be issued and posted to
the ACPS web site. No proposals may be withdrawn for a peri-
od of ninety (90) days after the opening of proposals except as
may be set forth in the RFI. ACPS reserves the right to cancel
this RFI and/or reject any or all proposals and to waive
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Gerald W. Amacker (Jerry)
Senior Buyer

21 Announcements

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EMPLOYMENT

Economy and Budgeting Top Opportunity Agenda

BY ADAM EBBIN
STATE SENATOR (D-30)



COMMENTARY

Last week, my fellow Democratic Senators and I unveiled our 2015 legislative priorities, an “Opportunity Agenda,” which focuses on six core principles. They are Economic Security; Voter Access and Participation; Equality; Education for a Brighter Future; Restoration of Faith in Government; and Leading Healthier and Safer Lives. When I spoke at our news conference, I invited our Republican colleagues to partner with us in support of these core Virginia values.

An integral part of building a stronger economy is making sure that hardworking Virginians receive an honest day’s pay for an honest day’s work. In 2013, 113,000 Virginian’s earned the minimum wage of just \$7.25 per hour. If the minimum wage was indexed to inflation, it would be more than \$10.50 per hour today. That is why I co-sponsored Sen. David Marsden’s bill to give hardworking Virginians a raise. Unfortunately, the bill failed on a party line vote

in the Commerce and Labor committee.

Much of the focus this session so far has been on the budget. One budget amendment I submitted is for smart investments in support of Community Health Centers (CHC’s), non-profit organizations that provide primary medical care in addition to dental and behavioral services to those in need. Neighborhood Health is one CHC with branches in Alexandria, Arlington, and Mount Vernon that provide services to low-income residents who would otherwise go without healthcare. My proposal would provide state grants to match private, foundation, and federal funding. Supporting great organizations like Neighborhood Health will bring down medical costs by increasing access to preventative care.

I introduced multiple pieces of legislation to address tax disparities that would bring in more revenue. One would be to levy an excise tax on e-cigarettes at a lower amount than tobacco cigarettes. The second would reduce the tax preference for yachts valued

at over \$100,000.

I have also introduced a bill to outlaw the import and sale of ivory and rhinoceros horns. While it is illegal under federal law to transport ivory and rhinoceros horns across state lines, there is a loophole regarding trade within states. The ivory black market is a global security issue, as many of poaching proceeds fund terrorist networks like al-Shabaab. My bill aims to close the loophole and expand the penalties for dealing with those who break the law.

Please join my colleagues and me for a legislative town hall meeting this winter.

* Mt. Vernon: Saturday, Feb. 14, 10:30 a.m. – noon, at the Mount Vernon Government Center (2511 Parkers Lane) with Sen. Toddy Puller and Del. Scott Surovell.

* Alexandria: Saturday, Feb. 14, 2:30 – 4 p.m., at the Charles Houston Recreation Center (905 Wythe Street) with Del. Rob Krupicka.

Take my online survey at www.AdamEbbin.com/Survey. You can also email me at district30@senate.virginia.gov. I am active on Twitter @AdamEbbin and Facebook at www.facebook.com/EbbinCampaign.

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Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Pregnancy Discrimination and Firearms Safety

FROM PAGE 6

tion. The entire social security number is no longer necessary and having a database of six million social security numbers at the State Board of Elections presents an excellent computer hacker target. All three of my amendments were taken under advisement until all amendments are heard.

On Martin Luther King, Jr. Day, the gun rights lobby came to Richmond along with firearm safety advocates. I gave a floor

speech that pointed out that signs on sticks, vuvuzellas, sirens, and even helium balloons are prohibited inside the General Assembly Building, while Bushmaster Assault Rifles, AK-47's and semi-automatic pistols are allowed — even in the balcony of the House of Delegates chamber if you have a concealed weapon permit. You can watch my speech on my You Tube channel. This needs to change.

Finally, I wrote about Senator Puller’s retirement last week. She has been my men-

tor and partner for six sessions. Mount Vernon, Lee and Virginia’s veterans could not ask for a more ardent advocate. After talking with my family and business partners, I announced last week that I will be running to replace her in the State Senate. I hope I can count on the community’s support as I embark on a new challenge.

In the meantime, please make sure you go online and complete my constituent survey at www.scottsuovell.org/survey.

Thank you for the honor of serving you.

LETTERS TO THE EDITOR

Plenty of Blame To Go Around

To the Editor:

It is ironic this week’s Gazette is for the week including Feb. 2, because it feels like “Ground Hog Day” to me. In the famous words of the sage Yogi Berra, “it’s deja vu all over again.” Over the years since the demise of the King’s Crossing town center project, Martin Tillett has repeatedly denied that he, David Dale and his Spring Bank community had anything to do with the demise of the project. Spring Bank and its leaders weren’t solely responsible, but they played a role. It is understandable why someone would not want to be known as partially personally responsible for the demise of what would have been the jewel of our community. As vice president of the Spring Bank Community Association (SBCA), Mr. Tillett was personally involved.

In his letter, Mr. Tillett claims the Comprehensive Plan for the property calls for “a mixed use development with a ratio of 60 percent residential and 40 percent retail/office combined.” In fact, this is what

the Comprehensive Plan says: “The level of non-residential development should not exceed two-thirds of the total gross floor area for the entire mixed-use development.” Each iteration of the proposed project fully comported with this requirement. Each one proposed over 2/3 residential. When the project was killed, here’s what the developer said was one reason for its demise: “In order to appease Spring Bank’s opposition to the overall unit count, JPI was forced to include large townhouses in place of multifamily. The site plan suffered greatly as the project became too heavily reliant upon the high end for-sale market.”

The developer explained several things that must be done to bring the project “back to life.” Among them were the following:

“Phasing: If a plan is to move forward, the County must allow the project to be phased based upon market and tenant demands and not on the preference of a few neighborhood activists and the SFDC.”

“Community: Fairfax County must take a leadership role with the local citizen groups and reduce their direct influence on the final design of the project. Planning and Zoning comments must be given a greater

weight in the process in order to prevent King’s Crossing from being held hostage by individual citizens and minority groups.”

I realize proffers are necessary where Board of Supervisors approval of a project is necessary. Those demanded by the adjacent neighborhood were well in excess of what should have been necessary to satisfy the Board of Supervisors. The developer had performed the necessary financial calculations to determine what was financially feasible. I don’t recall Mr. Tillett performing financial calculations to explain how the project would be financially feasible with the concessions the SBCA demanded.

The developer offered a relocation fee of \$30,000 for each trailer in the Penn Daw trailer park. Supervisor Hyland insisted upon \$50,000 but never explained how he arrived at that figure.

There is plenty of blame to spread around as to why the King’s Crossing project died. SBCA and its leaders Martin Tillett and David Dale share in that blame.

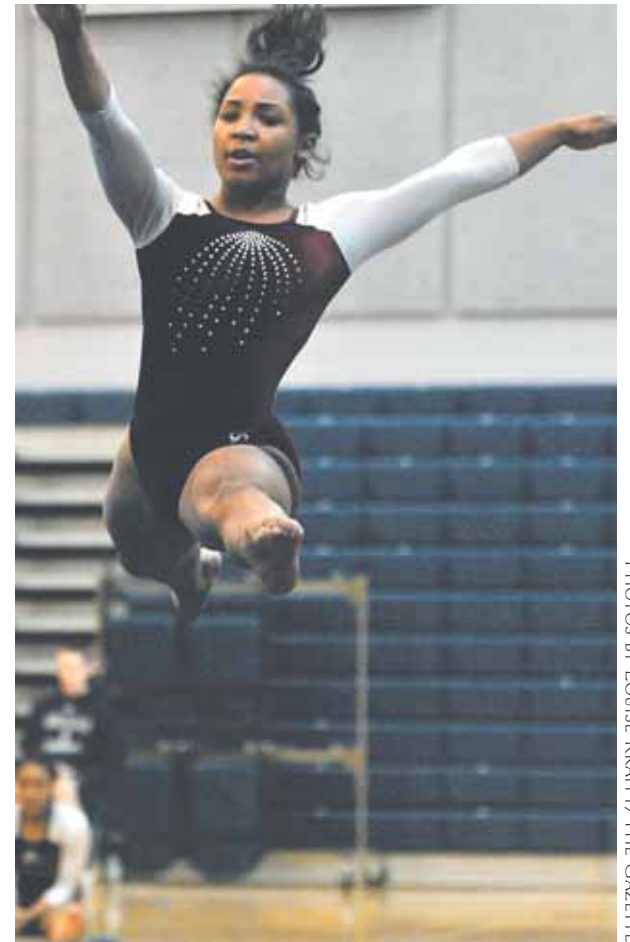
H. Jay Spiegel
Mount Vernon



West Potomac senior Annie Hunger competes on floor during the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.



The West Potomac gymnastics team finished ninth at the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.



The Mount Vernon gymnastics team placed eighth at the Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.

PHOTOS BY LOUISE KRAFT/THE GAZETTE

WPHS, MVHS Gymnastics Approach Conference Meets

The West Potomac gymnastics team competed in a pair of meets last week, placing third during a six-team home meet on Jan. 22, and finishing ninth during the 13-team Barbara Reinwald Invitational on Jan. 24 at Washington-Lee High School.

At the home meet, the Wolverines posted a score of 112.225, finishing behind T.C. Williams (134.475) and Westfield (124.7). West Potomac had two top-four finishes on vault — Annie Hunger (second, 8.8) and

Claudia Berman (fourth, 8.7).

Berman finished seventh in the all-around with a score of 30.65.

Hunger placed ninth (29.025), Olivia Manous was 13th (20.625) and Julianne Joyce finished 14th (19.6).

“Claudia, the freshman, is coming on, and Annie Hunger is a senior — those are the top two all-arounds,” West Potomac head coach Pete Novgrod said. “Annie has been improving. She’s adding a few new skills here and there. I’m impressed and pleased

with that.”

At the W-L invitational, the Wolverines posted a team score of 85.275 with a top-three format.

Berman finished 13th (30.625) in the all-around, Hunger was 22nd (27) and Joyce finished 24th (26.125).

Mount Vernon also competed at the W-L meet, placing eighth with a score of 88.775. Kyla Watson finished 12th in the all-around for the Majors with a total of 31.025. Talayna Reed was 14th (30.5) and Jada

Bates finished 21st (27.2).

Vault was the Majors’ best event, with two gymnasts placing in the top eight. Reed tied for sixth (8.6) and Watson tied for eighth (8.575).

Watson placed eighth on floor (8.45).

Mount Vernon will compete in the Conference 13 championship meet on Monday, Feb. 2 at Marshall High School.

West Potomac will compete in the Conference 7 meet on Wednesday, Feb. 4 at Lake Braddock.

SPORTS BRIEFS

Basketball Skills Camp

Jump Ball Basketball is running a basketball skills camp for boys and girls in grades 3-8 from 9 a.m.-3 p.m. on Monday, Feb. 16 at Patrick Henry College in Purcellville. Visit www.catoctinbasketball.com to register or email JumpBallBasketballVA@gmail.com for more information.

West Potomac Softball Clinic

West Potomac will host a winter softball clinic in the main gym at West Potomac High School.

A session for grades 7 and up will be held from 6-8:45 p.m. on Saturday, Jan. 31 and Feb. 7.

The clinic is designed to prepare softball players for upcoming seasons, with an emphasis on fielding, hitting, base-running, pitching and catching.

Cost is \$100 in advance or \$125 at the door. Single sessions can be attended for \$40. Each camper receives a clinic T-shirt.

Contact West Potomac head coach Craig Maniglia at 703-360-3545 or 703-283-7608, or assistant coach Lee Harrington at 703-765-2080 for more information.

Youth Field Hockey Registration Open

Registration is now open for Potomac Field Hockey’s spring youth league for ages 5-18 (U8, U10, U12, and U14). No experience necessary. Once-weekly team practices with games on Saturdays. Season runs March 23-June 13. For more information

or to register, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

Adult Field Hockey

Registration is now open for Potomac Field Hockey’s spring game-only league for adults aged 18 and up. All games on Sundays at Loudoun Soccer Park on sport turf. Season runs April 12-June 7. For more information or to register, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

Field Hockey Open House

Potomac Field Hockey is running an open

house, which is free and open to the public. This drop-in style clinic will run at Dulles Sportsplex on Tuesday, March 10 from 5-7 p.m. Equipment is provided. Try your hand at field hockey before registering for the spring season. For more information or to RSVP for this event, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

High School Field Hockey

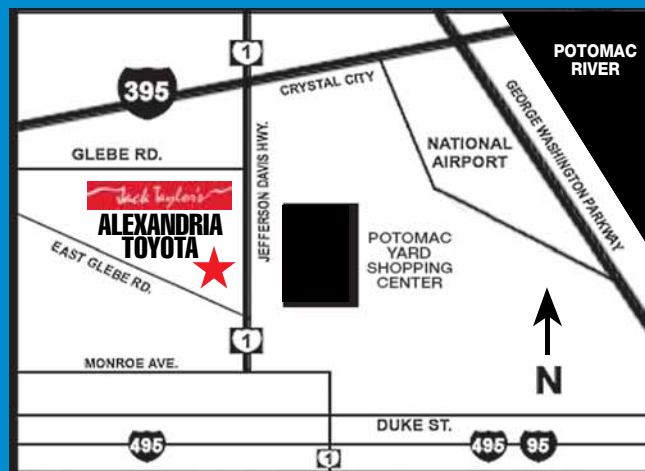
Registration is now open for Potomac Field Hockey’s spring High School 5s game-only league for 9-12th graders. Players will be grouped by school. No experience necessary. Season runs Thursdays from 6-9pm at the Dulles Sportsplex, April 9-May 14. For more information or to register, visit www.potomacfieldhockey.org or email info@potomacfieldhockey.org.

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