Mount Pernon Gazette Wellbeing



Mount Vernon's Hometown Newspaper • A Connection Newspaper



On June 13, the development team CHPPENN (Community Housing Partners and Pennrose) submitted its rezoning application with Fairfax County. The proposal calls for 278 new multifamily rental units and 195 market-rate townhomes to be built where manufactured homes, or trailers, once occupied space.

North Hill Rezoning Plan

Proposal includes multifamily rental and town homes.

BY TIM PETERSON The Gazette

fter decades of meetings and stalled redevelopment, the most recent plan for making over North Hill's 33-acre vacant site at the intersection of Route 1 and Dart Drive has gone the furthest.

On June 13, the development team CHPPENN (Community Housing Partners and Pennrose) submitted its rezoning application with Fairfax

County. The proposal calls for 278 new multifamily rental units and 195 market-rate townhomes to be built where manufactured homes, or trailers, once occupied space. Mario Wells, multifamily development officer

with Community Housing Partners, and Robert Brant, an attorney with development partner Arlington-based firm Walsh Colucci Lubeley & Walsh, met with members of the Mount Vernon-Lee Chamber of Commerce Legislative Affairs Committee July 6 to give the latest updates on the project.

Now that the rezoning application has been submitted, the project team is hoping to make a Planning Commission meeting by January 2017 and for the proposal to come before the Board of Supervisors by the following month.

> If they hit that target, construction could start by late 2017, Wells said, and then take between two and three years to ' complete.

But with heavy vegetation, steep elevation and marine clay throughout the site, Wells called the project "a monster to tackle," which could affect the

In addition to the housing, which would include 10 percent set aside for low-income residents, the rest of the site space would be taken up by a park. That would be developed by Fairfax County.

One factor helping move this SEE UPDATE, PAGE 5



Mario Wells (right), multifamily development officer with Community Housing Partners, and Robert Brant, an attorney with development partner Arlington-based firm Walsh Colucci Lubeley & Walsh, met with members of the Mount Vernon-Lee Chamber of Commerce **Legislative Affairs Committee July 6 to give the latest** updates on the North Hill project.

Four More Years

School Board renews Superintendent Garza's contract.

By Tim Peterson The Connection

airfax County Public Schools has secured four more years with Dr. Karen Garza at the helm as superinten-

The School Board members voted unanimously to extend her contract through June 30, 2020 at their June 30 meeting.

"Dr. Garza has been an agent of positive change for Fairfax County Public Schools," School Board Chair Pat Hynes, said in a statement, as she was absent from the meeting. "She has positively engaged the community in a number of critical issues and has been a passionate advocate for our students and teachers.

"Dr. Garza's leadership has included creation of the Portrait of



PHOTO COURTESY OF FAIRFAX COUNTY PUBLIC SCHOOLS

Dr. Karen Garza thanks the board, leadership team and school community for their continued support.

a Graduate, now viewed as a national model," Hynes' statement continued, "Ignite, FCPS' five-year strategic plan: the implementation of later high school start times; the

SEE BOARD RENEWS. PAGE 5

Torres Walks Free

Former police officer released five days after sentencing for killing John Geer.

ormer Fairfax County Police Officer Adam Torres walked free Wednesday morning, June 29. He was the first officer in the force's history to be charged with killing someone.

Five days after being sentenced to serve 12 months in prison for the felony charge of involuntary manslaughter of Springfield resident John Geer in 2013, Torres was released from Fairfax County Adult Detention Center at 8 a.m. on June 29.

Torres had been in jail since August 2015. The Fairfax Circuit Court judge counted the time served in determining the release.

Commonwealth's Attorney Raymond Morrogh said following the sentencing that months is typical for release of a prisoner serving a yearlong sentence. At the time, Morrogh esti-



mated Torres would be released within a few weeks of the sentencing. Attorneys said Torres would be returning to a wife, two young children and an infant that was born recently. Wearing a buttonup blue-checked shirt and carrying a few personal effects, Torres walked to a car and declined to answer questions.

TIM PETERSON

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Newly listed in premier Alexandria neighborhood, this expanded beauty offers ideal living. Large living and dining rooms flow seamlessly to the gourmet kitchen with adjoining light filled family room and so much more. Upstairs 3 bedrooms and 3 full baths. 2905 Dartmouth Road

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Alexandria

\$410,000

Spacious 3-story brick townhouse with fenced back yard. Hardwood floors main & upper levels. Updated kitchen & separate dining room. Upstairs has 3 bedrooms & 2 full baths. Finished family room downstairs. Assigned parking space. Close to Mark Center, I-395, buses to Pentagon, Metro.

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Alexandria

\$1,174,900

This 5-bedroom, 3.5-bath home includes all the bells & whistles that appeal to today's buyers! Classic & modern features, with top brand appliances, master with en-suite bath, finished basement, media room & great outdoor space. www.thegoodhartgroup.com/listings/3717-taft/

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Alexandria

\$635,000

Main-level master suite in The Pinecrest. Spectacular view of pond & fountain from the deck, dining room & kitchen! First-floor master suite, plus upper level & lower level suites - 4 bedrooms, 4 baths total! Hardwoods main level, granite/stainless kitchen. Walk to golf!

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Alexandria

\$670,000

Charming historic farm house nestled on secluded 0.8-acre lot just a short drive from Mount Vernon. This 4-bedroom, 2-bath home boasts: newly remodeled family/sunroom, kitchen with granite and marble floor, first-floor bedroom, and lots storage in loft of detached 2-car garage.

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Del Ray

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Fabulous 3-bedroom, 1.5-bath duplex in Del Ray. Large kitchen with plenty of storage, white cabinets and granite counters. Bright and sunny living/dining room leads to deck with built-in benches perfect for summer entertaining. One block to "The Avenue."

Jen Walker

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Del Ray

\$679,900

Located in sought-after Del Ray! 3-bedroom, 2.5-bath townhome with extensive updates. Completely new kitchen, hardwood floors throughout, great deck and fenced backyard and close to 2 Metro stops, shops and dining. www. thegoodhartgroup.com/listings/8a-e-alexandria/

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During Ramadan, Bringing Community Together

Mosque opens doors to its Christian neighbors.

By Michelle Butchko
The Gazette

he Islamic Circle of North America (ICNA) VA Islamic Center welcomed the surrounding community on June 24 to participate in its traditional iftar meal to celebrate the month of Ramadan.

Members of both the Mount Vernon Unitarian Church and Mount Vernon Presbyterian Church were present, as well as additional community members. The event strived to unify differing religions and build a more consolidated community for both Muslims and non-Muslims alike.

"I think it's an amazing thing and you can never reach out enough. It's definitely a necessary step not only Muslims

> need to take but people of all faiths so we can create that sense of community," said Sana Mahmood.

Mahmood, 21 years old, has been a member of the mosque for several years. She is also an Alexandria native having graduated from West Potomac

High School. She, like a majority of her peers, feel that unifying religions is not only desirable but necessary in the community. "At the end of the day we're all Ameri-

Community

Wainwright

member Jensen

Members of the ICNA VA Islamic Center and additional community members listening to the mosque president, Rameez Abid, give a talk prior to iftar.

cans and we're all apart of this melting pot. We never do enough to unify each other and I'm thankful for you guys for coming out to the mosque ... We're all human beings and we need to care for one another regardless of whether it's in or out of a place of worship. We owe it to each other," said Unaiza Khalid.

Khalid, a member of the ICNA, feels that religion shouldn't be a dividing factor among people despite differing beliefs or perspectives.

"Regardless of whether I know enough or not enough about your religion, if I care



Mosque members Cynthia Iraheta, Sana Mahmood, and Unaiza Khalid.

about you as a human being and want to be apart of your happiness, and your holidays and religion makes you happy, I'll be right there next to you supporting you regardless of what anyone has to say to pit us against each other," added Khalid.

Jensen Wainwright, a non-Muslim community member and West Potomac High School graduate, felt that the community still has a long way to go in terms of unifying religions.

"I feel our community is lacking a bit on inclusion. The Northern Virginia area is pretty divided by race and class, even if it isn't very apparent. I think events like this are amazing and so necessary in bettering the community."

West Potomac High School sophomore Cynthia Iraheta, a first generation Muslim in her predominantly Christian family, converted six months ago. Ireheta believes education is a key component to being more open and understanding of dissimilar faiths.

"Coming from a Christian family and being the only Muslim, it's important for people to explore and actually know about the religion. I tell my parents all the time that you shouldn't speak about something you don't know about. Learn about it. You don't have to become a part of it, but you can be informed," she said.

Also within the scope of education, Mahmood touched upon negative media coverage regard-

"At the end of the day we're all Americans and we're all a part of this melting pot."

— Unaiza Khalid

ing Islam that influences many individuals.

"I feel like if there's one thing the mainstream media uses against us, it's the fact that we don't know much about other people's faiths or what other people are practicing. They use that lack of knowledge against us, but if we come together and teach one another about our differing reli-

gions and beliefs, I don't think the mainstream media would be able to use that tool against us and create an unnecessary divide," Mahmood said.

As Ramadan comes to a close on the evening of July 5, the group appreciates the sense of community they've been able to see throughout the month and hope to improve on this in the future

"You can go into any mosque for Iftar and they'll welcome you with open arms ... It doesn't matter what your race is, your ethnicity, what language you speak, everyone is one big, happy family," Mahmood said.

ICNA will be hosting additional events open to the community during the month of October. For more information, visit icnava.org or call 703-660-1255.



Mosque members and community members gather around waiting to begin iftar.

Local U.S. Coast Guard Auxiliary Patrols River

Volunteer force promotes recreational boat safety.

By Ashley Claire Simpson The Gazette

ince 1939, the U.S. Coast Guard Auxiliary has been supporting the Coast Guard in all its work — from conducting safety patrols to participating in search and rescue missions.

The all-volunteer USCG Auxiliary is made up of divisions in all 50 states and four U.S. territories. USCG Flotilla 25-08 of Mount Vernon is one of these local groups, focusing on the promotion of recreational boat safety. The group comprises about 80 Northern Virginia volunteers that meet at least monthly and educates the public on a full-spectrum of sea vessel safety matters.

Woodrow Johnson, human resources staff officer and vice flotilla commander, said the local flotilla is all volunteer and thus the Department of Homeland Security — to which the U.S. Coast Guard is assigned in peacetime — cannot and does not have any formal command authority over any member of Flotilla 25-08.

"We are, and always remain, volunteers," Johnson said. "We are always free to decline any request made by the Coast Guard. Suppose, for example, a boat sinks in the Potomac River and the Coast Guard wanted three Auxiliary boats and crew to search for survivors. Although we are all likely to volunteer to help to meet their needs, no one is obligated to do so."

"Semper Paratus" — Latin for "Always Ready" — is the USCG Auxiliary's motto, and Johnson explained that even at the Coast Guard's Auxiliary's inception, the volunteers took the mission of the organization very seriously.

"The Auxiliary provided many private boats and crew that were used to serve various missions to support the military and protect U.S. waterways during World War II," Johnson said of the 50,000 members who joined the war effort as

civilians.

Throughout the Auxiliary's history, Johnson added, it has provided boats and other tools and vessels for national defense efforts.

"Flotilla 25-08 focuses on boats, but the Auxiliary members have donated other 'facilities' that they own to support the Auxiliary," he said. "This includes airplanes and various kinds of radios — for example, short-wave radio transmitters."

When a member officially joins the Auxiliary, Flotilla 25-08's former Flotilla Commander Rich Miller said that it involves a simple oath.



Photos by John Stevens/USCG AUX Flotilla 25-08

Close up of a Flotilla 25-08 crew during a refueling stop on Piscataway Creek midway through a patrol, summer of 2014.

"When a new member enrolls, the Flotilla Commander administers an oath," Miller said, with the following being part of the wording that the new member accepts:

The pledge you are about to take is your commitment to support the U.S. Coast Guard Auxiliary, an organization dedicated to the promotion of boating safety and providing assistance to the U.S. Coast Guard in the fulfillment of its civil functions.

"You accept this membership as a volunteer and as a member you are charged with certain responsibilities and obligations. These include your willingness to support the Coast Guard Auxiliary and its purposes, to faithfully execute your duties and to participate in its authorized programs to the best of your ability and to the extent that time and circumstances permit."

The volunteer status of the Auxiliary highlights just how much heart each member puts into their own flotilla.

"Here is an interesting fact that highlights the nature of being a volunteer," Johnson said. "The Active Duty side of the U.S. Coast Guard has a 'chain of command.' The Auxiliary has the same thing, but it is called a 'chain of leadership.' Thus, we get to lead our members, but we do not get to com-

mand them. If we are good leaders, we will have followers. If we are not good leaders, well, everyone might go a different direction."

FLOTILLA 25-08 focuses primarily on recreational boating safety, offering sailing and safety courses for the public throughout the year. They meet every third Thursday of the month at 6 p.m. for a workshop and 7 p.m. for a business meet-

"I feel good that our work

in teaching boating safety

- Flotilla 25-08's former Flotilla

Commander Rich Miller

probably saves lives."

ing at the Mount Vernon Yacht Club.

All events are open to the public, and Johnson encourages anyone interested to contact the group before attending.

The Mount Vernon group is no exception to the "Semper Paratus" motto.

"How do we stay prepared?" Johnson said. "That is easy: training, training and more training. The Auxiliary follows the same training as the CG. When Auxiliarists want to become qualified to serve on boats as crew, they follow the same programs as those who serve in the active duty. Although I cannot speak to the details, I know that

there are a couple of exceptions for the standards. For example, Auxiliarists do not need to maintain the same level of physical fitness. After all, a 50-year-old Auxiliarist might not be able to run as quickly or do as many pull ups as a 25-year-old active duty seaman."

Still, Johnson reiterates that the UCSG Auxiliary does not do military, or law enforcement, work in its regular functioning.

"The Auxiliary does not do military work," Johnson said. "We are able to do everything that active duty are able to do with two exceptions: We do not issue tickets, and we do

not carry guns. In other words, we do not do law enforcement or military functions."

While not regularly relied on for military duties, the Auxiliary remains crucial to the U.S. Coast Guard. "In 2014, there were 36,235 Active Duty Coast Guard seamen and 29,620 members of the Auxiliary," Miller said. "The Auxiliary frees the Active Duty Coast Guard to attend to the military and law enforcement duties. Generally, all our activities are directed to boating safety. Every year, over 500 people die in boating accidents. The statistics show that most people who die never had a boating safety class. I feel good that our work in teaching boating safety probably saves lives. And I'm sure we saved the life of an exhausted paddle boarder who got separated from his board on a windy day in the Potomac River. We picked him up on a river patrol."

The only age requirement for the USCG Auxiliary is that prospective members must be 17 years old, so Flotilla 25-08 could hypothetically be made up of 17-year-old men and women to centenarians. The local flotilla is made up of both civilians and retired service members from all of the nation's military branches.

Active Duty Coast Guard personnel have a 20- to 30-year career," Miller said. "The Auxiliary only requires that you be at least 17 years old. Our flotilla had a member over

90 years old still going out on patrols. The general rule is to participate in at least one mission of interest as long as you are physically able to perform the mission."

Of the roughly 80 members of Flotilla 25-08, Johnson said that most are quite familiar faces.

"Many have been members for 15, 20, or even more years," Johnson said, "but we also have many that have been members for less than five years. I would guess that the average tenure is around 15 years."

Johnson has been a member for four years, and Miller for 15 years. They both encourage anyone interested — both civilian and military personnel alike — to seek out membership.

Johnson is a civilian and Miller is an Army retiree, having served 25 years in various assignments all over the world.

BOTH Johnson and Miller are boat and sailing enthusiasts, and agree that the Auxiliary is a great way to combine their passion with serving the community.

"By accident, I learned about the Auxiliary a few years ago," Johnson said. "I remain a member for two reasons: First, the Auxiliary is a great way to way to learn more about boating. I have taken several collegelevel courses for free through the Auxiliary — some taught by Auxiliarists, and some taught by active duty personnel. Second, the

U.S.

Coxswain John Sawyer observes through binoculars a derelict cabin cruiser hard ashore on the Maryland side of the Potomac River during a patrol. The cruiser's name, derelict state, and position was transmitted to USCG Station Washington.

See Coast Guard, Page 18

News



The Fairfax County School Board members applaud Dr. Karen Garza after renewing her contract as superintendent for four more years.

Board Renews Garza's Contract

From Page 1

elimination of early-release Mondays; and investments in teacher pay and lowering class size, all of which have had a significant, positive impact for our students and staff members.'

At-large board member Ilryong Moon seconded acting chair and Mason District representative Sandy Evans' motion for the extension.

"Dr. Garza has not only the right skill set, but also temperament to continue leading," he said.

Braddock District representative Megan McLaughlin added, "We are deeply deeply fortunate in this great county of over one million people, the 10th largest school system in the country, that we have been able to not only bring you here, but level."

continue building on a relationship with you."

"You have led with vision and courage and innovation, and I want to thank you for that," Evans said.

After the unanimous vote in support of Garza, she took a few moments to thank the board, the leadership team and the school community.

'You took a chance on me, that Texas girl, and brought me here," Garza said. "Thank you for your continued support, absolutely, this vote of confidence."

"I think we're the best in the United States," she continued. "The possibilities are endless for what else we can do in this school system, the ability to really shape and lead the work at the state and national

Update on North Hill Rezoning Plan

From Page 1

plan forward further than in the past is CHPPENN's expectation they can obtain a nine percent housing tax credit for 2017 rather than the less competitive four percent credit. The difference would mean about \$7.5 million.

Del. Paul Krizek (D-44) attended the July 6 meeting and called the revitalization "exciting, very exciting." "It's been too long, a long time coming," Krizek said. "This deal is for very mixed income it's not creating too concentrated an area of low income residents.'

Krizek said students in the Residences at North Hill Park would attend Bucknell Elementary School, which is undergoing its own revitalization.

Krizek also said he hopes the North Hill redevelopment can incorporate more environmentally progressive measures and sustainable technology such as solar panels.

Chamber of Commerce Executive Director Holly Dougherty said the mixed income development brings up larger community issues.

"Our schools are in crisis already," she said, "and we'd have more low income students requiring more services. But it provides opportunities also. You have to have the opportunities in place, and need to have the jobs in place."

Supervisors Jeff McKay (D-Lee) and Dan Storck (D-Mount Vernon) have also voiced concerns over the impact of the residences on local schools.

BULLETIN BOARD

VOLUNTEERS NEEDED

United Community Ministries seeks volunteers to act as food pantry assistants, basic needs counselors, youth tutors and mentors, office admin/data entry, community outreach, ESL teachers and co teachers, and teacher aides. Visit www.ucmagency.org/volunteer-at-

ucm.html Mount Vernon At Home is a nonprofit organization that relies on volunteers to assist older adults aging in place in their homes. Volunteers are needed for local transportation to medical and personal appointments, errands, and grocery store trips; light handyman chores, home technology

and more. No minimum number of volunteer hours required. Call Mount Vernon At Home 703-303-4060 or email info@mountvernonathome.org or visit www.mountvernonathome.org for

Volunteer Advocates for Nursing Home & Assisted Living

call 703-324-5861, TTY 711.

Residents needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/ olderadultservices/ltcombudsman/, Lisa.Callahan@fairfaxcounty.gov or

ONGOING

Musicians are invited to join the Mount Vernon Community Band. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service since 1978, 703-768-4172 or www.mvbands.com.

Training Courses. The American Red Cross in the National Capital Region will host training courses in CPR, First Aid, and AED in the Alexandria and Fort Belvoir offices. Call 1-800-RED-CROSS or visit redcross.org/



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



Alex./Riverside 8332 Wagon Wheel Road

Riverside Estates' most popular Colonial Model—5 BR, 3.5 BA w/3 finished levels, 2 FPLs, 1car garage on a lovely lot. 5 large spacious BRs, refinished hdwd floors on main & upper levels plus new carpet on lower

level. Freshly painted interior, new windows, siding & gutters. 6 mins to Fort Belvoir, (S), 15 mins to Old Town (N), & 27 mins to National Airport (N). This is a Gem!



Alex./Riverside Estates \$649,900 8425 Mount Vernon Highway

Beautiful home w/over 4,000 fin sq ft & 2 lvl addn plus 600+ sq ft bsmt in lovely Riverside Estates. Great Rm on ML w/gas FP & wet bar. Adjacent Family Rm w/woodburning FP. An office adjoins the gorgeous 20' x 32' MBR addn w/vaulted Douglas Fir ceiling &

skylights. Library/studio (32' x 12') on upper lvl addition. Both HVAC systems, HWH & roof replcd 2011. 1 mile to G.W. Pkwy. Close to Ft. Belvoir.



Alex./Sedgewick Forest \$559,000 4015 Gibbs Road

Large, lovely, updated 4 level split on a beautiful .46 acre lot – Large kitchen w/granite counters & ceramic tile floors – 3 upgraded baths – 2 fireplaces & upgraded DBL pane windows throughout -2nd lower level offers utility rm, workshop & storage rm. Large double carport overlooks beautiful

bkyd w/large shed/workshop w/electric power – 7 minutes to Ft. Belvoir (S), 15 mins to Old Town (N) – Great Home & Property!



Riverside Estates 8318 Orange Court

Beautiful 4 BR, 3.5 BA Colonial with carport in wonderful Mount Vernon community. 3 finished levels, brand new siding, windows & freshly painted. Newer kitchen & baths, gleaming hdwd flrs, screened porch, deck, large corner lot. Separate laundry & storage rms. Scenic commute along G.W. Pkwv & Potomac River - 5 mins to Ft. Belvoir, 15 to Old Town Alex., 25

to Nat'l Airport, 35 to Pentagon/D.C. Walk to Elem & H.S.



Alex./Wessynton \$790,000 3008 Doeg Indian Ct.

Spectacular, updated 5 BR, 3.5 BA contemporary with well over \$300,000 of improvements. Kitchen & baths gutted and remodeled. Replacement windows. Hardwood floors refinished. Bsmt remodeled w/3rd full bath, Huge Rec Rm w/bar and double wine cooler. Huge picture windows look

out over beautiful deck & stunning landscaped yard. Community pool, tennis, walking paths & water access thru a boat launch. This is a 10!



Alex./Stratford Landing \$609,000 8720 Bluedale Street

Tremendous value in this remodeled and meticulously maintained 5 BR, 2.5 BA Split – Upgrades include: Kitchen, Baths, DBL Pane Windows, Roof & HVAC. Freshly painted interior, beautiful hdwd floors & a large deck overlooking a gorgeous, landscaped

yard. – 15 minutes to Ft. Belvoir (S) & 10 mins to Old Town (N), along scenic G.W. Pkwy – Great Home



Alex./Riverside Estates \$514,900 3424 Ramsgate Terrace

Lovely 4 BR, 2.5 BA home w/garage in wonderful Mount Vernon neighborhood. Updated and open kitchen w/granite and SS. Refinished hardwood floors Private sauna in LL. 2 Fire-places. HVAC 2013, Roof 2008, Windows 2010, Kitchen 2015. Large deck off of the kitchen

and stone patio. Fenced bkyd. Great location close to Fort Belvoir and G.W. Pkwy for scenic commuting to D.C

For more information: www.RexReiley.com



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News



Donation to American Horticultural Society

The Garden Club of Waynewood donated \$500 this year to the American Horticultural Society to assist in River Farm's new Wildlife Garden. From the bench one has a grand view of the meadow and the Potomac River. he Wildlife Garden's collection of plant provides food and shelter for many birds, reptiles and insects. See the Garden Club of Waynewood Facebook page for information about their meetings and other activities.



SLES Students Recognized for Community Service

he sixth grade students of Stratford Landing Elementary joined their teachers and families at Sandburg Middle School on June 22 to celebrate the 2016 Promotion Ceremony. Featured at this year's ceremony was the announcement of the first annual Stratford Landing Community Service Recognition Certificate.

The 2015-2016 school year marked the beginning of a lifetime of service for sixth grade students who participated in service learning opportunities, from Boy Scout and Girl Scout service projects to helping out with service at Stratford Landing and in the greater Alexandria area. While all students were required to complete five hours of service, one group of students completed up to 35 hours of service during their sixth grade year. These students completed an essay and were interviewed to be considered for the Stratford Landing Community Service Recognition Certificate. Students' essays shared many stories of service and fun. Sixth-grader Matthew Rusten learned that, "service is more than a word or a task [...] it makes a difference for the environment and the community." Caroline Henry shared that she, "felt like she made a difference" when stocking food in the pantry at United Christian Ministries. And Logan Price shared a sentiment echoed by all of the nominees when she wrote, "For me, doing service isn't just helping somebody. It is making their life better and at the same time, you are making your own life better." For their work and dedication, all 14 nominees were awarded the Stratford Landing Community Service Recognition Certificate. Recipients received a certificate and will have their names on a plaque at Stratford Landing.



Recipients of the 2016 Stratford Landing Community Service Recognition Certificate gather following their promotion ceremony at Sandburg Middle School on June 22 . From left are, front, Michael Weinraub, Leydi Cris Cobo Cordon, CJ Crombie, Maeve Chawk, and Quinn Doyle; second row, Ryan Kiefer, Logan Price, Cami Powilatis, Caroline Henry, and Alejandro Lott; and third row, Caitlin Forti, Caroline Richard, Matthew Rusten, and Tre Gunther.



Outdoor Classroom

Spearheaded by STEAM teacher Dr. Sofie Hussain, Woodley Hills Elementary School worked this year to win a couple of grants to put together a community garden and outdoor classroom at the school. Highlights include 13 garden beds, a pollinator garden, an archeological dig site, an experimental garden, a weather station, and a bean tepee, to name but a few. The gardens are planted with crops that the students learn about in their Virginia history classes, and a soda bottle garden, put together with recycled soda bottles, will feature herbs that were used as medicines in colonial times.

Basdekis Named Outstanding First-Year Principal

aul Basdekis, who was named principal at River side Elementary School in July 2015, has been named the Fairfax County Public Schools (FCPS) 2016 Outstanding First-Year Principal.

To tackle the school's accreditation with warning in science by the Virginia Department of Education, Basdekis took a look at data to come up with a plan to raise student achievement.

He developed quarterly student a lab to support STEAM (science, recognitions for both citizenship and work habits, encompassing "Effort and Attitude," the school's new motto.

To recognize improvement, parents receive a personal call from the principal when their child earns top marks and high-achieving students are recognized in the monthly newsletter.

As a result of these new initiatives, unexcused sences decreased by half

and behavior referrals to the office decreased. Basdekis hired a science resource teacher to create technology, engineering, art, and math) programs and increase stu-

Basdekis earned a bachelor's degree from Mount Saint Mary College in New York and a master's in educational leadership from George Mason University.

dent engagement in science.

www.ConnectionNewspapers.com

BULLETIN BOARD

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.

WEDNESDAYS THROUGH SEPTEMBER

Plant Clinics. 9 a.m.-noon at the Mount Vernon Farmers Market at Sherwood Library, 2501 Sherwood Hall Lane. Volunteers from the Fairfax County Master Gardeners Association will conduct plant clinics during the 2016 season to answer gardening questions, identify plants and insects, and dispense soil test kits to the general public. They encourage backyard gardeners to bring samples for diagnosis or identification. Visit fairfaxgardening.org for more.

FARMERS MARKET OPEN

The McCutcheon/Mount Vernon

Farmers Market is open for the year at the Sherwood Hall Regional Library, 2501 Sherwood Hall Lane, 8 a.m.-noon every Wednesday, through Dec. 16. Local farmers and producers will sell fresh produce and fruits; meats; breads and pastries; honey, jams and jellies; dairy products and eggs; herbs; and more. Visit www.fairfaxcounty.gov/parks/

SCHOOL NOTES

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

Gisele Gray, who serves as the parent liaison and interpreter at Mount Vernon High School, has been named the 2016 Fairfax County Public Schools (FCPS) Hourly Employee of the Year. The announcement was made by FCPS Superintendent Karen K. Garza at FCPS Honors, a ceremony for the winners of FCPS employee awards.

Gray, who has been at Mount Vernon High since 2004, is praised for ensuring that Hispanic students and their families feel comfortable and welcome, and for making sure Hispanic families have support and are able to access information at school-wide events such as touching bases, Back to School Night, and packet pick-up times.

During the first few months of the current school year, Gray was the sole parent liaison at Mount Vernon, serving the 41 percent of the school's families who are Hispanic. She has organized and hosted a family reunification program and a professional development program for staff on human trafficking and its impact on the Hispanic community.

Gray, who earned a bachelor's from the University of San Diego, worked in risk management for International Paper-XPEDX and Nordstrom prior to joining FCPS, as well as a vocational rehabilitation counselor.

John Hynes, of Alexandria, graduated from Georgia Tech (Atlanta, Ga.) with a Master's degree in business administration.

The following Alexandria residents graduated with honors from James Madison University in May 2016:

Alexandra Smith graduated Cum Laude with a degree in media arts and design. Anna Peck graduated Cum Laude with a degree in media arts and design. Christine Macey graduated Cum Laude with a degree in nursing. Laura Mertins graduated Cum Laude with a degree in studio art. Danielle Comer graduated Cum Laude with a degree in theatre and dance.

farmersmarkets for more.

SEPT. 10-21

2016 Northern Virginia Senior

Olympics. Online registration will open July 5. Registration forms will be mailed to previous participants in late June and will be available at community and senior centers, senior residences and event venues. The registration fee of \$12, which covers multiple events, remains the same. Three events have an added fee, ten pin bowling, golf and orienteering. Deadline for registering is Aug. 27 (by mail), Sept. 3 (online). Call 703-830-5604 or email nvso 1982@gmail.com for more. To volunteer, call 703-403-5360.

VOLUNTEER OPPORTUNITIES

Volunteer Fairfax makes it easy for individuals and families, youth and seniors, corporate groups and civic clubs to volunteer. Fulfill hours, give back, or pay it forward through a variety service options. Visit www.volunteerfairfax.org or call 703-246-3460.

THURSDAY/JULY 14

Chamber Breakfast. 8-9:30 a.m. at Belle Haven Country Club, 6023 Fort

SEE BULLETIN, PAGE 18

Jazana M. Goolsby and **Joshua Smith-Sreen**, both of Alexandria, have been named to the dean's list at Boston University for the spring semester.

Emily Woods, of Alexandria, has graduated from Emerson College (Boston, Mass.). Woods earned a B.A. in theatre studies.

West Potomac High School senior Jarrod Denham was received the second annual Old Town Alexandria Connections' (OTAC) Peter Williams Memorial Scholarship, at the 2016 West Potomac High School convocation. Jarrod will be attending Bridgewater College this fall, majoring in exercise science with intentions to pursue a graduate degree in physical therapy. He also will be on the school's football team. In addition to his academic achievements in high school, Jarrod has played several sports, including baseball and football, and is active in the community through boy scouts and with a special needs baseball league. Jarrod's scholarship application essay was about teacher pay in Fairfax County and the repercussions it has on the quality of education.

The following Alexandria residents were among the graduates from the University of Vermont (Burlington, Vt.): **Madeline Evans** graduated with a Bachelor of Arts in environmental studies; **Margaret Nealon** graduated with a Bachelor of Science in public communication; and **Sarah Sapirstein** graduated with a Bachelor of Arts in political science.

Emily Deller, of Alexandria, has been named to the spring 2016 dean's list at University of the Sciences (Philadelphia, Pa.).

Justin Hughes, of Alexandria, received a CER-Orthodontics; MS-Orthodontics degree from the University of Iowa at the close of the spring 2016 semester.

Kristine Pinter, of Alexandria, was named to spring 2016 dean's list at the University of Iowa.

MAIN-LEVEL REMODELED HOME TOUR Saturday, July 16th, 12pm-4pm

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OPINION

Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

ummer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hun-

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

I would like to respond to U.S. Rep. Don

Beyer's column titled "Help Reduce Gun

Violence" in the June 30 issue of the Mount Vernon Gazette. Unlike the congressman, I

was not moved and inspired by the Demo-

crat "sit-in" in the House of Representatives.

the real cause of violence in Orlando. Not once did I hear them mention violent Is-

If Congressman Beyer is really serious

about curbing violence, then he should sup-

port HR 3892 to ban the Muslim Brotherhood by designating it a terrorist organiza-

tion. The pro-jihad (and stealth sharia)

Muslim Brotherhood gave rise to Hamas, Al Qaida and other terrorist groups. The

FBI supports this bill because elements

of the Brotherhood show up in almost ev-

ery terrorist case they investigate. Even

So Congressman Beyer, what will it be?

More petulant preschoolers in Congress conspiring to further erode the constitutional rights of U.S. citizens or elected rep-

resentatives (and public servants) doing

what is right and necessary to keep Americans safe in accordance with their oath of

other Muslims understand Brotherhood's danger and have outlawed

it in Saudi Arabia, Egypt, the UAE.

Acting like spoiled children, they turned the floor of the House into a rerun of Romper Room so they could distract from

LETTER

Uninspiring

To the Editor:

lamic jihadists.

Romper Room

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Locations for **Summer Meals**

http://www.fairfaxcounty.gov/ncs/pdfs/ summer_meals-2016_open_sites.pdf http://www.fairfaxcounty.gov/ncs/pdfs/ summer_meals-2016_closed_sites.pdf

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

The Pet Gazette, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever

Our favorite pictures include both pets and

Please tell us a little bit about your creature,

identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email gazette@connectionnewspapers.com or subonline www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

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Submit Photos to Pet Gazette

other creatures share your life with you.

Grist Mill Park Performance Saxophonist Art Sherrod Jr, along with his crew, entertained a Grist Mill Park crowd on Friday, July 1. The rain held up as many Mount Vernon residents chose to attend the performance by Sherrod Jr. and the band. A variety of tunes were played as the sun set Friday evening, allowing for a relaxing outing for the entire family.



Younger audience members enjoy the show in the comfort of their



Sherrod Jr. highlighted the evening during one of his many solo performances.

Kim Benesh Alexandria



CLEVELAND PARK \$5.500,000 | 3525 Woodley Rd NW Steps from the National Cathedral, the historic house features exquisite period details, high ceilings, an attractive master suite, and original hardwood floors. There are beautifully landscaped grounds, multiple terraces, and stunning Cathedral views. Rare opportunity.

MICHAEL RANKIN +1 202 271 3344



BELLE HAVEN \$1,800,000 | 2220 Windsor Road
Open Sunday 2-4: Spectacular custom built home sited on a
large corner lot. This beautiful 5 bedroom, 5.5 bath home offers
tall cellings, exquisite moldings and architectural detail, gleaming
hardwood floors, 3 fireplaces, 2 staircases, and a 2-car garage.
Perfect for gracious entertaining and comfortable family living.
JEANNE WARNER +1 703 980 9106



DOMINION HILLS \$1,199,000 | 859 North Liberty Street Exquisitely expanded and renovated. Kitchen is a study in design perfection. Includes inset custom cabinetry, large marble island with farmhouse sink, Subzero, wall oven, and wine refrigerator. Private yard with terrific AZEK deck and flagstone patio. Finished lower level recreation room with bed and bath.

DONNA MANK +1 202 550 5617



BRADDOCK LOFTS \$899,000 | 1121 Wythe Street Original model home with 3 bedrooms, 3 full baths, 2 half baths, and a 2-car garage. Open floor plan with gourmet kitchen and island. Gorgeous master suite with 2 en-suite bedrooms. Roof top deck with spectacular views of the city and Masonic Temple, First floor features light-filled office. Steps to Metro, restaurants, shopping, and minutes to DC.

PAM CORNELIO +1 571 236 4398 FRIDA HOPPER +1 571 225 1458



ALEXANDRIA \$3,500,000 | 212 S Fairfax Street

This historic gem in Old Town, sited on 2 lots with towering trees and tranquil gardens, offers 5 bedrooms, 4.5 baths, high ceilings, wonderful details, light-filled solarium, and 4 off-street parking spaces.

JEANNE WARNER +1 703 980 9106



BELLE HAVEN \$1,359,000 | 2116 Belle Haven Road Located on a beautiful street in Belle Haven, this handsome 5 bedroom, 4.5 bathroom stone colonial is an exceptional offering. The spacious home has beautiful gardens and private slate patio. The lovely architectural detail, beautiful renovations, and wonderful floor plan make this property a must see.

KAREN BARKER +1 703 928 8384 WETHERLY BARKER +1 703 965 9613



WELLINGTON \$1,099,000 | 7732 Southdown Road Lovely river views from this renovated 5 bedroom, 3 bath Cape, Offering 2 fireplaces, lovely details, gourmet kitchen, beautiful master suite with walk-in closets, landscaped grounds, in-ground sprinkler, and 2-car garage.

JEANNE WARNER +1703 980 9106



BELLE HAVEN \$749,000 | 2312 Windsor Road Open Sunday 2-4: Light-filled, updated Belle Haven home offering 4 bedrooms, 3.5 baths, 2 fireplaces, French doors leading to patio, renovated kitchen, private patio, level fenced-in rear lot with mature plantings, and garage.

JEANNE WARNER +1 703 980 9106



GEORGETOWN \$2,995,000 | 3220 Volta Place NW

A historic landmark in the heart of Georgetown, this tasteful home features an elevator, high ceilings, hardwood floors, elegant moldings, an eat-in kitchen that opens to a private brick terrace, and a spacious master-suite. An attached guesthouse has a bedroom and full bath, and there is a garage parking for one car.

MICHAEL RANKIN +1 202 271 3344



BUFFALO HILL \$1,375,000 | 3021 Castle Road
Dazzling custom built home tucked away in a quiet residential
location. 5 bedrooms, 4.5 baths, and 3-car garage. Dramatic
double foyer, family room, gourmet kitchen, and separate
mudroom, Custom stonework in backyard. Fully finished walkout
basement with bedroom and full bath. Elegant master suite.

PAM CORNELIO +1 571 236 4398 FRIDA HOPPER +1 571 225 1458



RANDALL \$925,000 | 2207 Shiver Drive Stunning new construction in peaceful country setting, 6 bedrooms, 4.5 baths, views of parkland from kitchen and deck, finished basement, 9-foot ceilings, and a 2-car garage. Available for presale with late summer completion.

PHYLLIS PATTERSON +1703 408 4232



OLD BELLE HAVEN TOWNE \$599,500 | 6311 Barrister Place Open Sunday 2-4: Charming 3 bedroom, 3.5 bath townhouse offering light-filled living room with fireplace, gracious dining room, large family room with fireplace and built-in bookshelves, hardwood floors, crown molding, large private patio, and assigned parking space.

JEANNE WARNER +1 703 980 9106

ALEXANDRIA, VA BROKERAGE 400 SOUTH WASHINGTON STREET ALEXANDRIA, VA 22314 +1 703 310 6800



Hollin Hall Automotive Supports 9/11 Heroes Run

Annual race to be held Sept. 10.

om Harvey, owner of Hollin Hall Automotive located at 7926 Fort Hunt Road, presented a check on June 20 to Jim O'Farrell, race director of the 2ndAnnual 9/11 Heroes Run.

The Heroes Run is being held on Saturday, Sept. 10, at 9 a.m. at Carl Sandburg Elementary School on Fort Hunt Road and honors the local first responder and military communities. Last year's race had more than 1,500 runners, walkers, volunteers and spectators along with dozens of corporate

The 9/11 Heroes Run is a 5K race series held each September in more than 50 cities and towns across the United States with the support of local volunteers and the Travis Manion Foundation (TMF) (www.travismanion.org). Its purpose is to bring communities together to remember those lost on 9/11 and in the wars since, honor the sacrifices of military and first responders, and raise funds to provide needed support for them.

Travis Manion lived in the Fort Hunt area until age 10. He attended Hollin Meadows Elementary School, played football for Fort Hunt Youth Athletic Association and lived in a house just a few blocks from Hollin Hall Automotive. He attended the Naval Academy, where he was a top wrestler, leader and individual known for being a midship-

man who consistently demonstrated moral courage, integrity, leadership and service. He was a Marine Corps 1st Lieutenant in 2007 and member of the Marine Corps' 1st Reconnaissance Battalion when he was killed in Iraq by a sniper while pulling two fellow Marines to safety during an ambush. Due to his actions, each of his teammates survived the firefight and Manion was posthumously awarded the silver star. His family

founded TMF to honor his sacrifice and the sacrifices of all military members and first responders.

According to Jim O'Farrell, "Travis Manion lived by the motto, 'If Not Me, Then Who ...' and through the 9/11 Heroes Run, we hope to provide a community event where people can come out, have fun and remember those we lost on 9/11 and since

O'Farrell, who has lived in the Fort Hunt area since 1996, also attended the Naval Academy and his roommate was a member of the elite SEAL Team Six when he was diagnosed with a brain tumor. After his roommate died, O'Farrell vowed to dedicate his spare time to doing the things his roommate would have done, like starting a 9/11 Heroes Run.



Travis Manion

Harvey had similar reasons for wanting to support the Heroes Run. Harvey's family has a history of military service. His dad landed on Omaha Beach in the deadly first wave on D-Day, June 6, 1944. For 50 years, Harvey didn't know exactly what his dad had done in World War II, until an article was written by a fellow soldier to commemorate the 50th Anniversary of D-Day that mentioned his dad. Military service

continued in Harvey's family when his oldest brother, Butch, became a Force Recon Marine during Vietnam. He died while attempting to rescue his fellow Marines who had become trapped behind enemy lines.

According to Harvey, "I'm proud to sponsor the 9/11 Heroes Run as a way to say thank you to the men and women who serve our country on a daily basis both past and present. And the Heroes Run is a terrific event too."

The theme of the event is to "Honor the Fallen By Challenging The Living."

This year's race proceeds go to TMF, Fairfax County Explorer Post 2252, which meets at West Potomac High School, and the Armed Services Arts Partnership (ASAP). Race Committee members include: Cindy Anderson, Karin Kulinski, Walt



Tom Harvey, owner of Hollin Hall Automotive presents a check to Jim O'Farrell, race director of the 2ndAnnual 9/11 Heroes Run.

Hogan, Susan French, Elaine Woods, Steve Farson, Jim Clautice, Mark Tierney, and Paul Zippel. The local 9/11 Heroes Run is supported by members of the Fairfax County Fire Department, Police Department, the Fort Hunt Youth Athletic Association, Alexandria Cars & Coffee and dozens of corporate sponsors including IHOP, Starbucks, Safeway, Mercedes Benz of Alexandria, Enterprise Rent-A-Car, the Village Hardware and Hollin Hall Automotive.

CRIME REPORTS

The following incidents were provided by the Mount Vernon Police District.

ATTEMPTED ROBBERY: 3600 block of Rolling Hills Avenue, June 30, midnight. The victims were walking when approached by an unknown man. The man implied he had a weapon and demanded money. A 29-year-old man of no fixed address, was arrested, transported to the adult detention center. and charged with attempted robbery.

MALTREAT ANIMAL: 7900 block of Richmond Hwy, June 28, 3:24 p.m. Officers were called to the parking lot for two dogs left in a vehicle with the windows partially open. The owner was charged with inadequate care of an animal. The animals did not appear to be

ATTEMPTED ROBBERY: 7700 block of Richmond Hwy (Home Depot), June 14, 1:32 p.m. The victim was in the parking lot of the business when a man approached him, implied he had a gun, and demanded money. The man fled on foot and officers responded: however. the suspect was not located. The victim was not injured and the suspect was described as black, mid-50's, approximately 5 feet 6 inches tall, wearing a navy blue shirt and jeans.

TRAFFIC PURSUIT/NARCOTICS/ RREST: Pole Road/Keeler June17, 7:17 p.m. Officers from the Neighborhood Patrol Unit observed a man who they knew to be a suspended driver, operating a vehicle. A traffic stop was initiated and the driver failed to

The driver struck a parked vehicle and fled on foot, with officers in pursuit. The suspect then broke into a residence and allegedly attempted to destroy narcotics. Officers arrested a 33-year-old Lorton man and transported him to the adult detention center, where he was charged with speeding to elude, burglary, and possession with intent to distribute marijuana.

COMMERCIAL ROBBERY: 2400 block of Fairhaven Avenue, June 11, 2:39 a.m. Police responded to a report of two men who went into a business, implied a weapon towards employees and demanded money from the cash register. The suspects fled on foot with an undisclosed amount of cash. Both suspects were described as black, one was thin build, approximately 19 to 25 years-old, and 5 feet 8 inches to 6 feet. The other suspect was heavy set, approximately 19 to 25 years old, and 5 feet 8 inches to 6 feet tall. The victims did not require medical attention

MALICIOUS WOUNDING: 7400 block of Vernon Square Drive, June 7, 6:53 a.m. The victim was walking near her apartment when she was assaulted by a man. The victim screamed and attempted to get away at which time the suspect fled the scene. The victim suffered severe injuries and was transported to a local hospital. The victim and the suspect are known to each

COMMERCIAL ROBBERY: 2400 block of Fairhaven Avenue, June 7, 2:26 a.m. A man entered a business and displayed a knife in front of two employees. The suspect took money and property and fled in a silver Toyota Corolla with Maryland tags. The suspect was described as black, heavy-set, wearing shorts and a white shirt. The victims were not injured.

JULY 1 LARCENIES

6000 block of Richmond Highway,

tools from business 6000 block of Richmond Highway, tires from vehicle

7700 block of Richmond Highway, cash from business

JUNE 30

LARCENIES

7900 block of Janna Lee Avenue, items from vehicle

7600 block of Richmond Highway, merchandise from business

7900 block of Richmond Highway, merchandise from business

JUNE 29

LARCENIES

3900 block of El Camino Place, bicycle from business

3100 block of Lockheed Boulevard, gutter from residence

7700 block of Richmond Highway, wallet from business 4200 block of Sonia Court, GPS and

wallet from vehicle 8500 block of Washington Avenue, wallet from vehicle

LARCENIES

2500 block of Parkers Lane, jewelry

7600 block of Richmond Highway, wallet from business

8600 block of Venoy Court, property from vehicle

JUNE 24-27 LARCENIES

1200 block of Belle Haven Road, merchandise from business

4300 block of Birchlake Court, bag

4500 block of Colony Court, debit card from residence

3500 block of Huntley Manor Lane, license plate from vehicle 7900 block of Janna Lee Avenue,

items from vehicle 6200 block of North Kings Highway,

phone from business 2500 block of Parkers Lane, skate-

boards and bicycle 6600 block of Richmond Highway,

bicycle from vehicle 8600 block of Richmond Highway, liquor from business

7400 block of Vernon Square Drive, phone from residence

JUNE 24

LARCENIES

2800 block of Fairhaven Avenue, phone from residence

8200 block of Russell Road, merchandise from business 7900 block of Sausalito Place, cash

from residence

3900 block of Sonora Place, jewelry from residence

JUNE 23

LARCENIES

4100 block of Dandridge Terrace, TV from residence

8000 block of Pantano Place, property

2500 block of Parkers Lane, phone from business

4300 block of Sheridans Point Court, wallet from business

JUNE 22

LARCENIES

6000 block of Richmond Highway, license plate from vehicle

7600 block of Richmond Highway, shoes from business

7700 blolck of Richmond Highway, merchandise from business

JUNE 21

LARCENIES

4200 block of Alcott Street, EZ pass from vehicle

7900 block of Audubon Avenue, cash from residence

3100 block of Sherwood Hall Lane, merchandise from business

STOLEN VEHICLES

6000 block of Richmond Highway, 2015 Suzuki GXSR 750 motorcycle **JUNE 17-19**

1900 block of Elkin Street, cigarettes 7200 block of Fordson Road, cash

from residence 7900 block of Martha Washington Street, laptop computer and wallet from

vehicle 2500 block of Parkers Lane, jewelry

from residence 8600 block of Richmond Highway,

merchandise from business STOLEN VEHICLES

7800 block of Southdown Road, 2005 Toyota Sienna

LARCENIES

9000 block of Linton Lane, property from residence

7900 block of Richmond Highway, hubcaps from vehicle

4900 block of Sprayer Street, bicycles from school

STOLEN VEHICLES

7800 block of Belfrod Drive, 2010 Buick Lacrosse

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Braddock Heights 2416 Ridge Road Drive, Alexandria VA Impressively sited on 1.33 acre of land w/towering trees, this lovely 6 br + 4 1/2 ba brick colonial boasts grand room sizes, hdwd flrs, 2 fps & huge first floor kitchen family room. \$2,295,000 Donnan C. Wintermute 703-608-6868 MLS # AX9645028



Harbor View 10821 Greene Drive, Lorton VA Enhanced Pricing! Waterfront! Panoramic views of Occoquan River and Belmont Bay. 4-sided brick exterior, classic open floor plan, an abundance of living space, 4 fireplaces, boating! 4 br, 4 ba. \$879,500 Susan Gray Chambers 703-203-9900 MLS # FX8748474



Open House Sunday 2-4pm Cameron Station 168 Martin Lane, Alexandria VA Sun-filled, brick end TH w/3 true bdrs, 2.5 baths. Beautiful finishes incl custom closets, plantation shutters & gleaming hardwoods. Entire 3rd flr is owners suite w/upgraded bath. \$579,900 Tanya Blosser 703-310-8053 MLS # AX9627640



Cardinal Square

6622 Burlington Place, Springfield VA 10K Firecracker Reduction Remodeled top-to-bottom 3 level, 3/2.5 w/New Mahogany Bamboo Floors thruout, New Kitchen w/Granite, SS, & Cab. CC covers ALL but electric! \$347,000 David Thorpe 561-282-7000

MLS # FX9686217



Hallowing Point River Estates 5909 River Drive, Lorton VA Summers Best Waterfront Home! 7,600 sf, open chef's kitchen with adioining FR, elevator, huge master suite, basement walkout daylight lower level, deep water boating, EZ access to D.C. 6 br. 5 ba. \$1,995,000 Susan Gray Chambers 703-203-9900 MLS # FX8632686

Open House Sunday 2-4pm Mt Vernon On The Green 9174 Rosemary Lena Way, Alexandria VA PRICE REDUCED! Colonial with 4 bedrooms, 4.5 baths, covered cooking center with refrigerator. gas fire pit, waterfall, and retractable sunshades on the deck \$900,000 Bob Hamilton 703-966-8532 MLS # FX9610173



Open House Sunday 2-4pm Waynewood 1009 Potomac Lane, Alexandria VA Great new price! 4 beds/2 full/2 1/2 baths, Expanded/ updated/remodeled Mayfield Model, open concept! 1/2 block to pool/park, 4 blks to in-neighborhood elem school! Hardwoods/paint! \$729,000 Lyssa Seward 703-298-0562 MLS # FX9674337



Quaker Hill 1271 Quaker Hill Drive, Alexandria VA A Beautiful Town House with green space! Offered with a Home Warranty, this 3 Bedroom, 3.5 bath plus an in-law suite is in a great location for commuters. Must see! \$549,900 E.J. Stone

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www.cbrbschool.com Instructor: Lisa Stull Cost: \$199.00



Open House Sunday 2-4pm The Plaza 805 N. Howard Street #442, Alexandria VA Updated 2 br/2 ba condo w/over 1,000 sq. ft. Top floor, fresh paint, hardwood floors, updated kitchen w/NEW appliances incl. washer/ dryer. Fireplace! Balcony! Garage Pkg and Storage! \$265,000 Ann-Marie Grotticelli 703-501-4092 MLS # AX9692442



Potomac Yard 2315 Jefferson Davis Hwy #101, Alexandria VA Stunning 2-level condo town house! Walk to parks, restaurants, Metro, Del Ray. Only 3 yrs young. Gourmet kitchen w/open floor plan. 3 spacious bds/2.5 baths; 1-Car Garage. Low Fees. \$689,000 Kathy Kratovil 202-285-6391 MLS # AX9670836

Save the Date - Virginia Continuing Education in Old Town Office August 25th

Alexandria 310 King St. | Alexandria, VA 22314 | 703.518.8300









ENTERTAINMENT

ACCT Presents 'The Dixie Swim Club'

It's a little "Steel Magnolias" meets "Same Time Next Year" meets "Golden Girls" and "On Golden Pond"

> BY STEVE HIBBARD THE GAZETTE

ldersgate Church Community Theater (ACCT) is presenting "The Dixie Swim Club" from July 8-24. It's the story of five Southern women, whose friendships began many years ago on their college swim team, who set aside a long weekend every August to recharge those relationships. Free from husbands, children and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each others lives. It's a little bit of "Steel Magnolias" meets "Same Time Next Year," but it resonates with notes of "Golden Girls" and even "On Golden Pond."

As their lives unfold and the years pass, these women increasingly rely on one another, through advice and raucous repartee, to get through the challenges (men, sex, marriage, parenting, divorce, aging) that life flings at them. And when fate throws a wrench into one of their lives in the second act, these friends, proving the enduring power of teamwork, rally round their own with the strength and love that takes this comedy in a poignant and surprising direction.

Producer Jean Coyle said this is a story of lifelong friendship growing ever deeper despite very different personalities among the women. "There are some hilarious moments, as well as some truly poignant ones," she said. "The audience will identify with the characters and laugh and cry with them as if they, the audience, were right in the middle of the Pemberton College Swimming



From left: Edve Smith as Lexie, Janette Moman as Dinah, Lorraine Bouchard as Vernadette, Tina Anderson as Sheree, and Lise Downing as Jeri, in "The Dixie Swim Club" presented by Aldersgate Church Community Theatre in Alexandria.

Team. I hope the audience will leave pondering their own friendships and those they love — and remember to tell them of that love."

Director Eddie Page said he decided to direct "The Dixie Swim Club" because, growing up in Hampton, Va., he was always traveling to Nags Head, N.C., in the Outer Banks. "In fact, for many of those years, it was a "guys" weekend to mile marker nine at the See Sea Hotel. When I first started reading the script it was so contagious I couldn't put it down."

He added: "Good friends stick together through the good and bad times, but friendship doesn't just happen, it has to be maintained. These ladies can teach us all something about what we need to do to keep these lifelong bonds strong.'

As far as challenges, he said the play takes place over a 32-year period and the actors have to "age" through this time in looks, tone, and attitude. "Getting that balance correct is both a challenge and an opportunity to explore how we age."

He added: "The play is a celebration of friendships — the kind that last a lifetime and endure through joy and hardship. The audience should feel like the sixth silent roommate - right there in the beach

Janette Moman plays the role of Dinah Grayson, a sharp-witted, wise-cracking, high-powered Southern lawyer who enjoys these weekends with the girls to let her hair down. "She enjoys her martinis and has not been very successful when it comes to love and relationships until midlife," she said. "She and Lexie have a special bond being the only two in the group who have not had children. She considers these ladies the only real family she has and finds ways to take care of them when they aren't aware of it."

She said just like the Dixie Swim Club, relationships among friends are complex. "And my relationships with this wonderful cast of women has had its ups and downs. We have laughed, we have cried, we have dealt with each others' weaknesses, benefited from each others' strengths, and learned that togetherness and understanding make us better."

As far as audience takeaways, she said: "I believe audiences will appreciate this show because these are strong women who are resilient and smart, powerful, yet vulnerable. Friends make you stronger. Relationships are what life is all about."

Lise Downing plays the role of Jeri Neal McFeeley, the most upbeat and empathetic of the characters. "Jeri Neal's life changes along the way bring her from naive innocence to grounded maturity," she said.

She said it was a challenge "Adapting my dry New England humor and realist attitude to Jeri Neal's perky Southern optimism ... I hope people are enticed to take a weekend out of their busy lives to stop and smell the biscuits."

Lorraine Bouchard plays the role of Vernadette Sims, a fun-loving gal who enjoys the annual special weekends as a great escape from the black cloud of rotten luck that follows her. "I adore Vernadette. She's feisty. She embraces who she is and stands up for what she believes. I am very lucky to play a gal who can make you both laugh and cry," she said.

She added: "I hope that the audience members will reach out and call their old buddies. Treasure those rare, long friendships that cheer us on and support us along the bumps in our lives."

Tina Anderson plays the role of Sheree Hollinger, the cheerleader, the All-American mom, group leader, health nut, and eternal tomboy in the group. "Seriously, I can really identify with Sheree, and I really wish I had her energy," she said.

She added: "I hope that the audience is so delighted by this bone-tickling, heartwarming story of lifelong friendships that they will feel compelled to re-connect with old friends after the show."

Aldersgate Church Community Theater (ACCT) is presenting "The Dixie Swim Club" from July 8-24. Showtimes are Fridays and Saturdays at 8 p.m.; Sunday matinees at 2 p.m. Tickets are \$12 and \$15. Aldersgate Church Community Theater is located at 1301 Collingwood Road, Alexandria. Visit http://acctonline.org.

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 be-

ONGOING

Exhibit: "A Retrospective Exhibit of Florals and Still Life." Gallery hours at Goodwin House Alexandria Art Center, 4800 Fillmore Ave. Artist Concetta C. Scott presents her work. Call 703-578-1000 for more.

Caribbean-American Jubilee Arts Exhibition. Through July, gallery hours at The Torpedo Factory Arts Center, 105 N. Union St. The Second Art Impact USA Caribbean Jubilee

Arts Exhibition is in honor of National Caribbean-American Heritage Month. Free. Visit www.artimpactusa.org for more.

"Who The Wounded Are." Through July 11 at Carlyle House Historic Park, 121 N. Fairfax St. "Who These Wounded Are: The Extraordinary Stories of the Mansion House Hospital" is about people who lived and worked at this site in Alexandria and their real life stories that Street." Tickets are \$2-12. Visit www.carlylehouse.org for more

Grown Ups Art Camp. Through July 15, various times at Del Ray Artisans, 2704 Mount Vernon Ave. Del Ray Artisans is offering more than 30 workshops and sessions to choose from. Prices vary. Visit www.delrayartisans.org for more.

Indoor Arts Supplies Yard Sale.

Through July 15, various times at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Art supplies will be for sale a half-hour before and immediately after each Grown Ups Art Camp workshop. Free to attend. Visit www.TheDelRayArtisans.org/

Target Gallery: "Please Touch." Through July 17, gallery hours at Target Gallery, 105 N. Union St. al and internation: artists, including four people from Virginia, were juried into this group show. This all-media exhibition features 20 works with which audiences are invited to engage. Free. Visit www.torpedofactory.org for more.

Art Exhibit: "Out and About." Through July 17, gallery hours at The Associates Gallery - Torpedo Factory Art Center, 105 N. Union St. TAG member artist and oil painter Ellen Kolansky presents a grouping of her landscape paintings. Free. Visit www.torpedofactory.org for more

Potomac Fiber Arts Gallery: "Circuses." Through July 24, 10 a.m.-5 p.m. at 105 N. Union St. Potomac Fiber Arts Gallery announces the juried show "Circuses." Artists' derive inspiration jugglers, ringmasters, sideshows, crowds and other big house trappings. Free. Visit www.potomacfiberartsgallery.com for more.

Potomac Fiber Arts Gallery:

"Circuses." Through July 24, gallery hours at Torpedo Factory Art Center, 105 N. Union St. Potomac

Fiber Arts Gallery announces the juried show "Circuses." Artists' derive inspiration from clowns, animals trapezes, jugglers, ringmasters, sideshows, crowds and other big house trappings. Free. Visit www.potomacfiberartsgallery.com for more.

Summerquest. Various times at various libraries in Alexandria. SummerQuest is divided into three groups: SummerQuest, Jr. (ages 0-5), immerOijest (ages 6-12) Summer Reading (ages 12-18). This year's theme is "Read for the Win!" Free. Visit www.alexandria.lib.va.us.

"Violent Grace: A Retrospective." Through July 30, gallery hours at Convergence, 1801 N. Quaker Lane. This exhibit is a survey of five decades of paintings by Edwards Knippers. Free. Visit

www.ConnectionNewspapers.com

Entertainment

www.ourconvergence.org for more.

Art Exhibit: "Generations."

Through July 31, gallery hours at Torpedo Factory Art Center - Studio 306, 105 N. Union St. Realist artists James Dean and Kara Hammond bring together their space related works to celebrate the early days of space travel and exploration. Free.

www.karahammond.wordpress.com for more.

"The Beauty of Inflection." Through July 31, gallery hours at The Athenaeum, 201 Prince St. Julia Bloom and Susan Hostetler have created complementary bodies of work, in both two and three dimensions, inspired by nature; murmurations and birdsongs, and organic grids of color and light. Free. Visit www.nvfaa.org for more.

Art Exhibit: "Streets Meets Glass." Through Aug. 15, business hours at the Vola Lawson Animal Shelter, 4101 Eisenhower Ave. The exhibit features the work of two Del Ray Artisans artists, Joshua Oliveira and Betsy Mead. Free. Visit www.TheDelRayArtisans.org/GWW.

Fort Hunt Concerts. Through Aug. 28, Sundays 7-8 p.m. at Fort Hunt Park, 8999 Fort Hunt Road. A different band performs each week Free. Visit www.nps.gov/gwmp for more.

Collage and Ceramics - Kathryn **Horn Coneway.** Through Aug. 28, gallery hours at Huntley Meadows Park, 3701 Lockheed Blvd. Free. Visit www.kathrynconeway.com for more.

Women of Civil War Alexandria **Tour.** Through Sept. 3, 7 p.m. Fridays-Saturdays at The Lyceum. 201 S. Washington St. Learn more about women's roles during the Civil War in Alexandria. Presented by the National Women's History Museum (NWHM). Tickets are \$15, \$12 for NWHM members. Visit www.nwhm.com/get-involved/

event/walking-tours.

Mercy in Alexandria Walking
Tour. Sundays at 1:30 p.m. at Alexandria Visitors Center, 221 King St. Experience an inside access tour of 19th century Alexandria. Inspired by the PBS mini-series "Mercy Street," accompany a trained military historian through Civil War-era Alexandria and learn the actual history behind the TV show. Short tours are \$15, private tours for five are \$149. Visit www.dcmilitarytour.com for more.

The Lyceum: 175 Years of Local **History.** Ongoing, Monday-Saturday 10 a.m.-5 p.m. and Sunday 1-5 p.m. at The Lyceum, 201 S. Washington St. On view in the museum's Coldsmith Gallery, the historical objects and images featured represent The Lyceum, the community at work, and commemorations and celebrations. Throughout the exhibition, visitors are invited to "be the curator" and think about why the various artifacts are in the museum's collection, and about how tangible representatives of the past help tell the story of Alexandria's history. Free. Visit www.alexandriahistory.org for more.

Medical Care for the Civil War Soldier Exhibit. Ongoing at the Fort Ward museum, 4301 W. Braddock Road. ongoing exhibit which features original medical instruments and equipment from the Civil War period and information on Union Army hospital sites in Alexandria. Free. Visit www.alexandriava.gov/fortward for

Alexandria's Nurses & Hospitals During the Civil War. Ongoing at The Lyceum, 201 S. Washington St. An exhibit on the life of Clarissa Jones, a nurse at The Lyceum hospital during the Civil War. The true story of a nurse in Alexandria during the war, drawing parallels

with characters portrayed in the PBS drama "Mercy Street," with references to the experiences of other nurses, such as Anne Reading, who worked in the Mansion House hospital, and Jane Woolsey, who served at the Fairfax Seminary hospital. Admission is \$2. Visit www.alexandriava.gov/lyceum for more.

"Ancient Art of Movement." 1 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Carmen Shippy, retired professional dancer, teaches a series designed for ages 50 and above. Movements are designed to strengthen core muscles and increase flexibility. Adjustments will be made for those with physical limitations. First lesson in the series is free for non-center members. To continue lessons, a yearly membership to all Senior Center programs is \$48. Call

703-765-4573 to sign up. **Flamenco Show.** Wednesdays and Thursdays, 7:30-8:30 p.m. at La Tasca, 607 King St. Watch dancers and guitarists perform traditional flamenco. Free to attend. Call 703-299-9810 or visit www.latascausa.com.

French Movie Night. Every Thursday, 7 p.m. in the back room of Fontaine Caffe & Creperie, 119 S. Royal St. View a French film. Free, no reservation necessary. Call 703-535-8151 or visit www.fontainecaffe.com/

reviews.html. Their Fates Intertwined: The Lees of Alexandria in the War of 1812. Wednesday- Saturday, 10 a.m.-4 p.m. Sunday, 1-4 p.m. Lee-Fendall House and Gardens, 614 Oronoco St. A new exhibit on the experiences of the Lee family in Alexandria during the War of 1812 examines the contributions of Alexandria's citizens during the conflict that led to the writing of our national anthem through the lives of this iconic Virginia family. Visit www.leefendallhouse.org or call 703-548-1789.

Alexandria Cars and 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.-5 p.m., Sundays 12-5 p.m. Fort Ward Museum, 4301 W. Braddock Road. An anniversary exhibit of objects from the Fort Ward collection. Free. Visit www.fortward.org or call 703-746-

National Inventors Hall of Fame Exhibit. Through November at The National Inventors Hall of Fame-USPTO campus, 600 Dulany St. The exhibit features the stories of Inductees of the National Inventors Hall of Fame who served their country during World War II and returned home to help build the nation with their innovations. Free. Visit www.inventnow.org.

Dinner for the Washingtons. 12 p.m. 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. Second Thursday of every month. Visit nyfaa.org to view concert calendar and listen to upcoming Second Thursday Music artists.

The Monday Morning Birdwalk takes place weekly, rain or shine (except during electrical storms, strong winds, or icy trails), at 7 a.m. (8 a.m. November through March), is free, 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.

Art for Life. Third Thursday of every month. 4:30-7:30 p.m. at Torpedo Factory, 105 N. Union St. Hyatt Regency Crystal City has partnered will the National Kidney Foundation for a program highlighting a different

artist each month for a year.

Civil War Sundays. 1-5 p.m. at
Alexandria Archaeology Museum,
105 North Union St., #327. Learn
more about the Civil War as it
occurred in Alexandria. Find occurred in Alexandria. Find dioramas, newspaper articles and more. Free. Visit www.alexandriaarchaeology.org.

Doggy Happy Hour. Starting April 5, Tuesdays through October 5-8 p.m. at Jackson 20 and Hotel Monaco Alexandria, 480 King St. Doggy Happy Hour at Jackson 20 and the Hotel Monaco Alexandria offers specials on cocktails and beers plus treats and water for canine companions. Free, but drinks sold separately. Visit www.monacoalexandria.com for more.

Baseball Boat to Nationals Park. Starting April 7. Departs from the Alexandria Marina, 1 Cameron St. The Potomac Riverboat Company offers baseball enthusiasts the chance to avoid the crowds and take a leisurely cruise from Old Town Alexandria to Nationals Park along the scenic Potomac River. Admission: one-way \$20; round-trip \$25 Monday-Thursday: round-trip \$28 Friday-Sunday. Visit www.baseballboat.com for more.

CAMPS, CLASSES & WORKSHOPS

Olympic Champions Camp. July 25-Aug. 26, 7 a.m.-6 p.m. at Boys & Girls Club, 401 N. Payne St. The Olympic Champions Camp incorporates "Triple Play" to engage mind, body, and soul. Campers participate in reading, STEM, sports, meditation and more. Prices vary.

Visit www.bgcgw.org for more. **Theatre Camp.** Through Sept. 2, various times at The Little Theatre of Alexandria, 600 Wolfe St. Offering a variety of camps for age 3 through 8th grade, covering creative play, acting, singing, dancing, musical theatre and improv. Sessions also include comedy, scene study, Shakespeare and drama. Tuition prices vary. Visit www.thelittlethetre.com for more.

Photography Workshop. 10:30 a.m.-12 p.m. at Multiple Exposures Gallery on 105 N. Union St. Photographers of all skill levels are invited to share work, ideas, and questions at this free workshop held on the last Sunday of each month, except December. No reservations. Call 703-683-2205.

Community Dance. 7:30-9:30 p.m. every third Friday at Hollin Hall Senior Center, 1500 Shenandoah Road. Live music. Tickets are \$4. Call 703-765-4573.

Life Drawing. Del Ray Artisans offers a range of open life drawing sessions for anyone to develop life-drawing skills further. Drop-in for the session and bring supplies to draw or paint live models. Fee ranges from \$8-\$12. All skill levels are welcome. Del Ray Artisans is located at 2704 Mount Vernon Ave. Visit www.TheDelRayArtisans.org for a

Community Yoga. Wednesdays 9:30-10:30 a.m. and Sundays 7:30-8:45 p.m. at 532YOGA, 532 N. Washington St. Suite 100. No experience required to participate in weekly community class. Suggested \$10 donation. Visit www.532yoga.com.







Entertainment

THURSDAY/JULY 7

Let's Grow Garden Club: "Dig In."

1-2:30 p.m. at Green Springs Gardens, 4603 Green Spring Road. Children will visit Green Spring's greenhouses and nursery areas to see the garden staff at work, help them start some seeds for late summer planting, and trek down to the veggie patch to talk about what plants need to grow. Make a plant marker for the garden and pot a plant to bring home. Tickets are \$15 per child. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/ greenspring/.

Artist's Reception. 6-8 p.m. at The Associates Gallery, Studio 311, The Torpedo Factory Art Center, 105 N. Union St. TAG member artist and oil painter Ellen Kolansky presents a grouping of her landscape paintings "Out and About: Environs of DC." Her style is loose, noted for its rhythm, color, and grace. In the current show, scenes depict the C & O Canal, Potomac river, Frederick Maryland train station and Great Falls and more. Visit

torpedofactory.org/ for more. First Thursday: "A Nation's Celebration: Red, White &

Blue." 6 p.m. along Mount Vernon Avenue. First Thursday takes place along Mount Vernon Avenue in the Del Ray neighborhood of Alexandria, and features patriotic activities; discounts for veterans and military families at various businesses; plus music by Mars Rodeo, an oldfashioned cake walk (and treat walk for dogs). Free. Visit www.visitdelray.com for more.

SATURDAY/JULY 9

Civil War Kids Drill Day. 9 a.m.-12 p.m. at Fort Ward, 4301 W. Braddock Road. Children ages 9-12 can learn more about the daily life of the Civil War soldier. Tickets are \$25. Visit www.fortward.org for more. Herb Container Workshop. 10-

Herb Container Workshop. 10-11:30 a.m. at Green Springs Gardens, 4603 Green Spring Road. Learn how to care for and harvest herbs and share some of your favorite herb recipes. Tickets are \$35. Call 703-642-5173 or visit www.fairfaxcounty.gov/parks/ greenspring/

greenspring/. Beyond the Battlefield Walking

Tour. 10 a.m. starting at the Lyceum, 201 S. Washington St. Discover the real-life stories and locations of soldiers, citizens, and former slaves that inspired the PBS drama "Mercy Street" in this walking tour of Old Town.Tickets are \$15. Visit www.leefendallhouse.org for more.

Film Screening: "This Little Light of Mine." 11 a.m.-12:30 p.m. at Alexandria Black History Museum, 902 Wythe St. Director Robin Hamilton will discuss her work to shine a light on the life of Fannie Lou Hamer, an often-overlooked heroine

Hamer, an often-overlooked heroine of the Civil Rights Movement in this documentary film. A question and answer session with Hamilton follows the film. Tickets are \$5. Call 703-746-4356.

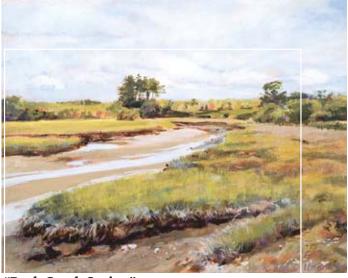
"Eating Right on the Run." 11:30
a.m. at Williams-Sonoma Old Town,
825 S. Washington St. Presented by
Certified Wellness Master Ruvi
Makuni. Free. Visit https://
ruvi.typeform.com/to/x2ioCE.

Carlyle House 40th Anniversary
Open House. 12-4 p.m. at Carlyle
House, 121 N. Fairfax St. Birthday
festivities will take place throughout
town that afternoon and evening.
Free. Visit ww.carlylehouse.org for
more.

Our American Girl. 1-3 p.m. at Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Join Mount Vernon's own American girl, "Nelly Custis" on a tour of



"Secrets Revealed"



"Back Creek Spring"

'Vision at Water's Edge' Features Oils and Acrylics

Artist Kathleen Best Gillmann uses a realistic style and carefully developed palette to represent the ambiguity of the natural landscape. Her style is similarly influenced by moving water. "Vision a Water's Edge" will be on display at The Art League (105 N. Union St.) through Aug. 7. Visit www.theartleague.org for more.

George Washington's estate. Enjoy refreshments with "Lady Washington" and create colonial crafts. Bring your favorite doll. Tickets are \$35 for youth, \$25 for adults. Visit www.mountvernon.org for more.

Old Town Pub Crawl. 2-4 p.m. at Old Town Alexandria. It will be an openhouse-type crawl, meaning you can visit participating bars and restaurants in any order. The reward for visiting all of the stops will be a limited-edition pint glass. You will have until 5:30 p.m. to get your pass punched by a Port City staffer. Free to participate. Visit www.portcitybrewing.com for more.

Alexandria/USA Birthday

Celebration. 6-10 p.m. at Oronoco Bay Park, 100 Madison St. Visitors celebrate America's 240th birthday and Alexandria's 267th along the Potomac waterfront at Oronoco Bay Park and enjoy live music by the Alexandria Symphony Orchestra, patriotic birthday cake, food vendors and a fireworks display. Free. Visit www.VisitAlexandriaVA.com/alxbday.

TUESDAY/JULY 12

"Casablanca." Garden reception at 6 p.m., show at 7 p.m. at Woodlawn-Pope Leighey House, 9000 Richmond Highway. The Picnic Theatre

Company returns to Woodlawn estate for a one-act garden party theatre performance of "Casablanca." Tickets are \$15-25 plus a service fee. Visit www.facebook.com/PicnicTheatre.

THURSDAY/JULY 14 Rejuvenate the Midsummer Herb

Garden. 7-8:30 p.m. at Burke Branch Library, 4701 Seminary Road. Learn how to keep your herb garden going strong in hot summer weather through good maintenance practices and occasional replanting. Learn tips and techniques to use and preserve herbs, including how to flavor vinegars. Free. Call 703-228-6414 or email mgarlalex@gmail.com.

FRIDAY-SATURDAY/JULY 15-16

Alexandria Comcast Outdoor Film Festival. Gates open at 5:30 p.m. at Waterfront Park, 1A Prince St. Two movies will show on a 40-foot inflatable movie screen, with the Alexandria Waterfront as the backdrop. Free. Visit www.VisitAlexandriaVA.com/summer.

SATURDAY/JULY 16

The Sounds of Dyke Marsh. 5:15 a.m. or 7:45 p.m. at Haul Road entrance bulletin board just off Belle

Haven Marina Road. In celebration of World Listening Day, global annual celebrations encouraging awareness of our acoustic environments, participants will listen in Dyke Marsh, recognizing changes in sounds of the past, present and future. Free. Call 703-765-5233 for more.

Family Fun Day: The Wright
Flight. 10-11:30 a.m. at The
Lyceum, 201 S. Washington St.
Celebrate the 107th Anniversary of
Orville Wright's historic flight from
Fort Myer to Alexandria and test the
basic principles of flight. Like the
Wright brothers, work together as a
family to create a hypothesis and
conduct test flights to learn which
design is the best. Tickets are \$8 for
children, free for adults. Visit
shop.alexandriava.gov/Events.aspx.

Canine Cruise. 11 a.m. at Alexandria City Marina, 1 Cameron St. With four-legged friends in tow, board a Potomac Riverboat Co. cruise and tour the Alexandria Seaport on this popular 60-minute waterfront excursion. Dogs must be on 6-foot flat leash at all times. Tickets are \$16 for adults, \$10 for children, free for dogs. Visit www.PotomacRiverboatCo.com/canine-cruise.php.

SUNDAY/JULY 17

Presidential Salon with James

Madison. 3-4:30 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. Join President Madison as he discusses and engages guests about political and personal issues of 1816. Reservations are recommended. Tickets are \$15, \$10 for students. Visit www.VisitAlexandriaVA.com/summer.

MONDAY-FRIDAY/JULY 18-22

Del Ray Artisans Art Camp. 9 a.m.-4 p.m.at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Del Ray Artisans invites young campers to spend a week creating art with professional artist instruction. All artist supplies, as well as lunch and snacks, are provided. There will also be a one-day only gallery show held on July 23 1-3 p.m. The fee is \$300. Visit www.delrayartisans.org for more.

TUESDAY/JULY 19

Searching Adoption Records. 1-3 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. Genealogist and adoptee Susan Palma talks about adoption records through time and gives tips on finding family. Free.

Visit www.mvgenealogy.org or call 703-768-4101.

THURSDAY/JULY 21

Let's Grow Garden Club: "Bee

Quest." 1-2:30 p.m. at Green
Springs Gardens, 4603 Green Spring
Road. Test your pollinator spotting
skills in the gardens with our
pollinator spame. Figure out how
pollinators help us grow food and
what plants they like to visit. Visit
bee hives and sample flower honey.
Take home some pumpkin seeds for
planting. Tickets are \$15 per child.
Call 703-642-5173 or visit
www.fairfaxcounty.gov/parks/
greenspring/.

FRIDAY/JULY 22

Closing Reception: "Violent

Grace." 6-9 p.m. at Convergence, 1801 N. Quaker Lane. This exhibit is a survey of five decades of paintings by Edwards Knippers. Free. Visit www.ourconvergence.org for more.

"West Side Story." 7 p.m. at The Little Theatre of Alexandria, 600 Wolfe St. This musical will raise funds for the 9/11 Pentagon Memorial Visitor Education Center. \$40 suggested donation. Call Tina Barry at 703-683-5778 ext. 1.

SATURDAY/JULY 23

Del Ray Music Festival. 3-8 p.m. along Mount Vernon Avenue. The 9th Annual Del Ray Music Fest is a celebration of local talent. Free. Visit www.DelRayMusicFestival.com.

celebration of local talent. Free. Visit www.DelRayMusicFestival.com. **Summer Concert.** 7-9 p.m. at Carlyle House, 121 N. Fairfax St. Surprise band performs. Free, \$5 suggested donation. Visit www.carlylehouse.org.

MONDAY-FRIDAY/JULY 25-29

Del Ray Artisans Art Camp. 9 a.m.-4 p.m.at Del Ray Artisans Gallery, 2704 Mount Vernon Ave. Del Ray Artisans invites young campers to spend a week creating art with professional artist instruction. All artist supplies, as well as lunch and snacks, are provided. There will also be a one-day only gallery show held on July 30 1-3 p.m. The fee is \$300. Visit www.delrayartisans.org for more.

JULY 26-AUG. 28

Potomac Fiber Arts Gallery:

"Explorations Part I." 10 a.m.-5 p.m. at 105 N. Union St. Artists' take inspirations from the early explorers: Vikings, Phoenicians, Marco Polo, tall ships, discovery of the New World and other. Free. Visit www.potomacfiberartsgallery.com for more.

THURSDAY/JULY 28

Jane Austen Dance Class. 7:30-9:30 p.m. at Gadsby's Tavern Museum, 134 N. Royal St. In preparation for the Jane Austen Ball on Aug. 13, learn 18th-century English country dancing. Tickets are \$12 each or \$30 for the series. Call 703-746-4242.

FRIDAY/JULY 29

Film Screening: "Back to the

Future." Movie starts at dusk, activities start at 6 p.m. at Four Mile Conservatory Center, 4109 Mount Vernon Ave. Free. Visit www.fourmilemovieseries.com.

SATURDAY/JULY 30

Children's Art Workshop: "The Beauty of Inflection." Through

July 31, gallery hours at The Athenaeum, 201 Prince St. Julia Bloom and Susan Hostetler have created complementary bodies of work, in both two and three dimensions, inspired by nature. The artists will conduct a workshop for children ages 8-12, to explore various media including making stencils and create work reflecting the nature of the show. Free. Visit www.nvfaa.org for more.

SATURDAY-SUNDAY/JULY 30-31

Harry Potter Birthday Weekend. At

Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St. Saturday features adult-only tours of the museum from 7-10 p.m. that includes an adult beverage, makeand-take activity, photo opportunities and time to explore items familiar from the Harry Potter series and their real-world uses. Event ends in time to join the midnight release of "Harry Potter and the Cursed Child – Parts I & II" at Hooray for Books. On Sunday, celebrate Harry Potter's birthday with family-friendly tours of the apothecary from 1:30-6 p.m. Hooray for Books will sell Harry Potter merchandise and leading Harry Potter trivia. Tickets are \$15 for Saturday, \$6 for Sunday. Visit shop.AlexandriaVA.gov.

Sports

Mount Vernon Local Thrives in Women's Professional Football

Brownson leads D.C. Divas back to Conference Championship.

By Aaron Lundmark THE GAZETTE

laying the game of football professionally is something not many people get the opportunity to do. However, one player in particular that's making a push for women's football, is Mount Vernon local Callie Brownson.

In this case, professional women's football is alive in the D.C. area, as the D.C. Divas women's professional football team is headed back to the conference championship after defeating the Pittsburgh Passion 41-29 in Landover, Md. last Saturday.

Callie Brownson attended Mount Vernon High School, graduating in 2008, where she played softball for all four years and now gives her time there as a coach as well.

Callie Brownson is in her seventh season with the Divas as a defensive back. She also won a gold medal with team USA in the IFAF tournament in Finland in 2013.

She knew she wanted to play she was playing guard and defen-



Callie Brownson plays defensive back for the D.C. Divas.

football at a young age.

"It's different because there is no youth or developmental phase of women's football, so it's tough," said Callie Brownson. "But just playing while I was growing up, I fell in love with it."

She was able to play in the Fairfax County Youth Football League and her father, Bruce Brownson, mentioned at that age

sive end.

Callie's father no doubt is her biggest supporter on and off the field.

"My dad was a single dad and I watched him wake up every morning and go work hard for us," said Callie Brownson. "He's always been so supportive of everything I've ever wanted to do."

Bruce Brownson, who has been coaching his whole life, has be-



Callie Brownson with her dad Bruce and mom Nancy

come not only his daughter's biggest fan, but every member of the D.C. Divas biggest fan as well.

"I'm honestly like the team dad," said Bruce Brownson. "I pour myself into this. I've been exposed to a lot of great people over these last years and to see these girls blend together and become sisters is really something special."

According to Bruce Brownson, he's only missed a total of two games over the seven seasons his daughter has been playing in D.C.

For those people that question the competitiveness of women's football and women's sports in general, both Brownsons assure it is every bit as competitive as any men's sport.

"When I first started watching I never knew of the culture of women's football," said Bruce Brownson. "They all love the game. It's an unbelievable group of women who play the game because they love the sport. That's why I do what I can to help out."

The women of the teams don't get paid to make a living by playing football; they play because of their love for the sport. Mostly every player has a job outside of playing football.

"Women love to play and the passion we have is just as good as any other sport," said Callie Brownson. "It's rigorous and time consuming, but that all speaks volumes for the toughness of these

She also can't get enough of all the support she does get from her father.

"He's fallen in love with the same thing I have," said Callie Brownson.

As for the upcoming weeks for the D.C. Divas, they have a chance to go back to their second consecutive Super Bowl, a game in which Callie Brownson

they won last year by defeating Chicago. No women's professional football team has ever repeated as a Super Bowl champion, so by claiming another title the Divas could be the first to go back to back.

The Divas' general manager, Rich Daniel, who is in his 12th year as the general manager, seems to be optimistic about the next few weeks ahead.

"I think the mood around the team this year is confidence," said Daniel. "I think we have a very nice mix of young girls and veterans. We're more athletic than we were last year."

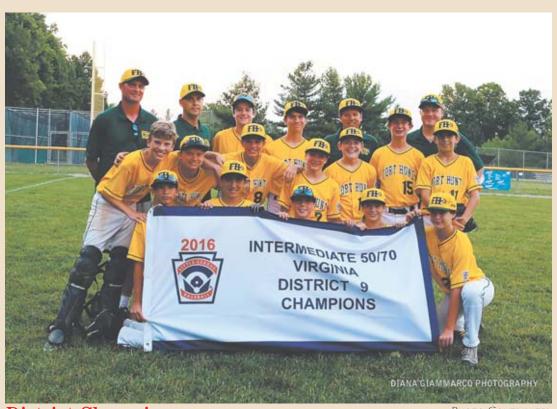
The Divas appear to be in good shape with Brownson on the back end helping out the defense.

"We knew that going in we had a shot to repeat," said Callie Brownson. "We're motivated by the fact we have that opportunity to win again."

The Divas (8-1) will host their archrivals, the Boston Renegades, at Oxon Hill High School on July 9 at 5 p.m. in the WFA's Eastern Conference championship game.

"My expectation is that we'll finish strong," said Daniel. "We've worked too hard and put in too much time to not finish strong."





District Champions

The Fort Hunt Intermediate Team went undefeated in District Play, advancing to represent District 9 in the Virginia State Tournament starting July 7. From left are, bottom row; Brian Deighton, Giovanni Marcucci, Sean Finn, Tommy Gatjanis, and Harry Smith; second row, Aidan, Scheel, Nick Severino, Jason Williamson, Charlie Santangelo, JD Foutch, Ethan Hanson, and Gavin Shaw; third row, Coach Ken Michaels, Manager Jimmy Finn, Weston Rogers, Steven Lott, Coach Shannon Scheel, and Coach Mike Sheedy. Missing from photo: Coach AJ Melvin.

Strategies for Preventing Concussions This Summer

Area physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL THE GAZETTE

ummer has been dubbed trauma season by health care profession als. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain

The National Institutes of Health define a concussion as a mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness, or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness, or decreased coordination, repeated vomiting or nausea, confusion, and slurred

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Md. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improv-



Dr. Michael Lewis

ing public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and psychological trauma.

His interest in

brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, W.Va. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," saidLewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any solider or athlete who is at risk for head injury?'

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment, and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD, and other con-

On a more personal level, Lewis' 16-yearold son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said, "I implement this with my own 16-year-old son." He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of Nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache

No two injuries are the same. "Each concussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of Sports Medicine at Marymount University.

When students are back in school, parents should watch for another common in-

More

For more information on concussion prevention see www.cdc.gov/headsup/

dicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/ or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

Healthy Summer Entertaining

BY MARILYN CAMPBELL The Gazette

hile summer means weekends filled with trips to the beach, backyard grilling and al fresco dinner parties, the food that accompanies these gatherings is often laden with fat and calories (think ice cream, potato salad, hot dogs, s'mores and summer cocktails) and can wreak havoc on a healthy balanced diet.

"Summer here is by the far the best time for food in the Mid-Atlantic region and it goes

all the way through September," said Nick Phelps of From the Farmer. "Unfortunately, that's when most people are out of town."

An online food delivery company, From the Farmer delivers fresh, primarily local produce, sustainable meats and artisanal pantry items to clients in Maryland and Northern Virginia, including Arlington, Alexandria and Fairfax County.

Phelps recommends serving plenty of fresh fruit when planning summer entertaining. Fruit has a high water content and is not only refreshing, it's also filling and can satisfy a Tips for serving bounty of tasty, fresh produce. More

craving for sweets. "The most exciting [locally grown producer] are fruits like peaches and plums, which come out mid-summer," Phelps said. "There are still some spring produce like strawberries and blueberries.

Summer ushers in fresh vegetables that are bursting with color and packed with fiber. Eating them raw or cooked minimally helps preserve the amount of fiber and vitamins.

"I think entertaining is easier during the summer," said Terri Carr of Terri's Table in Potomac, Md. "There's so much available

https://shop.fromthefarmer.com/

that can be cooked or prepared easily, and there's just so much that you can do with the produce and the fresh herbs that we have in season now."

The bounty even yields alternatives to ubiquitous ice cream. "You can make sorbet with fruit and beautiful berries," said Carr.

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> Good is not good, where better is expected.

> > -Thomas Fuller

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LEGAL ADVERTISEMENT

The Board of Equalization and Assessment Review for the City of Alexandria will convene at 4:00 PM on Friday, June 30, 2016, at 301 King Street, City Hall, Room 3008, Alexandria, Virginia, for the purpose of equalizing real estate assessments. The purpose of this meeting will be to discuss meeting dates, docket order and processing, and other administrative issues. There are no scheduled public hearings for this meeting, however members of the public are welcome to attend. Additional information about this meeting may be obtained by contacting the Department of Real Estate Assessments, 301 King Street, City Hall, Room 2600, Alexandria, Virginia 22314, between 8:00 a.m. and 5:00 p.m., Monday through Friday in person, in writing, or by calling 703.746.4180. The deadline for filing an appeal is June 1, 2016, however this appeal deadline is not applicable to appeals of assessments made pursuant to Virginia Code § 58.1-3292.

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PUBLIC NOTICE BANK BRANCH APPLICATION

Notification is given that Access National Bank, 1800 Robert Fulton Drive, Suite 310, Reston, VA 20191 has filed an application with the Comptroller of the Currency on May 16, 2016 as specified in 12 CFR 5 for permission to establish a staffed branch office at:

2050 Ballenger Avenue Alexandria, VA 22314

Any person wishing to comment on this application may file comments in writing with the Director for District Licensing at the northeastern district office of the

Comptroller of the Currency Director for District Licensing 340 Madison Avenue, Fifth Floor New York, NY 10173

within 30 days of the date of this publication July 7, 2016.

21 Announcements LEGAL NOTICE

Pursuant to the provision of section 4-1-16 of the code of the City of Alexandria, the

Alexandria Police Department

located at 3600 Wheeler Avenue, Alexandria, VA 22304 is

now in possession of 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 reasona-

ble proof of ownership or the items will be sold, destroyed, converted or donated. For a complete listing go to

http://alexandriava.gov/police/ and contact the Police Proper-ty Section at (703) 746-6709.

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ABC LICENSE

GRG Inc, trading as Los Tios Grill, 241 S Van Dorn St, Alexandria, VA 22304. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine and Mixed Beverages on Premises license to sell

or manufacture alcoholic beverages. German Mejia, President NOTE: Objections to the issuance of this license must be submitted to ABC no later that 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Do not wish to be anything but what you are, and try to be that perfectly. -St. Francis de Sales

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News

Auxiliary on Patrol

From Page 4

Auxiliary is a great way to serve my community. Among other areas, I have chosen to serve through volunteer teaching, including our monthly 'About Boating Safely' course and by volunteer conducting on-thewater patrols in the Potomac River and the Chesapeake Bay."

Miller said he joined in the first place to do something useful with his time, and also to volunteer for the Coast Guard, to which he said he feels indebted to in some ways.

"I wanted to do something useful, connected to boating, when I returned to Alexandria after living aboard my boat for 10 years," Miller said. "I always carried an EPIRB (emergency position indicating radio beacon) to use if my boat should be sinking. I expected to be rescued by the Coast Guard. Also, I owed the Coast Guard a debt of gratitude. In 1977, the Coast Guard had rescued 17 soldiers under my command from a nuclear power barge which got caught in a storm off Cape Hatteras and was in danger of sinking. Now that I have almost 15 years with the Auxiliary, I'm thinking that I should postpone my retirement until I reach age 84. That will pay back a



John Stevens/USCG AUX Flotilla 25-08

The USCG Auxiliary flag waves during a patrolon the Potomac

year with the Auxiliary for each soldier saved by the Coast Guard."

He continues his involvement with Flotilla 25-08 for four specific reasons. "The more I think about why I joined the Auxiliary, I think about the four things that are the basis for service in the Auxiliary: helping to save lives, increasing my own boating skills, supporting the Coast Guard, and fun and fellowship — it's just good to be working with like-minded people," Miller

learn more, visit http:// wow.uscgaux.info/content.php?unit=054-

BULLETIN BOARD

From Page 7

Hunt Road. John Frey, Clerk of the Fairfax County Court, will speak at the monthly Business Breakfast of Mount Vernon Lee Chamber of Commerce. Cost is \$25 per person for Chamber members and \$35 for non Chamber. Register at www.MtVernon-LeeChamber.org or call 703-360-6925.

SUPPORT GROUPS

Family Support Group. 7 p.m. on the second and fourth Wednesdays of the month at Gartlan Center, 8119 Holland Road. Opportunity for discussion, information and support for families with members experiencing symptoms of mental illness. Professionally facilitated. Program varies, may include guest speakers, movies.

e-registration is appreciated, but not required. Free. For more information contact Nga Nguyen at 703-799-2726, TTY 711.

Telephone Support Group. 7-8 p.m. on the 2nd Tuesday of the month. For family caregivers of older adults. Discuss "Keeping Organized as a Caregiver: What Works?" Share experiences, gain support and get information without having to travel. Free. www.fairfaxcounty.gov/dfs/ olderadultservices.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/ 7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information about the group. A complete list of

all groups in the National Capital Area region

can be viewed at www.alz.org/nca

VOLUNTEERS NEEDED

Fairfax County's Community Services Board is seeking volunteer office assistants. Volunteers are needed to assist CSB staff with greeting guests, making reminder phone calls, data entry, filing, shredding, stocking shelves, and other duties as needed. Hours are flexible, but would be during normal business hours. Visit www.fairfaxcounty.gov/csb/viva/volunteers.htm

Yoga Teachers are needed. Help improve a person's well-being by teaching yoga classes to

adults who are staying in a residential facility. The day/time is flexible, but would be during the week. Prior yoga instruction is required. Visit www.fairfaxcounty.gov/csb/viva/ volunteers.htm for more

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Respite Care volunteers give family caregivers of a frail older adult a break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or

Kristin.Martin@fairfaxcounty.gov Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and

click on Volunteer Solutions.
The **Gum Springs Senior Program** in Alexandria is looking for a Line Dance Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Kingstowne Center for Active Adults in Alexandria needs Instructors for the following classes: Country-Western Line Dance, Hula Hoop and African Style Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions

The Hollin Hall Senior Center in Alexandria needs instructors for the following classes: Basic Woodworking, Italian and Ballroom Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Mount Vernon Adult Day Health Care Center in Alexandria needs front desk volunteers and patient Card Players. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/ olderadults and click on Volunteer Solutions.

The Advisory Board of the Joe and Fredona **Gartlan Center** for mental health is looking for volunteers. The board meets the second Tuesday of the month from 9-11 a.m. at Gartlan Center 8119 Holland Road.

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9421 Coral Lane \$775,000 One level living at its finest!



Stunning renovation! New home amenities at a fraction of a new home price! Exceptionally spacious one level living, just remodeled with truly spectacular results. Fabulous features include: Large room sizes, open floor plan, chef's kitchen, 5 BR's, 3.5 updated baths, new windows & doors, oversize two car garage. Spacious veranda overlooks rear grounds. Nothing compares even close to this price!



3808 Washington Woods Dr. \$1,299,000 Absolute Perfection!



Best of both worlds. Stately colonial exterior combined with stunning bright open floor plan. Enhanced by over \$400,000 in recent expansion and upgrades including: Kitchen, 3.5 Baths, HVAC system and cedar shake roof. Other features include: Three beautifully finished levels and three car garage. Custom 'Trex" deck overlooks magnificently landscaped grounds. True one of a kind property!



4218 Dandridge Terr \$675,000

New England Style Colonial!

Magnificent 5 BR, 3.5 BA in prime location on

beautifully landscaped lot fronting quiet cul-de-sac. Rare, 3 car garage! Other special features include:3 finished levels with full walk out lower level, thermal windows, open kitchen to family room, well maintained hardwoods on both main levels,& expansive exterior decking. Home is in pristine, move in condition. Exceptional value!



9300 Old Mt. Vernon \$1,289,000

One of Mt. Vernon's most majestic properties.

One of area's most admired homes! Truly exceptional estate on approximately one acre grounds in the heart of Mt. Vernon, Superlatives include: Three luxuriously finished levels, 7 Br's, 5.5 baths, stunning main level master suite, stately room sizes, elegant finishes + oversize garage. Vacation at home- custom salt water pool and hot tub!



7512 Ft. Hunt Rd. \$1,250,000 Mid-century Gem. 6 Gorgeous Acres!

Award winning midcentury home designed and built as personal residence by areas leading architect. Magnificent residence with exceptional floor plan and top quality materials. Carefully crafted to enhance its stunningly beautiful six acre setting. Natural wonderland with stone lined private lane, meandering creek and gorgeous woods and pond.



4520 Dolphin Lane \$745,950 Great setting!

Walk to Mt. Vernon Yacht Club from this custom rambler on a sunny corner lot in a premier riverfront community. Open floor plan, fireplaces, huge solarium with soaring ceiling and sunken hot tub, three spacious family rooms, oversize 2-car garage, and half-acre of beautiful landscaping and decks make this home perfect for entertaining indoors and



9310 Allwood Ct. \$639,900 **Unique Opportunity**

2814 Bass Ct. \$599,500 True One Level Living!



4302 Robertson Blvd.

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One of the area's most distinctive properties!

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